

## Thymus: 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>Thymus Workout</b>	8 Sets of Exercises. 4 & 1 Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Sit Up Push Outs *	<b>50 Seconds</b>
<b>Set 2</b>	Side Lunge * Squat Kick * Squat Jump * Jack Plank *	<b>Repeat x 3</b>
<b>Set 3</b>	10/10 Sprint *	<b>50 Seconds</b> <small>TM</small>
<b>Set 4</b>	Press Up to Shoulder * Knee Lunge Jumps – Left * Waist Worker * Knee Lunge Jumps – Right *	<b>Repeat x 3</b>
<b>Set 5</b>	Plank *	<b>50 Seconds</b>
<b>Set 6</b>	Double Knees * Plank Knee Pike * Squat Pulse * Butt Kicks *	<b>Repeat x 3</b>
<b>Set 7</b>	Double Decker *	<b>50 Seconds</b>
<b>Set 8</b>	Sit Up Push Outs 10/10 Sprint Plank Double Decker	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins