



Monday

Poussins/Benjamins				
Section	Exercise	Time	Reps	Cycles
Warm up	Complete YouTube video			1
Recovery	2 mins			https://youtu.be/R0mMyV50tcM
	Skier Jack	30 seconds	1	https://youtu.be/i02As2W8NwU
	Rest	30 seconds	1	
	Knee or	30 seconds	1	https://youtu.be/WcHtt6zT3Go
	<i>wall push up</i>	30 seconds	1	https://youtu.be/JJg2Avvd5WY
Main set	Rest	30 seconds	1	
	Air squat	30 seconds	1	3
	Rest	30 seconds	1	https://youtu.be/C_VtOYc6j5c
	Flutter Kicks	30 seconds	1	https://youtu.be/BIJQtdcCzeA
	Rest	30 seconds	1	
	High Knees running	30 seconds	1	https://youtu.be/QPfOZ0e30xg
	Rest	1 min	1	
Cool down	Complete YouTube video			1
				https://youtu.be/ar3BGF8do7I

CORE & LOWER 1	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
10 left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
10 right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 30 seconds	
10 Stationary lunge	https://youtu.be/w2Qbxb6nJKc
10 Reverse lunge and knee lift	https://youtu.be/TsFU7f6TaRO
Recovery 30 seconds	
10 Glute bridges	https://youtu.be/YRqoIM0uOPY
10 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080
Recovery 60 seconds	
Repeat 2/3/ times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 1 (This can be walk/run or cycle - adapt to your ability or preference!)	
Poussins/Benjamins	
2.5KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K	Speed start 3 build to 4 out of 10
0.5K	Speed 5 (out of 10)
0.5K	Speed 4 out of 10
0.5K	Speed 6 (out of 10)
0.5K	Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

PLYO 1		
Poussins/Benjamins		
Warm up	Dance Monkey	https://youtu.be/IJDIbz9YxKg
Plyo jumps		https://youtu.be/QE8k1wixu9s
Rest		20/30/40 secs
Broad jumps		https://youtu.be/96zJo3nlmHI
Rest		20/30/40 secs
Monkey Jumps		https://youtu.be/YJ7dlTv1MaA
Rest		20/30/40 secs
Repeat		1 or 2 mins
		2/3 times
Cool down		https://youtu.be/2TzewWk-fdk



Wednesday

Cardio set 4		
Poussins/Benamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Burpee or <i>Burpee modification</i>	20 secs	https://youtu.be/TU8QYV Do as many as you can do in time! https://youtu.be/wVQ8-y Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Jumping lunge (alternate legs)	20 secs	https://youtu.be/6SFgE2 Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Leg Lifts	20 secs	https://youtu.be/l-mPHKc Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Plank 1 or <i>Plank 2 or Plank 3</i>	20 secs	https://youtu.be/TvxNkm Hold! https://youtu.be/_rdjFSF Hold! https://youtu.be/-LRjkbEy Hold!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 1		
Poussins/Benamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
10 Tricep dips	https://youtu.be/3ydgLFLK8e0	
Recovery 60 seconds		
10 Glute bridges	https://youtu.be/YRqoIM0uOPY	
10 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080	
Recovery 60 seconds		
TheraBand routine (10 each)	https://youtu.be/ib1srzH_q0A	
10 Push up (use wall/knee/floor)	https://youtu.be/Eh00_r_niF8E	
Escalate difficulty on each round	diamond shape hands/push with rotation	
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Thursday

Run set2 (This can be walk/run or cycle-adapt to your ability or preference!)		
Poussins/Benamins		
2.5KM circuit		
Warm up	https://youtu.be/Kdgv6DPAZBU	
0.5K	Speed start 3 build to 4 out of 10	
0.5K	Speed 5 (out of 10)	
1.0K	(15 secs fast 45 secs speed 4) x3 Then speed 4	
0.5K	Speed 5 (out of 10)	
0.5K gentle	Speed 4 slowing to 3 out of 10	
Cool down	https://youtu.be/u5Hr3rNUZ24	

PLYO 2		
Poussins/Benamins		
Warm up	Dance Monkey	https://youtu.be/IJdlbZ9YxKg
180 bounds		https://youtu.be/rv0mdu5j4U
Rest		20/30/40 secs
In an out squat jumps		https://youtu.be/Sl3od04PeZA
Rest		20/40/60 secs
Lizard walk		https://youtu.be/SIKZikW4do0
Rest		20/30/40 secs
Repeat		1 or 2 mins
Repeat		2/3 times
Cool down		https://youtu.be/2TzewWk-fdk



Friday

Cardio set 5

Poussins/Benjamins

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Push ups (knees)	20 secs	https://youtu.be/LikflE2K Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Tricep dips	20 secs	https://youtu.be/3ydgLFL Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Push up shoulder touch (Knees)	20 secs	https://www.youtube.com Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Push up diamond (knees)	20 secs	https://youtu.be/dmoHFV Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & LOWER 2

Poussins/Benjamins

Warm up	https://youtu.be/Kdgv6DPAZBU
10 left leg hips bridge	https://youtu.be/_rdfiFSFKMY
10 right leg hips bridge	https://youtu.be/_rdfiFSFKMY
Recovery 60 seconds	
10 Stationary lunge	https://youtu.be/sqDGkiBYPak
10 Reverse lunge and knee lift	https://youtu.be/6qXK5SY8r8U
Recovery 60 seconds	
10 Glute bridges	https://youtu.be/9FGilxCbdz8
10 Oblique dble twists	https://youtu.be/KytiFQ94_qo
Recovery 1-2 mins	
Repeat 2/3/ times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Saturday

Cardio set 6

Poussins/Benjamins

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Jumping Jacks	20 secs	https://youtu.be/1b98Wr Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Back Extensions	20 secs	https://youtu.be/9q_uz60 Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Squat Thrusts side kick	20 secs	https://youtu.be/1qC0Uor Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Squat Jumps	20 secs	https://youtu.be/AzI5tkCz Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9A Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2

Poussins/Benjamins

Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Push up (use wall/knee/floor)	https://youtu.be/Kdgv6DPAZBU	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round	https://youtu.be/Kdgv6DPAZBU	(diamond shape hands/push with rotation)
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
10 Bicycle abs	https://youtu.be/9FGilxCbdz8	
V sits scissors to flutter kick	https://youtu.be/KytiFQ94_qo	
Recovery 60 seconds		Adjust recovery if needed
Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (10 each)	https://youtu.be/ib1srz_h_q0A	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	