



Monday

Cardio Upper 5 X 5				
Poussins/Benjamins				
Warm up x2	https://youtu.be/CjYHKWwH	https://youtu.be/LRLx32lioGg	(do both)	
16 Shoulder press band https://youtu.be/0rjJkQwelDg	10 Theraband Lat	4 Burpee	10 Push Ups	12 Dips
Dips https://youtu.be/dl8_opV0AOY	Shoulder press band	REST 60 Burpee https://youtu.be/TU8QYVW0gDU	Theraband Lat	Push ups
Push ups https://youtu.be/Eh00_rnIF8E	Dips	REST 80 Burpee	Shoulder press band	Theraband Lat
Theraband Lat https://youtu.be/DBHusZ9VqRo	Push ups	REST 60/90 Burpee	Dips	Shoulder press
Shoulder press	Theraband Lat	REST 60/100 Burpee	Push ups	Dips
Cool down Complete YouTube video https://youtu.be/ar3BGF8do7I				

Monday

Tuesday

CORE & LOWER 1	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
Rest	1-2 mins
10 left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
10 right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 30 seconds	
10 Stationary lunge	https://youtu.be/w2Qxb6nJKc
10 Reverse lunge and knee lift	https://youtu.be/TsFU7f6TaR0
Recovery 30 seconds	
10 Glute bridges	https://youtu.be/YRqolM0u0PY
10 Oblique dble twists	https://youtu.be/-vVOfsdwqay?list=PLCECA54D665B8080
Recovery 60 seconds	
Repeat 2/3/ times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Tuesday

Swim Cardio	
Poussins/Benjamins	
Warm up	https://youtu.be/Kdgv6DPAZBU
Fly Jacks	20 secs https://youtu.be/7QI7s_FXs_Q
Easy March	10 secs
Backstroke skier Jacks	20 secs https://youtu.be/WIHv_LF40x8
Easy March	10 secs
Breastroke Squat jumps	20 secs https://youtu.be/d04MuoQ9rCg
Easy March	10 secs
Free Jacks	20 secs https://youtu.be/AlmUpibQQsg
Easy March	10 secs
Rest 1- 2 mins	
Flutter kicks	10 secs
Mountain climbers	15 secs
Flutter Kicks	20 secs
Plank	30 secs
Flutter kicks	20 secs
Plank	15 secs
Flutter kicks	10 secs
Rest 1-2 mins	
Repeat whole set 2 to 3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Upper body 1	
Poussins/Benjamins	
Warm up 2	Dance Monkey https://youtu.be/UjDlbz9YxKg
Slow cross punches	https://youtu.be/NDw5dxst_Is?t=634 40 secs
Bicep curl extension	https://youtu.be/NDw5dxst_Is?t=706 40 secs
Hi Low extensions	https://youtu.be/NDw5dxst_Is?t=778 40 secs
Ventral and lateral raise extension	https://youtu.be/NDw5dxst_Is?t=850 40 secs
Ext shoulder rotation	https://youtu.be/NDw5dxst_Is?t=924 40 secs
Rhomboid squeeze	https://youtu.be/NDw5dxst_Is?t=999 40 secs
Double cross extension	https://youtu.be/NDw5dxst_Is?t=1073 40 secs
Plyometric pushup	https://youtu.be/NDw5dxst_Is?t=1152 40 secs
Rest 1-2 mins	Work through as continuous
Repeat	2/3 times
Cool down	https://youtu.be/2TzewWk-fdk

Wednesday	Cardio Lower 5 X 5 Poussins/Benjamins Warm up 16 reps Side Hops https://youtu.be/CjYHKWwH 10 reps Forward Lunge https://youtu.be/LRLx32lioCg 4 reps Plank Jump in https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ 10 reps Glute Bridge (do both) 12 reps Squat jumps Squat jumps Side Hops Plank Jump in Forward Lunge Glute Bridge https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ REST 60 https://youtu.be/YRqolM0u0PY Glute Bridge Squat jumps Plank Jump in Side Hops Forward Lunge https://youtu.be/b-83f_fz-H0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ REST 80 https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ Forward Lunge Glute Bridge Plank Jump in Squat jumps Side Hops https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ REST 90 https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ Forward Lunge Glute Bridge Plank Jump in Squat jumps Side Hops https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ REST 100 https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6jbrKdSOSbyjXaQ_zN_HSSp7zZ Forward Lunge Glute Bridge Plank Jump in Squat jumps Side Hops Side Hops Forward Lunge Plank Jump in Glute Bridge Squat jumps Cool down https://youtu.be/u5Hr3rNUZ24
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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!

Friday

Cardio corner 2 only 3 minutes of MAX exercise (plus warm up and cool down)

Poussins/Benjamins

Warm up

<https://youtu.be/E7ghNKOH9To>

15 seconds

or your own active warm up

High knees marching

<https://youtu.be/3>

15 seconds

<https://youtu.be/y>

Mountain climbers

<https://youtu.be/t>

15 seconds

<https://youtu.be/s>

Diver push ups*

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

Thigh taps

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

Stacked push ups*

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

Flutter kicks

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

Pike push up*

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

High knees marching

<https://youtu.be/4>

15 seconds

<https://youtu.be/4>

Rest

2 mins

Repeat 2 times

* use previous adaptations if necessary

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Friday

Lower Body 1

Poussins/Benjamins

Warm up

<https://youtu.be/Kdgv6DPAZBU>

15 secs

https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Lunge step ups Left leg

https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

15 secs

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Rest

30 secs

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Right side lunge

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

15 secs

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Left side lunge

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

15 secs

https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Rest

30 secs

https://youtu.be/EHUEf1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Dynamic squats

https://youtu.be/EHUEf1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

15 secs

https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Sprinter lunges

https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

15 secs

https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ

Rest

30 secs

<https://youtu.be/Wk5FtesRSsE>

Calf raises

<https://youtu.be/Wk5FtesRSsE>

15 secs

Try active recovery

1-2 minutes rest

Repeat 2/3 times

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Saturday

Cardio corner 3 only 3 minutes of MAX exercise (plus warm up and cool down)

Poussins/Benjamins

Warm up

<https://youtu.be/E7ghNKOH9To>

15 seconds

or your own active warm up

Side hops

<https://youtu.be/0ZxLHEKzBp4?list=PL>

15 seconds

<https://youtu.be/bv7as8mDXLQ?list=P>

Squat jumps

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/VZF5GwD7t9E?list=P>

Plyo push up

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/BUVGk8hEPw>

Squat jumping jacks

<https://youtu.be/BUVGk8hEPw>

15 seconds

<https://youtu.be/BUVGk8hEPw>

Plyo push up

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/BUVGk8hEPw>

Sprinter lunges

<https://youtu.be/BUVGk8hEPw>

15 seconds

<https://youtu.be/BUVGk8hEPw>

Plyo push up

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/BUVGk8hEPw>

Squat cross step

<https://youtu.be/BUVGk8hEPw>

15 seconds

<https://youtu.be/BUVGk8hEPw>

Plyo push up

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/BUVGk8hEPw>

In and out squats

<https://youtu.be/BUVGk8hEPw>

15 seconds

<https://youtu.be/BUVGk8hEPw>

Plyo push up

<https://youtu.be/BUVGk8hEPw>

15 secs

<https://youtu.be/BUVGk8hEPw>

Squat hold calf raise

<https://youtu.be/BUVGk8hEPw>

15 seconds

<https://youtu.be/BUVGk8hEPw>

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Saturday

Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)

Poussins/Benjamins

5.0 (10.0K)KM circuit

Warm up 2

<https://youtu.be/BvOnN62hpBQ>

1.0K

2.0K

Easy run/cycle building from speed 2 to speed 3

1.0K

2.0K

Speed 4

2.0K

4.0K

(0.5K/1.0K speed 5 then 0.5K/1.0K speed 4) x 2

1.0K

2.0K

Speed 4 to speed 3

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Adjust recovery if needed