



Monday

Older Squads					
Section	Exercise	Time	Reps	Cycles	
Warm up	Complete YouTube video			1	<a href="https://youtu.be/R0mMyV50tcM">https://youtu.be/R0mMyV50tcM</a>
Recovery	1 mins				
	Skier Jack	30 seconds	1		<a href="https://youtu.be/i02As2W8NwU">https://youtu.be/i02As2W8NwU</a>
	Rest	15 seconds	1		
	Normal or Tap tap push up	30 seconds	1		<a href="https://www.youtube.com/watch?v=QOCn3_iQAro">https://www.youtube.com/watch?v=QOCn3_iQAro</a>
	<i>or Push up with rotation</i>	30 seconds	1		<a href="https://youtu.be/YU0gWh72a3k">https://youtu.be/YU0gWh72a3k</a>
Main set	Rest	15/30 seconds	1	4,5,6	Vary as you need
	Air squat	30 seconds	1		<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a>
	Rest	15/30 seconds	1		Vary as you need
	Flutter Kicks	30 seconds	1		<a href="https://youtu.be/BJJQtdcCzeA">https://youtu.be/BJJQtdcCzeA</a>
	Rest	15/30 seconds	1		Vary as you need
	High Knees running	30 seconds	1		<a href="https://youtu.be/QPfoZ0e30xg">https://youtu.be/QPfoZ0e30xg</a>
	Rest	1 min to 2 mins	1		
Cool down	Complete YouTube video				1

CORE & LOWER 1	
Older Squads	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
10 right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
Recovery 30 seconds	
10 Stationary lunge	<a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>
10 Reverse lunge and knee lift	<a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>
Recovery 30 seconds	
10 Glute bridges	<a href="https://youtu.be/YRqoIM0uOPY">https://youtu.be/YRqoIM0uOPY</a>
10 Oblique dble twists	<a href="https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vOfsdwqaY?list=PLCEFCA54D665B8080</a>
Recovery 60 seconds	
Repeat 3/4/5 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Tuesday

Run set 1 (This can be walk/run or cycle - adapt to your ability or preference!)	
Older Squads	
2.5KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
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	<a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>

PLYO 1		
Older Squads		
Warm up	Dance Monkey	<a href="https://youtu.be/IJdlbz9YxKg">https://youtu.be/IJdlbz9YxKg</a>
Plyo jumps		<a href="https://youtu.be/QE8k1wixu9s">https://youtu.be/QE8k1wixu9s</a>
Rest		20/30/40 secs
Broad jumps		<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>
Rest		20/40/60 secs
Monkey Jumps		<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a>
Rest		20/30/40 secs
Repeat		1 or 2 mins
Cool down		2/3/4 times
		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>



Wednesday

<b>Cardio set 4</b>		
<b>Older Squads</b>		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Burpee or <i>Burpee modification</i>	40 secs	<a href="https://youtu.be/TU8QY">https://youtu.be/TU8QY</a> Do as many as you can do in time! <a href="https://youtu.be/wVQ8">https://youtu.be/wVQ8</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Jumping lunge (alternate legs)	40 secs	<a href="https://youtu.be/6SFgE2">https://youtu.be/6SFgE2</a> Do as many as you can do in time!
High Knee marching	30secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Leg Lifts	40 secs	<a href="https://youtu.be/l-mPHK">https://youtu.be/l-mPHK</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Plank 1 or <i>Plank 2 or Plank 3</i>	40 secs	<a href="https://youtu.be/TvxNkn">https://youtu.be/TvxNkn</a> Hold! <a href="https://youtu.be/_rdjiFS">https://youtu.be/_rdjiFS</a> Hold! <a href="https://youtu.be/-LRjkbE">https://youtu.be/-LRjkbE</a> Hold!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Rest between cycles	1 min 40 secs	
Cycles	4	
Total time	24 min	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

<b>CORE &amp; UPPER 1</b>		
<b>Older Squads</b>		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>	
10 Tricep dips	<a href="https://youtu.be/3ydgLFLk8e0">https://youtu.be/3ydgLFLk8e0</a>	
Recovery 30 seconds		
10 Glute bridges	<a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>	
10 Oblique dble twists	<a href="https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080</a>	
Recovery 30 seconds		
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Eh00_rniF8">https://youtu.be/Eh00_rniF8</a>	
Escalate difficulty on each round	E	diamond shape hands/push with rotation
Recovery 60 seconds		
Repeat 3/4 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Thursday

<b>Run set2 (This can be walk/run or cycle - adapt to your ability or preference!)</b>		
<b>Older Squads</b>		
2.5KM circuit		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
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	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

<b>PLYO 2</b>		
<b>Older Squads</b>		
Warm up	Dance Monkey	<a href="https://youtu.be/IJDbz9YxKg">https://youtu.be/IJDbz9YxKg</a>
180 bounds		<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a> 20/30/40 secs
Rest		20/40/60 secs
In an out squat jumps		<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a> 20/30/40 secs
Rest		20/40/60 secs
Lizard walk		<a href="https://youtu.be/SIKZikW4do0">https://youtu.be/SIKZikW4do0</a> 20/30/40 secs
Rest		1 or 2 mins
Repeat		2/3/4 times
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>



Friday

### Cardio set 5

#### Older Squads

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Staggered arm push up (change arms)	40 secs	<a href="https://youtu.be/oWK_4">https://youtu.be/oWK_4</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Tricep dips	40 secs	<a href="https://youtu.be/3ydgLF">https://youtu.be/3ydgLF</a> Do as many as you can do in time!
High Knee marching	30secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Push up with rotation	40 secs	<a href="https://youtu.be/YU0gW">https://youtu.be/YU0gW</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Diamond push up	40 secs	<a href="https://youtu.be/dmoHF">https://youtu.be/dmoHF</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

### CORE & LOWER 2

#### Older Squads

Warm up	
10 left leg hips bridge	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 right leg hips bridge	<a href="https://youtu.be/rdfjFSFKMY">https://youtu.be/rdfjFSFKMY</a>
Recovery 30 seconds	<a href="https://youtu.be/rdfjFSFKMY">https://youtu.be/rdfjFSFKMY</a>
10 Stationary lunge	
10 Reverse lunge and knee lift	<a href="https://youtu.be/sqDGkIBYPAk">https://youtu.be/sqDGkIBYPAk</a>
Recovery 30 seconds	<a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>
10 Glute bridges	
10 Oblique dble twists	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>
Recovery 60 seconds	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>
Repeat 3/4/5 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

### Cardio set 6

#### Older Squads

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Jumping Jacks	40 secs	<a href="https://youtu.be/1b98W">https://youtu.be/1b98W</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Back Extensions	40 secs	<a href="https://youtu.be/9q_uz6">https://youtu.be/9q_uz6</a> Do as many as you can do in time!
High Knee marching	30secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Squat Thrusts side kick	40 secs	<a href="https://youtu.be/1qCOLj">https://youtu.be/1qCOLj</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Squat Jumps	40 secs	<a href="https://youtu.be/AzI5tk">https://youtu.be/AzI5tk</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3Q6n9">https://youtu.be/3Q6n9</a> Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

### CORE & UPPER 2

#### Older Squads

Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Push up (use wall/knee/floor)	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Snow Angel	<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>	
Recovery 30 seconds		Adjust recovery if needed
10 Bicycle abs	<a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>	
V sits scissors to flutter kick	<a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>	
Recovery 30 seconds		Adjust recovery if needed
Supine Push up	<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>	
TheraBand routine (10 each)	<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	