



Monday

| Poussins/Benjamins | | | | | |
|--------------------|--------------------------|-----------------|------|--------|---|
| Cardio set 7 | | | | | |
| Section | Exercise | Time | Reps | Cycles | |
| Warm up | Complete YouTube video | | | 1 | https://youtu.be/R0mMyV50tcM |
| Recovery | 2.00 mins | | | | |
| | Burpee (or modification) | 30 seconds | 1 | | https://youtu.be/TU8QYVW0gDU |
| | Rest | 30 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 |
| Main set | Bird dog plank | 20/30 seconds | 1 | | https://youtu.be/-LRjkbEy-qU |
| | Rest | 30 seconds | 1 | | |
| | Knee or | 30 seconds | 1 | 3 | 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 | 1 min to 2 mins | 1 | | |
| Cool down | Complete YouTube video | | | 1 | https://youtu.be/ar3BGF8do7I |

Monday

| CORE & LOWER 3 | |
|-----------------------------------|---|
| Poussins/Benjamins | |
| Warm up | https://youtu.be/Kdgv6DPAZBU |
| 20/30 second Superman hold | https://www.youtube.com/watch?v=R4cbB38p_q8 |
| Recovery 30 seconds | |
| 20/30 secs plank try & toes touch | https://www.youtube.com/watch?v=0c6rLDG9NyA |
| Recovery 30 seconds | |
| 12 Air or pistol Squat | https://youtu.be/C_VtOYc6j5c https://youtu.be/sHpBSJeHfMs |
| Recovery 30 seconds | |
| 12 half squat T's (6 each leg) | https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ |
| Recovery 30 seconds | |
| 12 (each side) alternating planks | https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ |
| Recovery 30 seconds | |
| 20/30 seconds Flutter kick | https://youtu.be/BIJQtdcCzeA |
| 1-2 minutes rest | |
| Repeat 3 times | |
| Cool down | https://youtu.be/u5Hr3rNUZ24 |

Tuesday

| Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!) | |
|--|---|
| Poussins/Benjamins | |
| 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 |

Tuesday

| PLYO 3 | |
|------------------------|---|
| Poussins/Benjamins | |
| Warm up | https://youtu.be/CiYHKWwHJlk |
| Warm up 2 Dance Monkey | https://youtu.be/IJdlbz9YxKg |
| 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 times |
| Cool down | https://youtu.be/2TzewWk-fdk |



Wednesday

| Cardio set 8 Poussins/Benjamins | | |
|------------------------------------|---|---|
| Warm up | https://youtu.be/E7ghNKOH9To | or your own active warm up |
| High knees run on spot | 15 secs | https://youtu.be/Qf Do as many as you can do in time! |
| Air or pistol squat | 15 seconds | https://youtu.be/C Do as many as you can do in time! |
| Jumping Jacks | 15 seconds | https://youtu.be/gG Do as many as you can do in time! |
| REST | 45 secs | |
| High knees run on spot | 20 secs | https://youtu.be/Qf Do as many as you can do in time! |
| Sumo Squat | 20 secs | https://youtu.be/sq Do as many as you can do in time! |
| Skier Jacks | 20 secs | https://youtu.be/i0 Do as many as you can do in time! |
| REST | 60 secs | |
| High knees run on spot | 30 secs | https://youtu.be/Qf Do as many as you can do in time! |
| Lunge | 30 seconds | https://youtu.be/Uj Do as many as you can do in time! |
| Mountain climbers | 30 seconds | https://youtu.be/w Do as many as you can do in time! |
| Rest between cycles | 1-2 minutes | |
| Cycles | 2/3 | |
| Cool down | https://youtu.be/u5Hr3rNUZ4 | |

Wednesday

Thursday

| CORE & UPPER 3 Poussins/Benjamins | |
|---|---|
| Warm up | https://youtu.be/Kdgv6DPAZBU |
| 10 Side Push up or 20 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 20 secs | https://youtu.be/DFk3yGzv62U?list=PLQSMS0J6JbrKdSOSbyJXa |
| Flutter kick 30 secs | https://youtu.be/BIJQtdcCzeA |
| Recovery 60 seconds | |
| Therband routine (12 each) | https://youtu.be/ib1srzH_q0A |
| 12 Triceps dips | https://youtu.be/3ydgLFLK8e0 |
| Recovery 1-2 mins | |
| Repeat 2/3 times | |
| Cool down | https://youtu.be/u5Hr3rNUZ4 |

Thursday

| Run set 3 (This can be walk/run or cycle-adapt to your ability or preference!) Poussins/Benjamins | |
|--|---|
| 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 Poussins/Benjamins | |
|------------------------------|---|
| Warm up | https://youtu.be/CjYHKWwHJlk |
| Warm up 2 Dance Monkey | https://youtu.be/IJDIbz9YxKg |
| Squat jumps | https://youtu.be/bv7as8mDXLQ?list=PLQSMS 20/30/40 secs |
| Rest | 20/40/60 secs |
| Sprinter lunges | https://youtu.be/kaFs0XcgUfo?list=PLQSMS0 20/30/40 secs |
| Rest | 20/40/60 secs |
| Bear crawl | https://youtu.be/bfT5TaRFKQw?list=PLQSMS 30/40 secs |
| Rest | 1 or 2 mins |
| Repeat | 2/3 times |
| Cool down | https://youtu.be/2TzewWk-fdk |



