**MSE**

Music BPM 125-130

|  |  |  |  |
| --- | --- | --- | --- |
|  Music counts / reps / sets | Exercise | Teaching / coaching points  | Progressions (H) – regressions (E) – any other modification or adaptions (optional) |
| Group to grab a a mat each. Make sure people are in a suitable place – all facing me or facing the centre of the room. Can they see me? |
|  | ABDOMINAL CURLS |  |  |
|  |  |  |  |
|  | PRESS UPS |  |  |
|  |  |  |  |
|  | DORSAL RAISES |  |  |
|  |  |  |  |