



Monday

Monday

Older Squads					
Cardio set 7					
Section	Exercise	Time	Reps	Cycles	
Warm up	Complete YouTube video			1	https://youtu.be/R0mMvV5QtcM
Recovery	1.00 mins				
Main set	Burpee (or modification)	30 seconds	1		https://youtu.be/TU8QYVW0gDU
	High Knee marching	30 seconds	1		Modify: walk legs back & no jump
	Plank 1 or	45 seconds	1		https://youtu.be/TvxNkmjdhMM
	Side plank 2 or	45 seconds	1		https://youtu.be/_rdjfFSFKMY
	Bird dog plank	45 seconds	1		https://youtu.be/-LRjkbEy-qU
	High Knee marching	30 seconds	1		
	Normal push up or	30 seconds	1		https://youtu.be/Eh00_rniF8E
	Diamond push up	30 seconds	1	4,5,6	https://youtu.be/dmoHFWt-Mms
	High Knee marching	30 seconds	1		
	In an out squat jumps	30 seconds	1		https://youtu.be/Sl3od04PeZA
	High Knee marching	30 seconds	1		
	Sumo squat		1		https://youtu.be/sqDGklBYPAk
	High Knee marching	30 seconds	1		
	Bent over row (Band)	30 seconds	1		https://youtu.be/gQfb_k_2Zwl
	Rest	1 min to 2 mins	1		
Cool down	Complete YouTube video			1	https://youtu.be/ar3BGF8do7I

CORE & LOWER 3	
Older Squads	
Warm up	https://youtu.be/Kdgv6DPAZBU
30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8
12 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c https://youtu.be/sHpBSJeHFMs
30 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NyA
Recovery 30/60 seconds	
12 -18 half squat T's (6-9 each leg)	https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSi optional +10 secs rest if needed
12-18 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKd optional +10 secs rest if needed
30 seconds Flutter kick	https://youtu.be/BIJQtDcCzeA optional +10 secs rest if needed
Recovery 60 seconds	
12 Power Jacks	https://youtu.be/alaZwJE20Ds
Back ext. plus fly	https://youtu.be/9q_uz605P_k
18 Mountain climbers	https://youtu.be/w2iTOneGPdU
2 minutes rest	Try active recovery
Repeat 3/4/5 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Tuesday

Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!)	
Older Squads	
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	(20 secs fast 40 secs speed 4) x4 Then speed 4 or (30 secs fast 60 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	
Older Squads	
Warm up	https://youtu.be/CiYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/IJDIbz9YxKg
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	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk



Wednesday

Cardio set 8		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees run on spot	20 secs	https://youtu.be/QPfOZ Do as many as you can do in time!
Air or pistol squat	20 secs	https://youtu.be/C_VtO Do as many as you can do in time!
Jumping Jacks	20 secs	https://youtu.be/gG2Z1 Do as many as you can do in time!
REST	30 secs	
High knees run on spot	30 secs	https://youtu.be/QPfOZ Do as many as you can do in time!
Sumo Squat	30 secs	https://youtu.be/sqDGk Do as many as you can do in time!
Skier Jacks	30 secs	https://youtu.be/i02As2 Do as many as you can do in time!
REST	60 secs	
High knees run on spot	40 secs	https://youtu.be/QPfOZ Do as many as you can do in time!
Lunge	40 seconds	https://youtu.be/UpyDd Do as many as you can do in time!
Mountain climbers	40 seconds	https://youtu.be/w2iTO Do as many as you can do in time!
Rest between cycles	1-2 minutes	
Cycles	2/3/4/5	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

CORE & UPPER 3	
Older Squads	
Warm up	https://youtu.be/Kdgv6DPAZBU
10/12/14 Side Push up or 15/20/30 secs	https://youtu.be/5JtJdNd3K3M
10/12/14 (5 each) Staggered arm push up or build	https://youtu.be/oWK_4kM-M9M
Recovery 30/60 seconds	
10/12/14 (each side) alternating superman or 20/30secs	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Flutter kick 30/40/60	https://youtu.be/BIJQtdcCzeA
Recovery 30/60 seconds	
Therband routine (16 each)	https://youtu.be/ib1srzH_q0A
12/14/16 Triceps dips	https://youtu.be/3ydgLFLK8e0
Recovery 1-2 mins	
Repeat 3/4 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!)	
Older Squads	
3.5KM (7.0KM) circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K 1.0K	Speed 4 out of 10
1.0K 2.0K	(20 secs fast 40 secs speed 4) x4 Then speed 4 or (30 secs fast 60 secs speed 4) x4 Then speed 4
0.5K 1.0K gentle	Speed 5 (out of 10)
1.0K 2.0K	
0.5K 1.0K	Speed 3 out of 10
Cool down	https://youtu.be/ar3BGF8do7I

