



Monday

Older Squads					
Section	Exercise	Time	Reps	Cycles	
Warm up	Blinking Lights warm up	1.00 mins		1	https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rnMQki7K9
Recovery					
	Skier Jack	30 seconds	1		https://youtu.be/i02As2W8NwU
	Jumping Jacks	30 seconds	1		https://youtu.be/1b98WrRmU5
	High knee Marching	30 seconds	1		https://youtu.be/3Q6n9AVN4Yc
	Rest	30-60 seconds	1		
Main set	Dragon push ups	40 seconds	1		https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOS
	Cross chops	20 seconds	1		https://youtu.be/8Ba528MG7mw?list=PLQSM50J6JbrKdSOS
	Bodey weight Bicip curl	40 seconds	1		https://youtu.be/2nuVRRDO4gc?list=PLQSM50J6JbrKdSOS
	Army crawl	40 seconds	1	4,5,6	https://youtu.be/bR-XzXen9xU?list=PLQSM50J6JbrKdSOS
	Rest	30-60 seconds	1		
	Hop Heel clicks	40 seconds	1		https://youtu.be/4XcGTvcSRxY?list=PLQSM50J6JbrKdSOS
	Side to side jumps	40 seconds	1		https://youtu.be/oHq-TC9TPpl?list=PLQSM50J6JbrKdSOS
	Butt kicks	40 seconds	1		https://youtu.be/IVZI-AwxLPo?list=PLQSM50J6JbrKdSOS
	Rest	1 min to 2 mins			
Cool down	Complete YouTube video			1	https://youtu.be/ar3BGF8do7I

Monday

Tuesday

CORE & LOWER 6					
Older Squads					
Warm up		https://youtu.be/Kdgv6DPAZBU			
30 second Superman hold		https://www.youtube.com/watch?v=R4cbB38p_g8			
12-18 Air or pistol Squat		https://youtu.be/C_VtOYc6j5c		https://youtu.be/sHpBSJeHFM5	
30 secs plank try & toes touch		https://www.youtube.com/watch?v=0c6rLDG9NyA			
Recovery 30/60 seconds					
12 -18 half squat T's (6-9 each leg)		https://youtu.be/2r70AJIDJLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_H		optional +10 secs rest if needed	
12-18 (each side) alternating planks		https://youtu.be/DFk3yGzv62U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN		optional +10 secs rest if needed	
30 seconds Flutter kick		https://youtu.be/BIJQtdcCzeA		optional +10 secs rest if needed	
Recovery 60 seconds					
12 Power Jacks		https://youtu.be/alaZwjJE20Ds			
18 Calf raises (plus theraband if preferred)		https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ			
18 Mountain climbers		https://youtu.be/w2iTOneGPdU			
Recovery 30 seconds					
Reverse bounds 12-18 alt legs		https://youtu.be/aLCQRU7lrRg			
Recovery 30 seconds					
Sprinter lunge 12-18 alt legs		https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ			
2 minutes rest		Try active recovery			
Repeat 3/4/5 times					
Cool down		https://youtu.be/u5Hr3rNUZ24			

Tuesday

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)					
Older Squads					
5.0 KM (10k) circuit					
Warm up		https://youtu.be/Kdgv6DPAZBU			
0.5K	1.0k		Speed start 3 build to 4 out of 10		
1.5K	3.0k		Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)		
1.0K	2.0K		Speed 3		
1.5K	3.0k		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			

PLYO 3					
Older Squads					
Warm up		https://youtu.be/CjYHKWwHJlk			
Warm up 2	Dance Monkey	https://youtu.be/JDlBz9YxKg			
Knee tuck jumps		https://youtu.be/BDA3DERQKfc		20/30/40 secs	
Rest				20/40/60 secs	
Power jacks		https://youtu.be/alaZwjJE20Ds		20/30/40 secs	
Rest				20/40/60 secs	
Sneaking Ape		https://youtu.be/-BB2h6eaBFc		20/30/40 secs	
Rest				1 or 2 mins	
Repeat				2/3/4 times	
Cool down		https://youtu.be/2TzewWk-fdk			

Thursday

Older Squads

(do both)

18 reps
Squat jumps

Glute Bridge

Glute Bridge

9

Forward Lung

U

Side Hops

1 2 3

Squat jumps

Glute Bridge

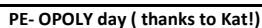
Make sure you get a good warm up for this!
So you have a cycle of 5 exercises as an inverse pyramid which rotates the exercises between the number of reps each cycle.
Try and do each cycle straight through!

Older Squads

Cool down

<https://youtu.be/300-GL8wlc>

<https://youtu.be/u5Hr3rNUZ24>



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

https://youtu.be/l_xrDAtykMI

Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)			
Older Squads			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
High knees marching	15 seconds	https://youtu.be/3	
Mountain climbers	15 seconds	https://youtu.be/y	
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/y	
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			
Older Squads			
Warm up	https://youtu.be/Kdgv6DPAZ8U		
30 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xibhP4MkY		
30 secs left leg hips bridge	https://www.youtube.com/watch?v=nrlO5QCCfCc&t=1s		
30 secs right leg hips bridge	https://www.youtube.com/watch?v=nrlO5QCCfCc&t=1s		
Recovery 45 seconds			
40 secs Calf raises	https://youtu.be/a2xibhP4MkY		
40 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk		
40 seconds crab walk	https://youtu.be/Xwcbm93mM-o		
Recovery 60 seconds			
45 secs Calf raises	https://youtu.be/a2xibhP4MkY		
60 secs Plank	https://youtu.be/TyiujcZHVVY?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ		
2 minutes rest	Try active recovery		
Repeat 3/4/5 times			
Cool down	https://youtu.be/u5Hr3rNUZ24		

Cardio corner only 3 minutes of MAX exercise (plus warm up and cool down)			
Older Squads			
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PLQ	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	
Squat jumping jacks	15 seconds	https://youtu.be/VZF5GWD7t9E?list=PLQ	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQ	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	Do as many as you can do in time!
Squat cross step	15 seconds	https://youtu.be/8JLMA-ZS1o?list=PLQ	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	
In and out squats	15 seconds	https://youtu.be/Sl3od04PeZA	
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQ	
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLQ	
Cool down	https://youtu.be/u5Hr3rNUZ24		

CORE & UPPER 4			
Older Squads			
Warm up 1	Name that tune?	https://youtu.be/wh3MQQY4B1c	
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ	
12 -18 Pulse rows		https://youtu.be/MHFewo6HTUk	
12-18 Snow Angel		https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds			Adjust recovery if needed
15 sec Supine Push up		https://youtu.be/8H-TSjVRCUA	
30 sec Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFCAS4D665B8080	
Recovery 45 seconds			Adjust recovery if needed
Therband routine (12 - 18each)		https://youtu.be/ib1srzH_q0A	
30 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
Recovery 1-2 mins			Adjust recovery if needed
Repeat 3/4 times			
Cool down		https://youtu.be/u5Hr3rNUZ24	