

Anaerobic: 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
Anaerobic Workout	12 sets of exercises. 2 & 4 exercise sets. 25 sec intervals Demo moves marked *	20 minutes exactly
Set 1 & 7	Wide Narrow Jumps* Squat Pulse, Lunge Pulse*	Repeat x 2
Set 2 & 8	Typewriters* 90 Degree Sit-Up*	Repeat x 2
Set 3 & 9	Wide Narrow Jumps Squat Pulse, Lunge Pulse Typewriters 90 Degree Sit-Up	
Set 4 & 10	Squat Kicks* Squat Cross *	Repeat x 2
Set 5 & 11	Mountain Climbers* Quarter Turn Sprints*	Repeat x 2
Set 6 & 12	Squat Kicks Squat Cross Mountain Climbers Quarter Turn Sprints	
Cool Down	All major muscle groups	Recommend approx 3 mins