



	Avenirs					
	Section	Exercise	Time	Reps	Cycles	
Monday	Warm up	Dance along warm up			1	https://youtu.be/_DnVz-oHuB4
		Recovery	1.00-2.00 mins			
		Side hops	20 seconds	1		https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyj
		Rest	20 seconds	1		
		Twist Jacks	20 seconds	1		https://youtu.be/fr_aMGh_F60?list=PLQSMS0J6JbrKdSOSbyj
		Seal Jacks	20 seconds	1		https://youtu.be/fxrmaUVAajo?list=PLQSMS0J6JbrKdSOSbyj
	Main set	Rest	20 seconds	1		
		Toe tap hops	20 seconds	1	2	https://youtu.be/wTfWbsQql1o?list=PLQSMS0J6JbrKdSOSbyj
		Donkey Kicks	20 seconds			https://youtu.be/QGiiuBOQn3Y?list=PLQSMS0J6JbrKdSOSbyj
		Jumps	20 seconds	1		https://youtu.be/bllLw7Bsk_M?list=PLQSMS0J6JbrKdSOSbyj
		Rest	20 seconds	1		
		Push up choice	20 seconds	1		https://youtu.be/dmoHFWt-Mms
		Rest	1 min 40 seconds	1		
	Cool down	Complete YouTube video			1	https://youtu.be/ar3BGF8do7I
Tuesday	CORE & LOWER 1					
	Avenirs					
	Warm up					https://youtu.be/Kdgv6DPAZBU
	10 left leg hips bridge					https://www.youtube.com/watch?v=nrlLo5QCCFc&t=1s
	10 right leg hips bridge					https://www.youtube.com/watch?v=nrlLo5QCCFc&t=1s
	Recovery 30 seconds					
	10 Stationary lunge					https://youtu.be/w2Qbxb6nJKc
	10 Reverse lunge and knee lift					https://youtu.be/TsFU7f6TaR0
	Recovery 30 seconds					
	Baby Shark Challenge					https://youtu.be/HZARQgIXXP0
	Recovery 60 seconds					
	Repeat 2 times					
	Cool down					https://youtu.be/u5Hr3rNUZ24
Tuesday	Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!)					
	Avenirs					
	2.5KM circuit or 5.0KM					
	Warm up					https://youtu.be/Kdgv6DPAZBU
	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					https://youtu.be/ar3BGF8do7I
	PLYO 5					
	Avenirs					
	Warm up					https://youtu.be/CjYHKWwHJlk
	Warm up 2 Dance Monkey					https://youtu.be/UDlbz9YxKg
	Plyo jumps				20/30/40 secs	https://youtu.be/QE8k1wjxu9s
	Rest				20/40/60 secs	
	Broad jumps				20/30/40 secs	https://youtu.be/96zJo3nlmHl
	Rest				20/40/60 secs	
	Monkey Jumps				20/30/40 secs	https://youtu.be/YJ7dITv1MaA
	Rest				20/30/40 secs	
	Hop Heel clicks				20/30/40 secs	https://youtu.be/4XcGTvcSRxY?list=PLQ
	Rest				1 or 2 mins	
	Repeat				2 times	
	Cool down					https://youtu.be/2TzewWk-fdk

Friday	Cardio set 11 Avenirs Warm up https://youtu.be/E7ghNKOH9To or your own active warm up High Knee marching 30 secs https://youtu.be/3C Easy Push ups (knees) 15 seconds https://youtu.be/LiI Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Tricep dips 15 seconds https://youtu.be/3y Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Shoulder Press theraband 10 Reps https://youtu.be/0r Use light weight if u have no bands High Knee marching 30 secs https://youtu.be/3C Easy Push up diamond (knees) 15 seconds https://youtu.be/dr Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Rest between cycles 60 secs Cycles 2 Total time 8 mins Cool down https://youtu.be/u5Hr3rNUZ24	Friday
	CORE & LOWER 5 Avenirs Warm up https://youtu.be/Kdgv6DPAZBU 10 Dynamic side planR https://youtu.be/_rdjfFSFKMY 10 Dynamic side plan L https://youtu.be/_rdjfFSFKMY Recovery 30 seconds 10 Sumo Squat https://youtu.be/sqDGkIBYPak 10 Calf Raises https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 10 Fwd squat jumps https://youtu.be/6qXK5SY8r8U Recovery 30 seconds 10 Bicycle abs https://youtu.be/9FGilxCbdz8 10 V sits scissors to flutter kick https://youtu.be/KytiFQ94_qo Recovery 1-2 mins Repeat 2 times Cool down https://youtu.be/u5Hr3rNUZ24	
Saturday	Cardio set 6 Avenirs Warm up https://youtu.be/E7ghNKOH9To or your own active warm up High Knee marching 30 secs https://youtu.be/3C Easy Jumping Jacks 15 seconds https://youtu.be/1t Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Back Extensions 15 seconds https://youtu.be/9c Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Squat Thrusts side kick 15 seconds https://youtu.be/1c Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Squat Jumps 15 seconds https://youtu.be/Az Do as many as you can do in time! High Knee marching 30 secs https://youtu.be/3C Easy Rest between cycles 60 secs Cycles 2 Total time 8 mins Cool down https://youtu.be/u5Hr3rNUZ24	Saturday
	CORE & UPPER 2 Avenirs Warm up https://youtu.be/Kdgv6DPAZBU 10 Push up (use wall/knee/floor) https://youtu.be/Eh00_rniF8E Escalate difficulty on each round https://youtu.be/dmoHFWt-Mms 10 Snow Angel https://youtu.be/ZYIHJ3m6UCo Recovery 60 seconds Adjust recovery if needed 10 secs Body saw planks https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ 10 secs Plank shoulder taps https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ Recovery 60 seconds Adjust recovery if needed 10 secs Supine Push up https://youtu.be/8H-TSjVRCUA TheraBand routine (10 each) https://youtu.be/ib1srzH_q0A Recovery 1-2 mins Adjust recovery if needed Repeat 2/3 times Cool down https://youtu.be/u5Hr3rNUZ24	