

WARM UP x 3 sets	
<i>Raise body temp</i>	
1. Squat Duck Unders	5 reps/side
2. Lateral Leg Swings	10 reps/side
<i>Activate</i>	
3. Blackburns	5 reps
4. Donkey Kick	5 reps/side
<i>Mobilise</i>	
5. Seated Forward Fold	5 reps

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Yoga Pike	35s	25s	40s	20s	45s	15s	40s	20s
A2	Surrender to Jump	35s	25s	40s	20s	45s	15s	40s	20s
A3	Plank to Press to Mountain Climber	35s	25s	40s	20s	45s	15s	40s	20s
A4	Lateral Scissors	35s	25s	40s	20s	45s	15s	40s	20s
A5	Criss Cross Leg Raises	35s	25s	40s	20s	45s	15s	40s	20s
B1	Alternating Lateral Lunge	35s	25s	40s	20s	45s	15s	40s	20s
B2	High Plank Knee Taps	35s	25s	40s	20s	45s	15s	40s	20s
B3	Squat Pulses	35s	25s	40s	20s	45s	15s	40s	20s
B4	Bear Crawl Shuffle	35s	25s	40s	20s	45s	15s	40s	20s
B5	Toe Touch Crunch	35s	25s	40s	20s	45s	15s	40s	20s