

Patella: 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
Patella 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. 7 Pulse Squat Jump* 2. 10/10 Sprint* 3. Lunge Pulse Left* 4. Lunge Pulse Right* 	Repeat x 3
Set 2	<ol style="list-style-type: none"> 1. Flutter Kicks* 2. Double Decker* 3. Mountain Swings* 	Repeat x 3
Set 3	<ol style="list-style-type: none"> 1. PS2* 2. Lateral Sprints* 3. Spiderman Press Up* 4. Squat Cross* 	Repeat x 3
Set 4	All 11 exercises straight through!	
Set 5	Split class into two teams. Select any 2 exercises above. Give each team one exercise. They swop every 25 secs to the finish!	2 Exercise Examples: - <ul style="list-style-type: none"> • 1 They Hate / 1 They Love. • 1 Harder / 1 Easier. • 1 Upper / 1 Lower. Be creative & challenge them!
Cool Down	All major muscle groups	Recommend approx 3 mins