

Tarsal: 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
Tarsal Workout	4 sets of exercises. 3 & 4 exercise sets. 25 sec intervals (unless stated) Demo moves marked *	20 minutes exactly
Set 1	<ol style="list-style-type: none"> 1. One Squat One Jump* 2. T Press Up* 3. Plyo Lunge* 4. Wide Squat Pushback* (50 Secs) 	1st Repeat: 1, 2, 3, 4, 3, 2. 2nd Repeat: 1, 2, 3, 4.
Set 2	<ol style="list-style-type: none"> 1. Jacks* 2. Back Lunge* 3. Lateral Squat Jump* 4. Squat Pulse* (50 Secs) 	1st Repeat: 1, 2, 3, 4, 3, 2. 2nd Repeat: 1, 2, 3, 4.
Set 3	<ol style="list-style-type: none"> 1. C7* 2. Alternate Press Up* 3. Squat Rebound* 4. Lean Back Pulse* (50 Secs) 	1st Repeat: 1, 2, 3, 4, 3, 2. 2nd Repeat: 1, 2, 3, 4.
Set 4	<ol style="list-style-type: none"> 1. Swings* 2. Butt Kicks* 3. Plank* 4. Sprints* 	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins