

Axillary: 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
Axillary Workout	4 Sets of Exercises. 4 Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked *	20 minutes exactly
Sets 1 to 4	<ol style="list-style-type: none"> 1. Jacks 2. Swings 3. C7 4. Lean Back Switch 5. Squat Pulse, Lunge Pulse 6. Side Plank (Right) 7. 7 Pulse Squat Jump 8. Side Plank (Left) 9. One Squat One Jump 10. Press Up 11. High Knees 12. Waist Worker 13. Plyo Lunge 	Set 1 = Exercises 1 to 13 Set 2 = Exercises 12 to 1 Set 3 = Exercises 2 to 13 Set 4 = Exercises 12 to 2
Cool Down	All major muscle groups	Recommend approx 3 mins