

Plasma: 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
Plasma Workout	9 Sets of Exercises. 1 or 2 Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked *	20 minutes exactly
Set 1	PS2 * 90 Degree Sit Up	Repeat x 3
Set 2	Mountain Climbers *	50 Seconds
Set 3	Snowboard Rotations * Spiderman Press Up *	Repeat x 3
Set 4	Electric Chair *	50 Seconds
Set 5	Side Lunge * 123 Hold *	Repeat x 3
Set 6	Plank *	50 Seconds
Set 7	Lunge Pulse Left * Lunge Pulse Right *	Repeat x 3
Set 8	Burpee Sprint *	50 Seconds
Set 9	Sets 1, 3, 5 and 7. Sets 2, 4, 6, and 8.	Odds 25 Secs Per Exercise Evens 50 Secs Per Exercise
Cool Down	All major muscle groups	Recommend approx 3 mins