

Oxidative: The Workout

Intro & Explanation of Concept		Recommend approx 2 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		Recommend approx 2 mins
Warm Up	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
Oxidative Workout	4 sets of exercises. 3, 4 & 5 exercise sets. 25 second intervals.	20 minutes exactly
Set 1	Squat Kicks Body Saw Double Decker	Repeat x 3
Set 2	Lean Backs Crossovers PS2 High Knees	Repeat x 3
Set 3	Electric Chair Lunge Pulse Left Sprints Lunge Pulse Right Mountain Climbers	Repeat x 3
Set 4	All 12 exercises straight through!	
Cool Down	All major muscle groups	Recommend approx 3 mins