Thursday

PLYO 4	
Older Squads	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/IJDlbz9YxKg
Squat jumps	https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKc 20/30/40 secs
Rest	20/40/60 secs
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdS 20/30/40 secs
Rest	20/40/60 secs
Bear crawl	https://youtu.be/bfT5TaRFKQw?list=PLQSMS0J6JbrKd 30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk



Friday

Cardio set 9			
Older Squads			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
Speed skaters	20 secs	https://youtu.be/4XcGT	Do as many as you can do in time!
Jumping Jacks	20 secs	https://youtu.be/gybGh	Do as many as you can do in time!
Breaststroke turn & Jump	20 secs		From BSSC Do as many as you can do in time!
Rest	30 secs		
Climber taps	30 secs	https://youtu.be/8H-TSiVRCUA	Do as many as you can do in time!
Plank	30 secs	https://youtu.be/gt62sf7khLU	Do as many as you can do in time!
Jumping lunges	30 secs	https://youtu.be/ib1srzH_q0A	Do as many as you can do in time!
Rest	60 secs		
High knee marching	40 secs	https://youtu.be/sflrxv53L-o	Do as many as you can do in time!
Skier Jack	40 seconds	https://youtu.be/8Imxy4	Do as many as you can do in time!
Side lunges	40 seconds	https://youtu.be/fR_aM	Do as many as you can do in time!
Rest between cycles	1-2 minutes		
Cycles	2/3/4/5		
Cool down	https://youtu.be/u5Hr3rNUZ24		

Friday

CORE & LOWER 4			
Older Squads			
Warm up	https://youtu.be/Kdgv6DPAZBU		
30 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xjbhP4MkY		
30 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s		
30 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s		
Recovery 45 seconds			
40 secs Calf raises	https://youtu.be/a2xjbhP4MkY		
40 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk		
40 seconds crab walk	https://youtu.be/Xwcbm93mM-o		
Recovery 60 seconds			
45 secs Calf raises	https://youtu.be/a2xjbhP4MkY		
60 secs Plank	https://youtu.be/TyuijczHVY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ		
2 minutes rest	Try active recovery		
Repeat 3/4/5 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

Saturday

Cardio set 10			
Older Squads			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
March on spot	20 secs	https://youtu.be/gybGh	Easy
Hop heel clicks	40 secs	https://youtu.be/4XcGT	Do as many as you can do in time!
March on spot	20 secs	https://youtu.be/gybGh	Easy
Half squat walk	40 secs	https://youtu.be/wqfRv	Do as many as you can do in time!
March on spot	20 secs	https://youtu.be/gybGh	Easy
Karate front kick alt L&R	40 secs	https://youtu.be/Pktkg8	Do as many as you can do in time!
March on spot	20 secs	https://youtu.be/gybGh	Easy
Army crawl	40 secs	https://youtu.be/bR-XzX	Do as many as you can do in time!
March on spot	20 secs	https://youtu.be/gybGh	Easy
Bridge taps	40 secs	https://youtu.be/8Imxy4	Do as many as you can do in time!
March on spot	20 secs	https://youtu.be/gybGh	Easy
Twist Jacks	40 secs	https://youtu.be/fR_aM	Do as many as you can do in time!
Rest between cycles	2 minutes		
Cycles	2,3,4		
Cool down	https://youtu.be/u5Hr3rNUZ24		

Saturday

CORE & UPPER 4			
Older Squads			
Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c	
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ	
12-18 Pulse rows		https://youtu.be/MHFewo6HTUk	
12-18 Snow Angel		https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds			Adjust recovery if needed
15 sec Supine Push up		https://youtu.be/8H-TSiVRCUA	
30 sec Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080	
Recovery 45 seconds			Adjust recovery if needed
Therband routine (12 - 18each)		https://youtu.be/ib1srzH_q0A	
30 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
Recovery 1-2 mins			Adjust recovery if needed
Repeat 3/4 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		