

## Granite: 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>Granite Workout</b>	4 Sets of Exercises. 4 Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Single Dead Lift * Rebound Rotation * 123, Knee Up * PS2 *	<b>2 x Sets</b>  <b>1<sup>st</sup> Set Right Leg</b> <b>2<sup>nd</sup> Set Left Leg</b>
<b>Set 2</b>	Skater Hold * Plyometric Lunges * Shadow Sprints * Burpee Climbs *	<b>3 x Sets</b>
<b>Set 3</b>	Lunge Balance Left * Lunge Balance Right * 7 Pulse Squat Jump * Bear Crawl Press *	<b>3 x Sets</b>
<b>Set 4</b>	All 12 exercises straight through!	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins