

## Peristalses: 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>Peristalses Workout</b>	8 sets of exercises. 1, 3 & 4 exercise sets. 25 sec intervals (unless stated) Demo 13 moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Burpees* Back Lunge* 10/10 Sprint* Body Saw*	<b>Repeat x 2</b>
<b>Set 2</b>	Squat Kicks* Snowboard Rotations* Squat Pulse* Squat Cross*	<b>Repeat x 2</b>
<b>Set 3</b>	Arm Rotation Plank* Plyometric Lunge* Press Up*	<b>Repeat x 2</b>
<b>Set 4</b>	Electric Chair*	<b>50 Seconds</b>
<b>Set 5</b>	Squat Kicks Snowboard Rotations Squat Pulse Squat Cross	<b>Repeat x 2</b>
<b>Set 6</b>	Arm Rotation Plank Plyometric Lunge Press Up	<b>Repeat x 2</b>
<b>Set 7</b>	Burpees Back Lunge 10/10 Sprint Body Saw	<b>Repeat x 2</b>
<b>Set 8</b>	Electric Chair	<b>50 Seconds</b>
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins