



MONDAY	Poussins/Benjamins Rest/Easy run or cycle 2.5K 5.0K			MONDAY
	https://youtu.be/E7ghNKOH9To			
	Warm up		Speed start 3 build to 4 out of 10	
	0.5K	1.0k	Speed 4	
	1.5K	3.5k	Speed 3	
	0.5K	0.5K		
	Full body flex routine			
	https://youtu.be/L_xrDATykMI			
TUESDAY	Exercise test Poussins/Benjamins			TUESDAY
	https://youtu.be/Kdgv6DPAZBU			
	Warm up			
	Exercise test from first week			
	Cool down		https://youtu.be/u5Hr3rNUZ24	
TUESDAY	ANAGRAM EXASIZE Poussins/Benjamins			TUESDAY
	Arrange the following into a recently well used phrase, then do the routine!			
	Rest between each 15/20			
	A	10 Push ups		
	a	14 Glute Bridges		
	e	20 Straight leg bounds		
	H	14 Thigh taps		
	m	18 Hop heel clicks		
	o	16 Butt Kicks		
	T	12 Air squats		
	S	18 Side hops		
	t	16 Mountain climbers		
	y	12 Calf raises		
	#	20 Jumping Jacks		

WEDNESDAY	PLYO 7				WEDNESDAY
	Poussins/Benjamins				
	Warm up	https://youtu.be/CjYHKWwHJlk			
	Forward Jump	https://youtu.be/zP-eRWyrKZg?t=51	20/30/40 secs		
	Rest		20/40/60 secs		
	Donkey kick	https://youtu.be/zP-eRWyrKZg?t=156	20/30/40 secs		
	Rest		20/40/60 secs		
	Backward jump	https://youtu.be/zP-eRWyrKZg?t=68	20/30/40 secs		
	Rest		20/30/40 secs		
	Cricket jumps (V hard!)	https://youtu.be/zP-eRWyrKZg?t=216	20/30/40 secs		
Rest		1 or 2 mins			
Repeat		2 times			
Cool down	https://youtu.be/2TzewWk-fdk				
THURSDAY	Cardio Band workout				THURSDAY
	Poussins/Benjamins				
	Warm up: your own choice full body and or Dance along		https://youtu.be/Xez3958yoMo		
		Choose activity time			
	Band split squat	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=68		
	Rest	15/20 secs			
	Bicep curls	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=280		
	Rest	15/20 secs			
	Band squat	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=370		
	Rest	15/20 secs			
	Band shoulder press	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=459		
	Rest	15/20 secs			
	Sqaut hold with pull apart	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=555		
	Rest	15/20 secs			
	Band push up	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=643		
	Rest	15/20 secs			
	Band archer pull	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=733		
Rest	15/20 secs				
Band over head triceps	15/20 secs	https://youtu.be/xrhMpzhz0s4?t=920			
Cool down		https://youtu.be/u5Hr3rNUZ24			
FRIDAY	PLYO 8				FRIDAY
	Poussins/Benjamins				
	Warm up	https://youtu.be/CjYHKWwHJlk			
	180 bounds	https://youtu.be/rvv0mdu5j4U	20/30/40 secs		
	Rest		20/40/60 secs		
	Plyo jumps	https://youtu.be/QE8k1wjxu9s	20/30/40 secs		
	Rest		20/40/60 secs		
	Power jacks	https://youtu.be/alaZwJE20Ds	20/30/40 secs		
	Rest		20/30/40 secs		
	Knee tuck jumps	https://youtu.be/BDA3DERQKfk	20/30/40 secs		
Rest		1 or 2 mins			
Repeat		2 times			
Cool down	https://youtu.be/2TzewWk-fdk				
SATURDAY	Poussins/Benjamins				SATURDAY
	Rest/Easy run or cycle 2.5K 5.0K				
	Warm up	https://youtu.be/E7ghNKOH9To			
	0.5K 1.0k	Speed start 3 build to 4 out of 10			
	1.5K 3.5k	Speed 4 and 4 (6)x 15 20 seconds fastand 45 40 secs easy)			
	0.5K 0.5K	Speed 3			
Full body flex routine	https://youtu.be/L_xrDAtykMI				