



| Poussins/Benjamins |                |                        |                |        |   |   |
|--------------------|----------------|------------------------|----------------|--------|---|---|
| Section            | Exercise       | Time                   | Reps           | Cycles |   |   |
| Monday             | Warm up        | Dance along warm up    |                |        | 1   | <a href="https://youtu.be/DnVz-oHuB4">https://youtu.be/ DnVz-oHuB4</a>                            |
|                    |                | Recovery               | 1.00-2.00 mins |        |   |   |
|                    |                | Side hops              | 30 seconds     | 1      |   | <a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM9">https://youtu.be/0ZxLHEKzBp4?list=PLQSM9</a>   |
|                    |                | Rest                   | 30 seconds     | 1      |   |   |
|                    |                | Twist Jacks            | 30 seconds     | 1      |   | <a href="https://youtu.be/fr_aMGh_F60?list=PLQSM9">https://youtu.be/fr_aMGh_F60?list=PLQSM9</a>   |
|                    |                | Seal Jacks             | 30 seconds     | 1      |   | <a href="https://youtu.be/fixrmaUVAajo?list=PLQSM9">https://youtu.be/fixrmaUVAajo?list=PLQSM9</a> |
|                    | Main set       | Rest                   | 30 seconds     | 1      |   |   |
|                    |                | Toe tap hops           | 30 seconds     | 1      | 3   | <a href="https://youtu.be/wTfWbsQq1o?list=PLQSM9">https://youtu.be/wTfWbsQq1o?list=PLQSM9</a>     |
|                    |                | Donkey Kicks           | 30 seconds     | 1      |   | <a href="https://youtu.be/QGiiuBOQn3Y?list=PLQSM9">https://youtu.be/QGiiuBOQn3Y?list=PLQSM9</a>   |
|                    |                | Jumps                  | 30 seconds     | 1      |   | <a href="https://youtu.be/bllLw7Bsk_M?list=PLQSM9">https://youtu.be/bllLw7Bsk_M?list=PLQSM9</a>   |
|                    | Rest           | 30 seconds             | 1              |        |   |   |
|                    | Push up choice | 30 seconds             | 1              |        | <a href="https://youtu.be/dmoHFwT-Mms">https://youtu.be/dmoHFwT-Mms</a> |   |
|                    | Rest           | 1 min                  | 1              |        |   |   |
|                    | Cool down      | Complete YouTube video |                |        | 1   | <a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a>                           |

| CORE & LOWER 1                 |   |
|--------------------------------|---|
| Poussins/Benjamins             |   |
| Warm up                        | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>   |
| 12 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> |
| 12 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            |   |
| 12 Stationary lunge            | <a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>   |
| 12 Reverse lunge and knee lift | <a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>   |
| Recovery 30 seconds            |   |
| Baby Shark Challenge           | <a href="https://youtu.be/HZARQgiXXPO">https://youtu.be/HZARQgiXXPO</a>   |
| Recovery 60 seconds            |   |
| Repeat 2/3 times               |   |
| Cool down                      | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>   |

| Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!) |   |
|--|---|
| Poussins/Benjamins   |   |
| 2.5KM circuit or 5.0KM   |   |
| Warm up  | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a> |
| 0.5K 1.0km   | Speed start 3 build to 4 out of 10                                      |
| 0.5K 1.0km   | Speed 5 30secs speed 4 30 secs for 0.5K                                 |
| 0.5K 1.0km   | Speed 6 20secs speed 3 40 secs for 0.5K                                 |
| 0.5K 1.0km   | Speed 8 10secs speed 3 50 secs for 0.5K                                 |
| 0.5K 1.0km   | Speed 4 slowing to 3 out of 10  |
| Cool down  | <a href="https://youtu.be/ar3BGF8do7I">https://youtu.be/ar3BGF8do7I</a> |

| PLYO 5                 |   |
|------------------------|---|
| Poussins/Benjamins     |   |
| Warm up                | <a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>                         |
| Warm up 2 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/YJ7dlTv1MaA">https://youtu.be/YJ7dlTv1MaA</a>                         |
| Rest                   | 20/30/40 secs   |
| Hop Heel clicks        | <a href="https://youtu.be/4XcGTvcSRxY?list=PLQSM9">https://youtu.be/4XcGTvcSRxY?list=PLQSM9</a> |
| Rest                   | 20/30/40 secs   |
| Repeat                 | 1 or 2 mins   |
|                        | 2/3 times   |
| Cool down              | <a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>                         |

