

Myocyte: The Workout

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| 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 |
| Myocyte Workout | 4 Sets of Exercises. 4 Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked * | 20 minutes exactly |
| Set 1 | Half Turn Squat Jump * Back Lunge * Wide Narrow Jumps * 7 Pulse Press-Up * | Repeat x 3 |
| Set 2 | Lateral Sky Jumps * Lunge Knee Jumps Left * Body Saw * Lunge Knee Jumps Right * | Repeat x 3 |
| Set 3 | Quarter Turn Sprints * Toe Hip Sit Up * Burpees * Squat Pulse * | Repeat x 3 |
| Set 4 | All 12 exercises in reverse. | |
| Cool Down | All major muscle groups | Recommend approx 3 mins |