

Fusiform: 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
Fusiform Workout	11 sets of exercises. 1 / 2 / 3 exercise sets. 25 sec intervals (unless stated).	20 minutes exactly
Set 1	Lateral Squat Jump	50 Seconds
Set 2	Drop Squats Climber Press-Up Plyometric Lunge	Repeat x 2
Set 3	Tricep Press Power Ups 10 / 10 Sprints	Repeat x 2
Set 4	Wide Squat Push Out Squat Jumps	Repeat x 2
Set 5	Mountain Swings Leg Drops	Repeat x 2
Set 6	Lateral Squat Jump Electric Chair	Repeat x 2
Set 7	Mountain Swings Leg Drops	Repeat x 2
Set 8	Wide Squat Push Out Squat Jumps	Repeat x 2
Set 9	Tricep Press Power Ups 10 / 10 Sprints	Repeat x 2
Set 10	Drop Squats Climber Press-Up Plyometric Lunge	Repeat x 2
Set 11	Lateral Squat Jump	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins