

Pennate: 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
Pennate Workout	6 sets of exercises. 2 & 3 exercise sets. 25 sec intervals Demo moves marked *	20 minutes exactly
Set 1	Swings* Power Ups*	Repeat x 3
Set 2	Jacks* Waist Worker* Electric Chair*	Repeat x 3
Set 3	7 Pulse Press-Up* Cycle Sit Up*	Repeat x 3
Set 4	Snowboard Rotations* Side Lunge* Burpee Sprint*	Repeat x 3
Set 5	Squat Jump* Squat Pulse*	Repeat x 3
Set 6	Repeat All 12 Exercises	
Cool Down	All major muscle groups	Recommend approx 3 mins