

## Periosteum: The Workout

<b>Intro &amp; Explanation of Concept</b>		Recommend approx 2 mins
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		Recommend approx 2 mins
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	Recommend approx 3 mins
<b>Periosteum Workout</b>	6 Sets of Exercises. 2 & 4 Exercises Sets. 25 Sec Intervals (unless stated). Demo moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Lateral Sprints * Plank Combo *	<b>Repeat x 3</b>
<b>Set 2</b>	Quarter Turn Sprints * Arm Rotation Plank *	<b>Repeat x 3</b>
<b>Set 3</b>	High Knees * Mountain Swings *	<b>Repeat x 3</b>
<b>Set 4</b>	Squat Jumps * Squat Thrust Press Up *	<b>Repeat x 3</b>
<b>Set 5</b>	Wood Chop Right * Double Decker * Wood Chop Left * Sprints *	<b>Repeat x 3</b>
<b>Set 6</b>	All exercises, straight through!	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins