



Monday

Avenirs Cardio 12					
Section	Exercise	Time	Reps	Cycles	
Warm up	Blinding Lights warm up			1	https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rn
	Recovery	2.00 mins			
Main set	Skier Jack	20 seconds	1		https://youtu.be/i02As2W8NwU
	Jumping Jacks	20 seconds	1		https://youtu.be/1b98WrRmUs
	High knee Marching	20 seconds			https://youtu.be/3Q6n9AVN4Yc
	Rest	60 seconds	1		
	Dragon push ups	20 seconds	1		https://youtu.be/sflrxv53L-o?list=PLQSMS0J6J
	Cross chops	30 seconds	1		https://youtu.be/8BaS28MG7mw?list=PLQSMS0J6J
	Bodey weight Bicp curl	30 seconds	1	2	https://youtu.be/2nuVRRDQ4gc?list=PLQSMS0J6J
	Army crawl	30 seconds	1		https://youtu.be/bR-XzXen9xU?list=PLQSMS0J6J
	Rest	60 seconds	1		
	Hop Heel clicks	30 seconds	1		https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J6J
	Side to side jumps	30 seconds		1	https://youtu.be/oHq-TC9TPpI?list=PLQSMS0J6J
	Butt kicks	30 seconds			https://youtu.be/IVZi-AwxLPo?list=PLQSMS0J6J
	Rest	2 mins			
Cool down	Complete YouTube video			1	https://youtu.be/ar3BGF8do7I

Monday

CORE & LOWER 6 Avenirs	
Warm up	https://youtu.be/Kdgv6DPAZBU
10/20/30 second Superman hold	https://www.youtube.com/watch?v=R4cbB38p_q8
Recovery 30 seconds	
10/20 secs plank try & toes touch	https://www.youtube.com/watch?v=0c6rLDG9NyA
Recovery 30 seconds	
10 Air or pistol Squat	https://youtu.be/C_VtOYc6i5c
Recovery 30 seconds	https://youtu.be/sHpBSJeHFM
10 half squat T's (5 each leg)	https://youtu.be/2r70AJIDJLQ?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Recovery 30 seconds	
10 (each side) alternating planks	https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Recovery 30 seconds	
20/30 seconds Flutter kick	https://youtu.be/BIJQtdcCzeA
Recovery 30 seconds	
Reverse bounds 12 alt legs	https://youtu.be/aLCQRU7lrRg
Recovery 30 seconds	
Sprinter lunge 12 alt legs	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
1-2 minutes rest	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)		
Avenirs		
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 Avenirs	
Warm up	https://youtu.be/CiYHKWwHJlk
Warm up 2	https://youtu.be/IJDIbz9YxKg
Knee tuck jumps	https://youtu.be/BDA3DERQKEk
Rest	20/30/40 secs
Power jacks	20/40/60 secs
Rest	20/30/40 secs
Sneaking Ape	20/40/60 secs
Rest	20/30/40 secs
Repeat	1 or 2 mins
Cool down	2 times
	https://youtu.be/2TzewWk-fdk

Wednesday

Cardio Lower 5 X 5

Avenirs

Warm up

16 reps

Side Hops

<https://youtu.be/CjYHKWwH>

10 reps

Forward Lunge

<https://youtu.be/LRLx32lioCg>

4 reps

Burpee

https://youtu.be/0ZxLHEKzBp4?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

10 reps

Glute Bridge

https://youtu.be/0ZxLHEKzBp4?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

12 reps

Squat jumps

https://youtu.be/0ZxLHEKzBp4?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

REST 60

Squat jumps

Side Hops

Burpee

Forward Lunge

Glute Bridge

https://youtu.be/bv7as8mDXLQ?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

REST 80

Glute Bridge

Squat jumps

Burpee

Side Hops

Forward Lunge

<https://youtu.be/YRqoiM0u0PY>

<https://youtu.be/TU8QYVW0gDU>

REST 90

Forward Lunge

Glute Bridge

Burpee

Squat jumps

Side Hops

https://youtu.be/UpyDdQjBTa0?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

REST 100

Side Hops

Forward Lunge

Burpee

Glute Bridge

Squat jumps

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!

