

Sacromere: 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
Sacromere Workout	7 Sets of Exercises. 2 & 4 Exercises Sets. 25 Sec Intervals (unless stated). Demo moves marked *	20 minutes exactly
Set 1	Lunge Pulse Left * Plyometric Lunge * Lunge Pulse Right * Plyometric Lunge	Repeat x 2
Set 2	Mountain Climbers * Lateral Sky Jumps *	Repeat x 2
Set 3	Sets 1 & 2	
Set 4	Oblique Plank Left * 7 Pulse Squat Jump * Oblique Plank Right * 10/10 Sprint *	Repeat x 2
Set 5	Squat Jump * Squat Thrust Press Up *	Repeat x 2
Set 6	Wood Chop Right * Double Decker * Wood Chop Left * Sprint *	Repeat x 2
Set 7	Sets 4, 5 and 6.	
Cool Down	All major muscle groups	Recommend approx 3 mins