

## Z Band: 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>Z Band Workout</b>	4 sets of exercises. 1 / 3 / 4 exercise sets. 25 sec intervals (unless stated).	<b>20 minutes exactly</b>
<b>Set 1</b>	Sprints	<b>50 Seconds</b>
<b>Set 2</b>	Burpees Squat Rebound Squat Pulse	Repeat x 3
<b>Set 3</b>	Lateral Squat Jump	<b>50 Seconds</b>
<b>Set 4</b>	Oblique Plank – Right Tricep Press V Sit Oblique Plank – Left	Repeat x 3
<b>Set 5</b>	Sprints	<b>25 Seconds</b>
<b>Set 6</b>	Back Lunge Side Lunge Plyometric Lunge	Repeat x 3
<b>Set 7</b>	Electric Chair	<b>50 Seconds</b>
<b>Set 8</b>	Jack Press-Up Waist Worker Mountain Swing	Repeat x 3
<b>Set 9</b>	Sprints	<b>50 Seconds</b>
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins