



Monday

Avenirs				
Cardio set 7				
Section	Exercise	Time	Reps	Cycles
Warm up	Complete YouTube video			1 https://youtu.be/R0mMyV50tcM
	Recovery	2.00 mins		
Main set	Burpee (or modification)	20 seconds	1	https://youtu.be/TU8QYVW0gDU
	Rest	40 seconds	1	Modify: walk legs back & no jump
	Plank 1 or	20/30 seconds	1	https://youtu.be/TvxNkmjdhMM
	Side plank 2 or	20/30 seconds	1	https://youtu.be/_rdjfFSFKMY
	Bird dog plank	20/30 seconds	1	https://youtu.be/-LRjkbEy-qU
	Rest	30 seconds	1	
	Knee or	30 seconds	1	2 https://youtu.be/WcHtt6zT3Go
	wall push up	30 seconds	1	https://youtu.be/JJg2Avvd5WY
	Rest	30 seconds	1	
	In an out squat jumps	30 seconds	1	https://youtu.be/Sl3od04PeZA
	Rest	30 seconds		
	Air Squat	30 seconds		https://youtu.be/C_VtOYc6j5c
	Rest	30 seconds		
	High Knee marching	30 seconds		
	Rest	2 mins	1	
Cool down	Complete YouTube video			1 https://youtu.be/ar3BGF8do7I

Monday

CORE & LOWER 3	
Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
10/20/30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8
Recovery 30 seconds	
10/20 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NyA
Recovery 30 seconds	
10 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c https://youtu.be/sHpBSJeHFMs
Recovery 30 seconds	
10 half squat T's (5 each leg)	https://youtu.be/2r70AJDjLQ?list=PLQSMS0j6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Recovery 30 seconds	
10 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSMS0j6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Recovery 30 seconds	
20/30 seconds Flutter kick	https://youtu.be/BJlQtdeCzeA
1-2 minutes rest	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!)	
Avenirs	
2.5KM (5.0KM)circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K 1.0K	Speed 4 out of 10
0.5K 1.0K	Speed 5 (out of 10)
1.0K 2.0K	(15 secs fast 45 secs speed 4) x4 Then speed 4
0.5K 1.0K	Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

PLYO 3	
Avenirs	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/UJDIbz9YxKg
Knee tuck jumps	https://youtu.be/BDA3DERQKfK 20/30/40 secs
Rest	20/40/60 secs
Power jacks	https://youtu.be/alaZwJE20Ds 20/30/40 secs
Rest	20/40/60 secs
Sneaking Ape	https://youtu.be/-BB2h6eaBFc 20/30/40 secs
Rest	1 or 2 mins
Repeat	2 times
Cool down	https://youtu.be/2TzewWk-fdk

Tuesday



Wednesday

Cardio set 8		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees run on spot	10 secs	https://youtu.be/Q Do as many as you can do in time!
Air or pistol squat	10 seconds	https://youtu.be/C Do as many as you can do in time!
Jumping Jacks	10 seconds	https://youtu.be/gC Do as many as you can do in time!
REST	30 secs	
High knees run on spot	15 secs	https://youtu.be/Q Do as many as you can do in time!
Sumo Squat	15 seconds	https://youtu.be/sq Do as many as you can do in time!
Skier Jacks	15 seconds	https://youtu.be/iO Do as many as you can do in time!
REST	45 secs	
High knees run on spot	20 secs	https://youtu.be/Q Do as many as you can do in time!
Lunge	20 seconds	https://youtu.be/Uj Do as many as you can do in time!
Mountain climbers	20 seconds	https://youtu.be/w Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Thursday

CORE & UPPER 3		
Avenirs		
Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Side Push up or 15 secs	https://youtu.be/5tJdNd3K3M	
10 (5 each) Staggered arm push up or normal push up	https://youtu.be/oWK_4kM-M9M	
Recovery 30/60 seconds		
10 (each side) alternating superman or 15 secs	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_3	
Flutter kick 20 secs	https://youtu.be/BIJQtdcCzeA	
Recovery 60 seconds		
Therband routine (10 each)	https://youtu.be/ib1srzH_q0A	
10 Triceps dips	https://youtu.be/3ydgLFLK8e0	
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Thursday

Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!)		
Avenirs		
3.5KM (7.0KM)circuit		
Warm up	https://youtu.be/Kdgv6DPAZBU	
0.5K 1.0K	Speed 4 out of 10	
1.0K 2.0K	(15 secs fast 45 secs speed 4) x4 Then speed 4	
0.5K 1.0K gentle	Speed 3 out of 10	
1.0K 2.0K	(15 secs fast 45 secs speed 4) x4 Then speed 4	
0.5K 1.0K	Speed 4 slowing to 3 out of 10	
Cool down	https://youtu.be/ar3BGF8do7I	

PLYO 4		
Avenirs		
Warm up	https://youtu.be/CjYHKWwHjIk	
Warm up 2 Dance Monkey	https://youtu.be/UjDlbz9YxKg	
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PL	20/30/40 secs
Rest		20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQ	20/30/40 secs
Rest		20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRfKQw?list=PL	30/40 secs
Rest		1 or 2 mins
Repeat		2 times
Cool down	https://youtu.be/2TzewWk-fdk	



Friday

Cardio set 9			
Avenirs			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
Speed skaters	10 secs	https://youtu.be/Kf	Do as many as you can do in time!
Jumping Jacks	10 seconds	https://youtu.be/1k	Do as many as you can do in time!
Breaststroke turn & Jump	10 seconds	From BSSC Facebook	Do as many as you can do in time!
Rest	30 secs		
Climber taps	15 secs	https://youtu.be/9r	Do as many as you can do in time!
Plank	15 seconds	https://youtu.be/Tv	Do as many as you can do in time!
Jumping lunges	15 seconds	https://youtu.be/6S	Do as many as you can do in time!
Rest	45 secs		
High knee marching	20 secs	https://youtu.be/3C	Do as many as you can do in time!
Skier Jack	20 seconds	https://youtu.be/i0	Do as many as you can do in time!
Side lunges	20 seconds	https://youtu.be/4F	Do as many as you can do in time!
Rest	2 minutes		
Cycles	2		
Cool down	https://youtu.be/u5Hr3rNUZ24		

Friday

Saturday

Cardio set 10			
Avenirs			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
March on spot	30 secs	https://youtu.be/gv	Easy
Hop heel clicks	15 seconds	https://youtu.be/4y	Do as many as you can do in time!
March on spot	30 secs	https://youtu.be/gv	Easy
Half squat walk	15 seconds	https://youtu.be/w	Do as many as you can do in time!
March on spot	30 secs	https://youtu.be/gv	Easy
Karate front kick alt L&R	15 seconds	https://youtu.be/Pk	Do as many as you can do in time!
March on spot	30 secs	https://youtu.be/gv	Easy
Army crawl	15 seconds	https://youtu.be/bf	Do as many as you can do in time!
March on spot	30 secs	https://youtu.be/gv	Easy
Bridge taps	15 seconds	https://youtu.be/8l	Do as many as you can do in time!
March on spot	30 secs	https://youtu.be/gv	Easy
Twist Jacks	15 seconds	https://youtu.be/fr	Do as many as you can do in time!
Rest between cycles	60 secs		
Cycles	2		
Cool down	https://youtu.be/u5Hr3rNUZ24		

Saturday

CORE & UPPER 4			
Avenirs			
Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c	
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ	
10 Pulse rows		https://youtu.be/MHFewo6HTUk	
10 Snow Angel		https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds			Adjust recovery if needed
10 secs Supine Push up		https://youtu.be/8H-TSjVRCUA	
15 secs Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCE	(modifications; lift shoulders/bend knees)
Recovery 35 seconds			Adjust recovery if needed
Therband routine (10 each)		https://youtu.be/ib1srzH_q0A	
15 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSMS0I6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 1-2 mins			
Repeat 2/3 times			
Cool down		https://youtu.be/u5Hr3rNUZ24	