

Fibroblast: The Workout

Intro & Explanation of Concept		Recommend approx 7 mins
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Fibroblast Workout	4 x Set of Exercises 4 x Exercises Per Set 25 Sec Intervals (unless stated). Demo moves marked *	20 minutes exactly
Set 1	Lean Back Pulse Leg Drops T Plank Leg Raises	Repeat x 3
Set 2	123 Hold One Squat One Jump High Knees C7	Repeat x 3
Cool Down	All major muscle groups	Recommend approx 3 mins