Friday

| Cardio set 9 | | |
|--------------------------|---|---|
| Poussins/Benjamins | | |
| Warm up | https://youtu.be/E7ghNKOH9To | or your own active warm up |
| Speed skaters | 15 secs | https://youtu.be/KC Do as many as you can do in time! |
| Jumping Jacks | 15 seconds | https://youtu.be/1b Do as many as you can do in time! |
| Breaststroke turn & Jump | 15 seconds | From BSSC Faceboo Do as many as you can do in time! |
| Rest | 45 secs | |
| Climber taps | 20 secs | https://youtu.be/9p Do as many as you can do in time! |
| Plank | 20 secs | https://youtu.be/Tv Do as many as you can do in time! |
| Jumping lunges | 20 secs | https://youtu.be/6S Do as many as you can do in time! |
| Rest | 60 secs | |
| High knee marching | 30 secs | https://youtu.be/3C Do as many as you can do in time! |
| Skier Jack | 30 seconds | https://youtu.be/i0 Do as many as you can do in time! |
| Side lunges | 30 seconds | https://youtu.be/4P Do as many as you can do in time! |
| Rest | 2 minutes | |
| Cycles | 2/3 | |
| Cool down | https://youtu.be/u5Hr3rNUZ24 | |

Friday

Saturday

| CORE & LOWER 4 | | |
|---|---|--|
| Poussins/Benjamins | | |
| Warm up | https://youtu.be/Kdgv6DPAZBU | |
| 20 secs Calf raise (with theraband or use a step) | https://youtu.be/a2xibhP4MkY | |
| 20 secs left leg hips bridge | https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s | |
| 20 secs right leg hips bridge | https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s | |
| Recovery 60 seconds | | |
| 30 secs Calf raises | https://youtu.be/a2xibhP4MkY | |
| 30 secs Dbl leg lifts | https://youtu.be/l-mPHKQFMkk | |
| 30 seconds crab walk | https://youtu.be/Xwcbm93mM-o | |
| Recovery 60 seconds | | |
| 40 secs Calf raises | https://youtu.be/a2xibhP4MkY | |
| 3 minute standing core entire video | https://youtu.be/oQ--HZDG2ew | |
| 1-2 minutes rest | | |
| Repeat 2/3 times | | |
| Cool down | https://youtu.be/u5Hr3rNUZ24 | |

Saturday

| Cardio set 10 | | |
|---------------------------|---|---|
| Poussins/Benjamins | | |
| Warm up | https://youtu.be/E7 | or your own active warm up |
| March on spot | 30 secs | https://youtu.be/gv Easy |
| Hop heel clicks | 30 secs | https://youtu.be/4X Do as many as you can do in time! |
| March on spot | 30 secs | https://youtu.be/gv Easy |
| Half squat walk | 30 secs | https://youtu.be/wc 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 | 30 secs | 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 | 30 secs | https://youtu.be/bR Do as many as you can do in time! |
| March on spot | 30 secs | https://youtu.be/gv Easy |
| Bridge taps | 30 secs | https://youtu.be/8lr Do as many as you can do in time! |
| March on spot | 30 secs | https://youtu.be/gv Easy |
| Twist Jacks | 30 secs | https://youtu.be/fr Do as many as you can do in time! |
| Rest between cycles | 1-2 mins | |
| Cycles | 2 | |
| Cool down | https://youtu.be/u5Hr3rNUZ24 | |

| CORE & UPPER 4 | | |
|------------------------------|-----------------|---|
| Poussins/Benjamins | | |
| Warm up 1 | Name that tune? | https://youtu.be/wH3MOQY4B1c |
| Warm up 2 | Black eyed peas | https://youtu.be/BvOnN62hPBQ |
| 12 Pulse rows | | https://youtu.be/MHFewo6HTUk |
| 12 Snow Angel | | https://youtu.be/ZYIHJ3m6UCo |
| Recovery 30 seconds | | Adjust recovery if needed |
| 10 sec Supine Push up | | https://youtu.be/8H-TSIVRCUA |
| 15 sec Vertical leg crunches | | https://youtu.be/gt62sf7khLU?list=PLCEFFCA5 (modifications; lift shoulders/bend knees) |
| Recovery 35 seconds | | Adjust recovery if needed |
| Therband routine (12 each) | | https://youtu.be/ib1srzH_q0A |
| 20 secs Dragon press ups | | https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ |
| Recovery 1-2 mins | | |
| Repeat 2/3 times | | |
| Cool down | | https://youtu.be/u5Hr3rNUZ24 |