Wednesday

Thursday

CORE & UPPER 5

Avenirs

Warm up

10 Side Push up or 15 secs

10 (5 each) Staggered arm push up or normal push up

Recovery 30/60 seconds

10 (each side) alternating superman or 15 secs

Flutter kick 20 secs

Recovery 60 seconds

Theraband shoulder press 12

Theraband Lat pull down 12

Recovery 1-2 mins

Repeat 2/3 times

Cool down

<https://youtu.be/u5Hr3rNUZ24>

<https://youtu.be/Kdgv6DPAZBU>

<https://youtu.be/5JtjdNd3K3M>

https://youtu.be/oWK_4kM-M9M

https://youtu.be/DFk3yGZv62U?list=PLQSMs0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

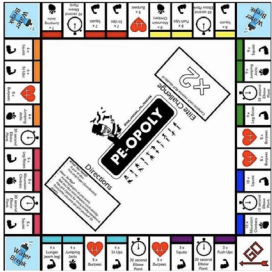
<https://youtu.be/BIJQtdcCzeA>

https://youtu.be/KQ_rITyswI0

<https://youtu.be/5UU-GEe8Wlc>

Thursday

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

Flexibility

Full body flex routine

https://youtu.be/L_xrDATykmI

Friday	Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)				Friday
	Avenirs				
	Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up		
	High knees marching	15 seconds	https://youtu.be/3C		
	Mountain climbers	15 seconds	https://youtu.be/w		
	High knees marching	15 seconds	https://youtu.be/3C		
	Diver push ups*	15 seconds	https://youtu.be/tQ		
	High knees marching	15 seconds	https://youtu.be/3C		
	Thigh taps	15 seconds	https://youtu.be/sg		
	High knees marching	15 seconds	https://youtu.be/3C	Do as many as you can do in time!	
	Stacked push ups*	15 seconds	https://youtu.be/YE		
	High knees marching	15 seconds	https://youtu.be/3C		
	Flutter kicks	15 seconds	https://youtu.be/W		
	High knees marching	15 seconds	https://youtu.be/3C		
	Pike push up*	15 seconds	https://youtu.be/x7		
	* use previous adaptations if necessary				
	Cycles	1			
	Cool down	https://youtu.be/u5Hr3rNUZ24			
CORE & LOWER 4					
Avenirs					
	Warm up	https://youtu.be/Kdgv6DPAZBU			
	15 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xibhP4MkY			
	15 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s			
	15 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s			
	Recovery 45 seconds				
	20 secs Calf raises	https://youtu.be/a2xibhP4MkY			
	20 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk			
	20 seconds crab walk	https://youtu.be/Xwcbm93mM-o			
	Recovery 60 seconds				
	30 secs Calf raises	https://youtu.be/a2xibhP4MkY			
	3 minute standing core entire video	https://youtu.be/oQ--HZDG2ew			
	1-2 minutes rest				
	Repeat 2 times				
	Cool down	https://youtu.be/u5Hr3rNUZ24			
Saturday	Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)				Saturday
	Avenirs				
	Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC		
	Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PLC		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC		
	Squat jumping jacks	15 seconds	https://youtu.be/VZF5GwD7t9E?list=PLC		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC		
	Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQ		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC	Do as many as you can do in time!	
	Squat cross step	15 seconds	https://youtu.be/8JLMA-ZS51o?list=PLC		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC		
	In and out squats	15 seconds	https://youtu.be/Si3od04PeZA		
	Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLC		
	Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLC		
	Cool down	https://youtu.be/u5Hr3rNUZ24			
CORE & UPPER 4					
Avenirs					
Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c			
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBO			
10 Pulse rows		https://youtu.be/MHFewo6HTUk			
10 Snow Angel		https://youtu.be/ZYIHJ3m6UCo			
Recovery 30 seconds			Adjust recovery if needed		
10 secs Supine Push up		https://youtu.be/8H-TSIVRCUA			
15 secs Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080	(modifications; lift shoulders/bend knees)		
Recovery 35 seconds			Adjust recovery if needed		
Therband routine (10 each)		https://youtu.be/ib1srzH_q0A			
15 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			