

## Niccolo: Taster 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>Niccolo Workout</b>	4 Sets of Exercises. Multiple Exercise Sets. 25 Sec Intervals (unless stated). Demo moves marked *	<b>20 minutes exactly</b>
<b>Set 1</b>	Scissor Drops * Agility Sprints * Balance Back (Right) * Stabiliser Sprint * Balance Back (Left) * Reverse Touchdowns *	<b>Repeat x 3</b>
<b>Set 2</b>	Reaction Runs*	
<b>Set 3</b>	Burpee Sprints * Jacks * Reverse Touchdowns	<b>Repeat x 3</b>
<b>Set 4</b>	Reaction Runs	
<b>Cool Down</b>	<b>All major muscle groups</b>	Recommend approx 3 mins