

## Sagittal: 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>Sagittal Workout</b>	4 sets of exercises. 12 exercise sets. 25 sec intervals Demo 13 moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Squat Rebound* Side Lunge* Lean Back Side to Side* Snowboard Rotations* Bent Knee V Sit* Double Knees* Jack Press-Up* C7* Left Knee Lunge Jump* Butt Kicks* Right Knee Lunge Jump Arm Rotation Plank*	
<b>Set 2</b>	Side Lunge C7 Lean Back Side to Side Left Knee Lunge Jump Jack Press-Up Right Knee Lunge Jump Arm Rotation Plank Snowboard Rotations Squat Rebound Butt Kicks Renegade Row* Double Knees	
<b>Set 3</b>	As per Set 1.	
<b>Set 4</b>	As per Set 2.	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins