

Aerobic: 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
Aerobic Workout	8 sets of exercises. 2, 3, 4 & 5 exercise sets. 25 sec intervals (unless stated) 2 x Challenges! Demo moves marked *	20 minutes exactly
Set 1	Wide Narrow Jump* Advanced Side Plank Right* Wide Squat Pushback* Advanced Side Plank Left*	Repeat x 3
Challenge 1	Press Up*	Find and face 2 partners. Who can do the most press-ups!
Set 2	PS2* Lunge Pulse Left* Quarter Turn Sprint* Lunge Pulse Right*	Repeat x 3
Set 3	Sit Up Push Out* Tricep Press*	Repeat x 3
Set 4	Woodchop Right* Squat Pulse* Woodchop Left* Squat Pulse 123 Hold*	Repeat x 3
Challenge 2	Sprint*	Find and face 2 partners. Shout encouragement to each other! Who has the highest knees for longest! 50 Seconds.
Cool Down	All major muscle groups	Recommend approx 3 mins