

Venule: 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
Venule Workout	3 Sets of Exercises. 5 Exercises Sets. 25 Sec Intervals (unless stated). Demo moves marked *	20 minutes exactly
Set 1	Jacks * Bridge Heel Touch * Up Down Run * Jack Press Up * Power Ups *	Repeat x 3
Set 2	Lean Back Pulse * Burpees * V Sit * Lateral Squat Jumps * Tricep Press *	Repeat x 3
Set 3	Clock Jumps * Advanced Side Plank * Squat Kicks * Renegade Row * Plyometric Lunge * (50 secs)	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins