



## Warm up A

### Avenirs/Poussins

### Modifications

#### Warm up 1

<https://youtu.be/R0mMyV5OtcM>

Work continuously through each exercise below +  
60 secs at the end

#### Warm up 2

Count

High knee march	20
Jumping Jacks	5
High knee march	15
Jumping Jacks	10
High knee march	10
Jumping Jacks	15
High knee march	5
Jumping Jacks	20

<https://youtu.be/3Q6n9AVN4Yc>

<https://youtu.be/c4DAnQ6DtF8>

#### Warm up 3

Work continuously through each exercise below

Standard Plank	30 secs
10 Push ups	+30
Standard Plank	30 secs
10 Push ups	+30
Standard Plank	30 secs

<https://youtu.be/9qMOM8DrIIY>

[https://youtu.be/Eh00\\_rniF8E](https://youtu.be/Eh00_rniF8E)

Knee

[https://youtu.be/Ju\\_AVLGpmfM](https://youtu.be/Ju_AVLGpmfM)

<https://youtu.be/WcHtt6zT3Go>

Wall

<https://youtu.be/HcWr8HWoUas>

**Stretches head to toe between warm up 2 and 3**

# Benjamins/Cadets/Seniors/Minimes/Elite/Masters

Modification

		Work continuously through each exercise below plus 60 secs at end at end			
<b>Warm Up 1</b>		Count			
	High knee march	20	<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>		
	Jumping Jacks	5	<a href="https://youtu.be/c4DAnQ6DtF8">https://youtu.be/c4DAnQ6DtF8</a>		
	High knee march	15	<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>		
5	Jumping Jacks	10	<a href="https://youtu.be/c4DAnQ6DtF8">https://youtu.be/c4DAnQ6DtF8</a>		
mins	High knee march	10	<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>		
	Jumping Jacks	15	<a href="https://youtu.be/c4DAnQ6DtF8">https://youtu.be/c4DAnQ6DtF8</a>		
	High knee march	5	<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>		
	Jumping Jacks	20	<a href="https://youtu.be/c4DAnQ6DtF8">https://youtu.be/c4DAnQ6DtF8</a>		
<b>Warm Up 2</b>		Work continuously through each exercise below plus 60 secs at end			
	Jogging on the spot	30 secs			
	Forward squat jump	1	<a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>	lunge Jump	<a href="https://youtu.be/Vd8C5DxebRg">https://youtu.be/Vd8C5DxebRg</a>
	Jogging on the spot	30 secs			
	Forward squat jump	2			
4	Jogging on the spot	30 secs			
mins	Forward squat jump	3			
	Jogging on the spot	30 secs			
	Forward squat jump	2			
	Jogging on the spot	30 secs			
	Forward squat jump	1			
<b>Warm Up 3</b>		Work continuously through each exercise below			
	Standard Plank	30 secs	<a href="https://youtu.be/9qMOM8DrIiY">https://youtu.be/9qMOM8DrIiY</a>		<a href="https://youtu.be/Ju_AVLGpmfM">https://youtu.be/Ju_AVLGpmfM</a>
3	10 Push ups	+15 secs	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>	Knee	<a href="https://youtu.be/WcHtt6zT3Go">https://youtu.be/WcHtt6zT3Go</a>
mins	Standard Plank	30 secs			
	10 Push ups	+15 secs		Wall	<a href="https://youtu.be/JJg2Avvd5WY">https://youtu.be/JJg2Avvd5WY</a>
	Standard Plank	30 secs			

Stretches head to toe between warm up 2 and 3