



Monday

Poussins/Benjamins					
Cardio 12					
Section	Exercise	Time	Reps	Cycles	
Warm up	Blinding Lights warm up			1	https://youtu.be/F6rvbhZfLQg?list=PL3lkz80
Recovery		2.00 mins			
Main set	Skier Jack	30 seconds	1		https://youtu.be/i02As2W8NwU
	Jumping Jacks	30 seconds	1		https://youtu.be/1b98WrRmUs
	High knee Marching	30 seconds	1		https://youtu.be/3Q6n9AVN4Yc
	Rest	60 seconds	1		
	Dragon push ups	20/30 seconds	1		https://youtu.be/sflrxv53L-o?list=PLQSMS0J
	Cross chops	30 seconds	1		https://youtu.be/8BaS28MG7mw?list=PLQSMS0J
	Bodey weight Bicip curl	30 seconds	1		https://youtu.be/2nuVRRDQ4gc?list=PLQSMS0J
	Army crawl	30 seconds	1	3	https://youtu.be/bR-XzXen9xU?list=PLQSMS0J
	Rest	60 seconds	1		
	Hop Heel clicks	30 seconds	1		https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J
	Side to side jumps	30 seconds	1		https://youtu.be/oHq-TC9TPol?list=PLQSMS0J
	Butt kicks	30 seconds	1		https://youtu.be/IVZi-AwxLPo?list=PLQSMS0J
	Rest	1 min to 2 mins	1		
Cool down	Complete YouTube video			1	https://youtu.be/ar3BGF8do7I

Monday

CORE & LOWER 6	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
20/30 second Superman hold	https://www.youtube.com/watch?v=R4cb838p_q8
Recovery 30 seconds	
20/30 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NvA
Recovery 30 seconds	
12 Air or pistol Squat	https://youtu.be/C_VtOYc6j5c
Recovery 30 seconds	https://youtu.be/sHpBSJeHFM8
12 half squat T's (6 each leg)	https://youtu.be/2r70AJDILQ?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/BIJQtdeCzeA
Recovery 30 seconds	
Reverse bounds 12 alt legs	https://youtu.be/aLCQRU7lrBg
Recovery 30 seconds	
Sprinter lunge 12 alt legs	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
1-2 minutes rest	
Repeat 3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)	
Poussins/Benjamins	
3.0 (6.0K)KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K	1.0k Speed start 3 build to 4 out of 10
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0K Speed 3
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
0.5K gentle	1.0k Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

PLYO 3	
Poussins/Benjamins	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	https://youtu.be/UDlbz9YxKg
Knee tuck jumps	https://youtu.be/BDA3DERQKfK
Rest	20/30/40 secs
Power jacks	https://youtu.be/alaZwIE20Ds
Rest	20/40/60 secs
Sneaking Ape	https://youtu.be/-BB2h6eaBFc
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2/3 times

Wednesday

Wednesday

Cardio Lower 5 X 5

Poussins/Benamins

Warm up <https://youtu.be/CiYHKWwH>, <https://youtu.be/LRLx32lioCg> (do both)

16 reps Side Hops	10 reps Forward Lunge	4 reps Burpee	10 reps Glute Bridge	12 reps Squat jumps
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https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 60

Squat jumps	Side Hops	Burpee	Forward Lunge	Glute Bridge
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https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 80

Glute Bridge	Squat jumps	Burpee	Side Hops	Forward Lunge
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<https://youtu.be/YRqolM0u0PY> <https://youtu.be/TU8QYVW0gDU>

REST 90

Forward Lunge	Glute Bridge	Burpee	Squat jumps	Side Hops
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https://youtu.be/UpyDdQiBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

REST 100

Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps
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Cool down <https://youtu.be/u5Hr3rNUZ24>

Make sure you get a good warm up for this!
So you have a cycle of 5 exercises as an inverse pyramid which rotates the exercises between the number of reps each cycle.
Try and do each cycle straight through!

CORE & UPPER 5

Poussins/Benamins

Warm up

10 Side Push up or 20 secs <https://youtu.be/Kdgv6DPAZBU>

10 (5 each) Staggered arm push up or normal push up <https://youtu.be/5jtdNd3K3M>

Recovery 30/60 seconds https://youtu.be/oWK_4kM-M9M

10 (each side) alternating superman or 20 secs https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Flutter kick 30 secs <https://youtu.be/BIJQtdcCzeA>

Recovery 60 seconds

Theraband shoulder press 12 https://youtu.be/KQ_rITyswI0

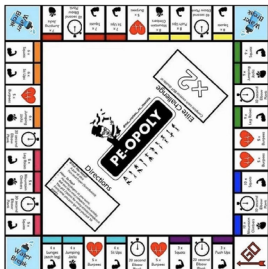
Theraband Lat pull down 12 <https://youtu.be/5UU-GEe8Wlc>

Recovery 1-2 mins

Repeat 2/3 times

Cool down <https://youtu.be/u5Hr3rNUZ24>

PE- OPOLY day (thanks to Kat!)



Roll a dice and complete each activity you land on.
When you've completed the activity you get 2 points
Every time you pass GO you get 10 points

Play the game with your family for 30 minutes and total up your points to see who won

Let us know how you get on with either a picture, video or comment

Thursday

Thursday

Flexibility

Full body flex routine https://youtu.be/L_xrDAtykMI

Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)			
Poussins/Benamins			
Warm up	https://youtu.be/E7ghNKO9To		or your own active warm up
High knees marching	15 seconds	https://youtu.be/3	
Mountain climbers	15 seconds	https://youtu.be/v	
High knees marching	15 seconds	https://youtu.be/3	
Diver push ups*	15 seconds	https://youtu.be/t	
High knees marching	15 seconds	https://youtu.be/3	
Thigh taps	15 seconds	https://youtu.be/s	
High knees marching	15 seconds	https://youtu.be/3	Do as many as you can do in time!
Stacked push ups*	15 seconds	https://youtu.be/Y	
High knees marching	15 seconds	https://youtu.be/3	
Flutter kicks	15 seconds	https://youtu.be/v	
High knees marching	15 seconds	https://youtu.be/3	
Pike push up*	15 seconds	https://youtu.be/x	
* use previous adaptations if necessary			
Cycles	1		
Cool down	https://youtu.be/u5Hr3rNUZ24		

CORE & LOWER 4			
Poussins/Benamins			
Warm up		https://youtu.be/Kdgv6DPAZBU	
20 secs Calf raise (with theraband or use a step)		https://youtu.be/a2xjbhP4MkY	
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/a2xjbhP4MkY	
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/a2xjbhP4MkY	
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		

Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)			
Poussins/Benamins			
Warm up	https://youtu.be/E7ghNKO9To		or your own active warm up
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=P	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	
Squat jumping jacks	15 seconds	https://youtu.be/VZF5GWd7t9E?list=P	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLC	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	Do as many as you can do in time!
Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PL	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	
In and out squats	15 seconds	https://youtu.be/Sl3od04PeZA	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PL	
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PL	
Cool down	https://youtu.be/u5Hr3rNUZ24		

CORE & UPPER 4			
Poussins/Benamins			
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-TSjVRCUA	
15 sec Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFCAS4D665B8080	(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=PLQ5MS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
Recovery 1-2 mins			
Repeat 2/3 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		