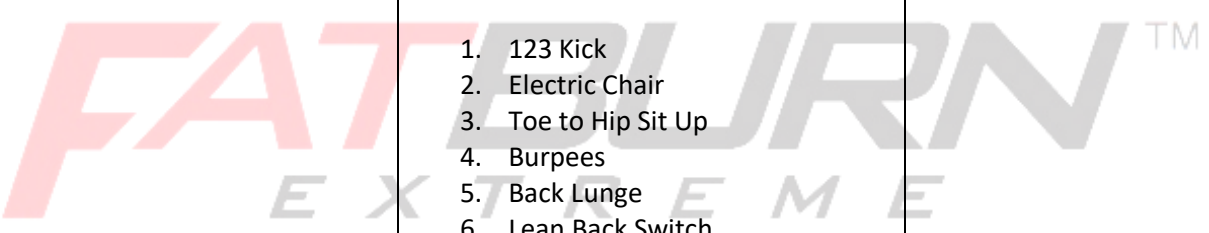


## Hyoid: The Workout

|   |   |                           |
|---|---|---------------------------|
| Intro & Explanation of Concept                                |   |                           |
| Demonstrate & Explain Moves Giving Adaptations & Progressions |   | Recommend approx 7 mins   |
| Warm Up   | Dynamic Moves for Major Muscle Groups   |                           |
| Hyoid Workout   | 1 x Set of Exercises<br>16 x Exercises<br>25 Sec Intervals (unless stated).<br>Demo moves marked *  | <b>20 minutes exactly</b> |
| Set 1   |  <ol style="list-style-type: none"> <li>1. 123 Kick</li> <li>2. Electric Chair</li> <li>3. Toe to Hip Sit Up</li> <li>4. Burpees</li> <li>5. Back Lunge</li> <li>6. Lean Back Switch</li> <li>7. Half Turn Squat Jump</li> <li>8. Squat Kicks</li> <li>9. Plank Arm Lifts</li> <li>10. Clock Jumps</li> <li>11. Double Knees</li> <li>12. Bent Knee V Sit</li> <li>13. Waist Worker</li> <li>14. Combo Plyo</li> <li>15. Climber Press Up</li> <li>16. Air Jack Pulse</li> </ol> | <b>Repeat x 2</b>         |
| Cool Down   | All major muscle groups   | Recommend approx 3 mins   |