

Epiphysis: 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
Epiphysis Workout	6 sets of exercises. 1, 4 & 6 exercise sets. 25 sec intervals (unless stated) Demo moves marked *	20 minutes exactly
Set 1	Drop Squat* Lunge Pulse Right* 123 Hold* Lunge Pulse Left*	Repeat x 3
Set 2	Plank*	50 Seconds
Set 3	Squat Cross* Toe Hip Sit Up* C7* Tricep Press* Double Decker* T Plank*	Repeat x 3
Set 4	Electric Chair*	50 Seconds
Set 5	PS2* 7 Pulse Squat Jump* Press Up* Snowboard Rotation*	Repeat x 3
Set 6	Sprint*	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins