

Carpal: 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
Carpal Workout	9 sets of exercises. Exercises per set descend 9 down to 2. 25 sec intervals (unless stated). Demo moves marked *	20 minutes exactly
Set 1	<ol style="list-style-type: none"> 1. Commando Plank * 2. 1, 2, 3 Hold * 3. Burpees * 4. Body Saw * 5. PS2 * 6. Wide Narrow Jumps * 7. Squat Pulse, Lunge Pulse * 8. Jack Press Up * 9. Sprint * 	
Set 2	<ol style="list-style-type: none"> 1. 1, 2, 3 Hold 2. Burpees 3. Body Saw 4. PS2 5. Wide Narrow Jumps 6. Squat Pulse, Lunge Pulse 7. Jack Press Up 8. Sprint 	
Set 3	<ol style="list-style-type: none"> 1. Burpees 2. Body Saw 3. PS2 4. Wide Narrow Jumps 5. Squat Pulse, Lunge Pulse 6. Jack Press Up 7. Sprint 	
Set 4	<ol style="list-style-type: none"> 1. Body Saw 2. PS2 3. Wide Narrow Jumps 4. Squat Pulse, Lunge Pulse 5. Jack Press Up 6. Sprint 	

Set 5	<ol style="list-style-type: none"> 1. PS2 2. Wide Narrow Jumps 3. Squat Pulse, Lunge Pulse 4. Jack Press Up 5. Sprint 	
Set 6	<ol style="list-style-type: none"> 1. Wide Narrow Jumps 2. Squat Pulse, Lunge Pulse 3. Jack Press Up 4. Sprint 	
Set 7	<ol style="list-style-type: none"> 1. Squat Pulse, Lunge Pulse 2. Electric Chair * 3. Jack Press Up 4. Sprint 	
Set 8	<ol style="list-style-type: none"> 1. Electric Chair 2. Jack Press Up 3. Sprint 	
Set 9	<ol style="list-style-type: none"> 1. Jack Press Up 2. Sprint 	
Cool Down	All major muscle groups	Recommend approx 3 mins

