



		Older Squads				
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	30 seconds	1		https://youtu.be/OZxLHEKzBp4?list=PLQSM
		Rest	15 seconds	1		
		Twist Jacks	30 seconds	1		https://youtu.be/fR_aMGh_F60?list=PLQSM
		Seal Jacks	30 seconds	1		https://youtu.be/fxrmaUVAajo?list=PLQSM
	Main set	Rest	15/30 seconds	1		
		Toe tap hops	30 seconds	1	4,5,6	https://youtu.be/wTfWbsQal1o?list=PLQSM
		Donkey Kicks	30 seconds	1		https://youtu.be/QGiiuBOQn3Y?list=PLQSM
		Jumps	30 seconds	1		https://youtu.be/bllLw7Bsk_M?list=PLQSM
		Rest	30 seconds	1		
		Push up choice	30-60 seconds	1		https://youtu.be/dmoHFwT-Mms
		Rest	1 min to 2 mins	1		
		Cool down	Complete YouTube video			1

Monday

Monday

		CORE & LOWER 1	
		Older Squads	
	Warm up	https://youtu.be/Kdgv6DPAZBU	
	12-20 left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s	
	12-20 right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s	
	Recovery 30 seconds		
	12-20 Stationary lunge Each leg	https://youtu.be/w2Qbxb6nJKc	
	12-20 Reverse alt leg lunge and knee	https://youtu.be/TsFU7f6TaR0	
	Recovery 30 seconds		
	Cha Cha Plank challenge	https://youtu.be/x_YFkVSp34s	
	Recovery 60 seconds		
	Repeat 3/4/5 times		
	Cool down	https://youtu.be/u5Hr3rNUZ24	

Tuesday

Tuesday

		Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!)	
		Avenir	
	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/ar3BGF8do7l	

		PLYO 5	
		Older Squads	
	Warm up	https://youtu.be/CjYHKWwHJlk	
	Warm up 2	Dance Monkey	
	Plyo jumps	https://youtu.be/IJDlbz9YxKg	20/30/40 secs
	Rest	https://youtu.be/QE8k1wixu9s	20/40/60 secs
	Broad jumps	https://youtu.be/96zJo3nlmHI	20/30/40 secs
	Rest		20/40/60 secs
	Monkey Jumps	https://youtu.be/YJ7dlTv1MaA	20/30/40 secs
	Rest		20/30/40 secs
	Hop Heel clicks	https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J6JbrKds	20/30/40 secs
	Rest		1 or 2 mins
	Repeat		2/3/4 times
	Cool down	https://youtu.be/2TzewWk-fdk	

Wednesday

Cardio set 4 Older Squads		
Warm up		https://youtu.be/E7ghNKOH9To or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Burpee or <i>Burpee modification</i>	30/40 secs	https://youtu.be/TU8QY Do as many as you can do in time! https://youtu.be/wVQ8- Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Jumping lunge (alternate legs)	30/40 secs	https://youtu.be/6SFgE2 Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9 Easy
Leg Lifts	30/40 secs	https://youtu.be/l-mPHt Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Plank 1 or <i>Plank 2 or</i>	40 secs	https://youtu.be/TvxNkr Hold! https://youtu.be/_rdjfFS Hold!
<i>Plank 3</i>		https://youtu.be/-LRjkbF Hold!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Rest between cycles	1 min 40 secs	
Cycles	3/4	
Total time	24 min	
Cool down		https://youtu.be/u5Hr3rNUZ24

Wednesday

CORE & UPPER 1 Older Squads	
Warm up	https://youtu.be/Kdgv6DPAZBU
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
12-18 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 30 seconds	
12-18 Glute bridges	https://youtu.be/YRqoIM0uOPY
12-18 Oblique dble twists	https://youtu.be/-vVOsdwqaY?list=PLCEFCA54D665B8080
Recovery 30 seconds	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_q0A https://youtu.be/Eh00_rniF8
12-18 Push up (use wall/knee/floor)	E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 60 seconds	
Repeat 3/4 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

Run set 6 (This can be walk/run -adapt to your ability or preference!) Avenir	
3.0 KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/u5Hr3rNUZ24

PLYO 6 Older Squads	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/JDlbz9YxKg
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdS 20/40/60 secs
Rest	20/40/60 secs
180 bounds	https://youtu.be/rv0mdu5i4U 20/30/40 secs
Rest	20/40/60 secs
In an out squat jumps	https://youtu.be/SI3od04PeZA 20/30/40 secs
Rest	20/40/60 secs
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMS0J6JbrKd 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk

Thursday

Friday

Cardio set 11		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Staggered arm push up (change arms)	40 secs	https://youtu.be/oWK_4 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Tricep dips	40 secs	https://youtu.be/3ydgLF Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9 Easy
Shoulder Press theraband	18 Reps	https://youtu.be/0rLjKQ Use weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Diamond push up	40 secs	https://youtu.be/dmoHF Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Saturday

CORE & LOWER 5		
Older Squads		
Warm up		
12-18 Dynamic side planR	https://youtu.be/_rdjFSFKMY	
12-18 Dynamic side plan L	https://youtu.be/_rdjFSFKMY	
Recovery 30 seconds		
12-18 Sumo Squat	https://youtu.be/sqDGkIBYPAk	
30 Calf Raises	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
12-18 Fwd squat jumps	https://youtu.be/6qXK5SY8r8U	
Recovery 30 seconds		
12-18 Bicycle abs	https://youtu.be/9FGilxCbdz8	
12 -18 V sits scissors to flutter kick	https://youtu.be/KytiFQ94_qo	
Recovery 2-3 minutes	https://youtu.be/KytiFQ94_qo	
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Cardio set 6		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Jumping Jacks	40 secs	https://youtu.be/1b98W Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Back Extensions	40 secs	https://youtu.be/9q_uzf Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9 Easy
Squat Thrusts side kick	40 secs	https://youtu.be/1qC0Uj Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Squat Jumps	40 secs	https://youtu.be/Azi5tkf Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2		
Older Squads		
Warm up	https://youtu.be/Kdgv6DPAZBU	
	https://youtu.be/Eh00_rniF8	
12-18 Push up (use wall/knee/floor)	E	
Escalate difficulty on each round	(diamond shape hands/push with rotation)	https://youtu.be/dmoHFwT-Mms
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds		Adjust recovery if needed
30 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
30 secs Plank shoulder taps	https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
Recovery 30 seconds		Adjust recovery if needed
30 secs Supine Push up	https://youtu.be/8H-TsjVRCUA	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_q0A	
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	