Wednesday

| Cardio set 4                   |   |   |
|--------------------------------|---|---|
| Poussins/Benjamins             |   |   |
| Warm up                        | <a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a> | or your own active warm up  |
| High Knee marching             | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                |
| Burpee or                      | 20 secs   | <a href="https://youtu.be/TU">https://youtu.be/TU</a> Do as many as you can do in time!   |
| <i>Burpee modification</i>     |   | <a href="https://youtu.be/wa">https://youtu.be/wa</a> Do as many as you can do in time!   |
| High Knee marching             | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                |
| Jumping lunge (alternate legs) | 20 secs   | <a href="https://youtu.be/6S">https://youtu.be/6S</a> Do as many as you can do in time!   |
| High Knee marching             | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                |
| Leg Lifts                      | 20 secs   | <a href="https://youtu.be/l-n">https://youtu.be/l-n</a> Do as many as you can do in time! |
| High Knee marching             | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                |
| Plank 1 or                     | 20 secs   | <a href="https://youtu.be/Tv">https://youtu.be/Tv</a> Hold!                               |
| <i>Plank 2 or</i>              |   | <a href="https://youtu.be/_r">https://youtu.be/_r</a> Hold!                               |
| <i>Plank 3</i>                 |   | <a href="https://youtu.be/Lf">https://youtu.be/Lf</a> Hold!                               |
| High Knee marching             | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                |
| Rest between cycles            | 80 secs   |   |
| Cycles                         | 3   |   |
| Total time                     | 18 min  |   |
| Cool down                      | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |   |

Wednesday

| CORE & UPPER 1                    |   |  |
|-----------------------------------|---|--|
| Poussins/Benjamins                |   |  |
| Warm up                           | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>   |  |
| 12 Snow Angel                     | <a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>   |  |
| 12 Tricep dips                    | <a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>   |  |
| Recovery 60 seconds               |   |  |
| 12 Glute bridges                  | <a href="https://youtu.be/YRqoIM0uOPY">https://youtu.be/YRqoIM0uOPY</a>   |  |
| 12 Oblique dble twists            | <a href="https://youtu.be/-vVOFsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVOFsdwqaY?list=PLCEFCA54D665B8080</a> |  |
| Recovery 60 seconds               |   |  |
| TheraBand routine (12 each)       | <a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>   |  |
|                                   | <a href="https://youtu.be/Eh00_r">https://youtu.be/Eh00_r</a>   |  |
| 12 Push up (use wall/knee/floor)  | <a href="https://youtu.be/nIF8E">nIF8E</a>  |  |
| Escalate difficulty on each round | diamond shape hands/push with rotation  |  |
| Recovery 1-2 mins                 |   |  |
| Repeat 2/3 times                  |   |  |
| Cool down                         | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>   |  |

Thursday

| Run set 6 (This can be walk/run -adapt to your ability or preference!) |   |  |
|--|---|--|
| Poussins/Benjamins   |   |  |
| 3.0 KM 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 plus 10 air squats every 60seconds                              |  |
| 1.0K   | Speed 3   |  |
| 0.5K   | Speed 5 plus 10 air squats every 60seconds                              |  |
| 0.5K gentle  | Speed 4 slowing to 3 out of 10  |  |
| Cool down  | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |  |

Thursday

| PLYO 6                 |   |               |
|------------------------|---|---------------|
| Poussins/Benjamins     |   |               |
| Warm up                | <a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>                             |               |
| Warm up 2 Dance Monkey | <a href="https://youtu.be/JDlBz9YxKg">https://youtu.be/JDlBz9YxKg</a>                               |               |
| Sprinter lunges        | <a href="https://youtu.be/kaFs0XcgUfo?list=PLQSM5QJ">https://youtu.be/kaFs0XcgUfo?list=PLQSM5QJ</a> | 20/40/60 secs |
| Rest                   |   | 20/40/60 secs |
| 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/Sl3od04PeZA">https://youtu.be/Sl3od04PeZA</a>                             | 20/30/40 secs |
| Rest                   |   | 20/40/60 secs |
| Ape Hops               | <a href="https://youtu.be/XG6eVjFp0hw?list=PLQSM5C">https://youtu.be/XG6eVjFp0hw?list=PLQSM5C</a>   | 20/30/40 secs |
| Rest                   |   | 1 or 2 mins   |
| Repeat                 |   | 2/3 times     |
| Cool down              | <a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>                             |               |

Friday

| Cardio set 11            |   |   |
|--------------------------|---|---|
| Poussins/Benjamins       |   |   |
| Warm up                  | <a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a> | or your own active warm up  |
| High Knee marching       | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                  |
| Push ups (knees)         | 20 secs   | <a href="https://youtu.be/Lik">https://youtu.be/Lik</a> Do as many as you can do in time!   |
| High Knee marching       | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                  |
| Tricep dips              | 20 secs   | <a href="https://youtu.be/3y">https://youtu.be/3y</a> Do as many as you can do in time!     |
| High Knee marching       | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                  |
| Shoulder Press theraband | 12 Reps   | <a href="https://youtu.be/0ri">https://youtu.be/0ri</a> Use light weight if u have no bands |
| High Knee marching       | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                  |
| Push up diamond (knees)  | 20 secs   | <a href="https://youtu.be/dn">https://youtu.be/dn</a> Do as many as you can do in time!     |
| High Knee marching       | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                                  |
| Rest between cycles      | 80 secs   |   |
| Cycles                   | 3   |   |
| Total time               | 18 min  |   |
| Cool down                | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |   |

Friday

| CORE & LOWER 5                     |   |  |
|------------------------------------|---|--|
| Poussins/Benjamins                 |   |  |
| Warm up                            | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>   |  |
| 12 Dynamic side plan R             | <a href="https://youtu.be/rdjF5FKMY">https://youtu.be/rdjF5FKMY</a>   |  |
| 12 Dynamic side plan L             | <a href="https://youtu.be/rdjF5FKMY">https://youtu.be/rdjF5FKMY</a>   |  |
| Recovery 30 seconds                |   |  |
| 12 Sumo Squat                      | <a href="https://youtu.be/sqDGkiBYPAk">https://youtu.be/sqDGkiBYPAk</a>   |  |
| 20 Calf Raises                     | <a href="https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a> |  |
| 12 Fwd squat jumps                 | <a href="https://youtu.be/6qXK5SY8r8U">https://youtu.be/6qXK5SY8r8U</a>   |  |
| Recovery 30 seconds                |   |  |
| 12 Bicycle abs                     | <a href="https://youtu.be/9FGilxCbdz8">https://youtu.be/9FGilxCbdz8</a>   |  |
| 12 V sits scissors to flutter kick | <a href="https://youtu.be/KytiFQ94_qo">https://youtu.be/KytiFQ94_qo</a>   |  |
| Recovery 1-2 mins                  |   |  |
| Repeat 2/3/ times                  |   |  |
| Cool down                          | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>   |  |

Saturday

| Cardio set 6            |   |   |
|-------------------------|---|---|
| Poussins/Benjamins      |   |   |
| Warm up                 | <a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a> | or your own active warm up  |
| High Knee marching      | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                              |
| Jumping Jacks           | 20 secs   | <a href="https://youtu.be/1b">https://youtu.be/1b</a> Do as many as you can do in time! |
| High Knee marching      | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                              |
| Back Extensions         | 20 secs   | <a href="https://youtu.be/9q">https://youtu.be/9q</a> Do as many as you can do in time! |
| High Knee marching      | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                              |
| Squat Thrusts side kick | 20 secs   | <a href="https://youtu.be/1q">https://youtu.be/1q</a> Do as many as you can do in time! |
| High Knee marching      | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                              |
| Squat Jumps             | 20 secs   | <a href="https://youtu.be/Az">https://youtu.be/Az</a> Do as many as you can do in time! |
| High Knee marching      | 40 secs   | <a href="https://youtu.be/3C">https://youtu.be/3C</a> Easy                              |
| Rest between cycles     | 80 secs   |   |
| Cycles                  | 3   |   |
| Total time              | 18 min  |   |
| Cool down               | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a> |   |

Saturday

| CORE & UPPER 2                    |   |                           |
|-----------------------------------|---|---------------------------|
| Poussins/Benjamins                |   |                           |
| Warm up                           | <a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>   |                           |
| 12 Push up (use wall/knee/floor)  | <a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>   |                           |
| Escalate difficulty on each round | <a href="https://youtu.be/dmoHFwt-Mms">https://youtu.be/dmoHFwt-Mms</a>   |                           |
| 12 Snow Angel                     | <a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>   |                           |
| Recovery 60 seconds               |   | Adjust recovery if needed |
| 15 secs Body saw planks           | <a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a> |                           |
| 15 secs Plank shoulder taps       | <a href="https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a> |                           |
| Recovery 60 seconds               |   | Adjust recovery if needed |
| 15 secs Supine Push up            | <a href="https://youtu.be/8H-TsjVRcUA">https://youtu.be/8H-TsjVRcUA</a>   |                           |
| TheraBand routine (12 each)       | <a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>   |                           |
| Recovery 1-2 mins                 |   | Adjust recovery if needed |
| Repeat 2/3 times                  |   |                           |
| Cool down                         | <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>   |                           |