

Sulphur: Taster Workout

Intro & Explanation of Concept		Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Sulphur Workout	2 Sets of Exercises. Varied Exercise Sets. 25 Sec Intervals (unless stated). Demo Moves Marked *	20 minutes exactly
Set 1	Knee It * Core Squat * Low Rotations *	Repeat x 3
Set 2	Fast Feet * Pike Taps * Lunge Balance (Right) * Plyometric Lunges * Lunge Balance (Left) *	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins