

## Convergent: The Workout

<b>Intro &amp; Explanation of Concept</b>		Recommend approx 2 mins
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		Recommend approx 2 mins
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
<b>Convergent Workout</b>	5 sets of exercises. 2 & 4 exercise sets. 25 second intervals.	<b>20 minutes exactly</b>
<b>Set 1</b>	Lateral Squat Jumps Burpees Squat Pulse Side Lunge	Repeat x 2
<b>Set 2</b>	Squat Waist 7 Pulse Press-Up	Repeat x 2
<b>Set 3</b>	Snowboard Rotations Up Down Runs Left Knee Lunge Jumps Right Knee Lunge Jump	Repeat x 2
<b>Set 4</b>	Tricep Press Lean Back Switch	Repeat x 2
<b>Set 5</b>	All 12 exercises straight through!	Repeat x 2
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins