



Monday

Cardio Upper 5 X 5

Avenirs

Warm up x2

16

Shoulder press band

<https://youtu.be/CjYHKWwH>

10

Theraband Lat

4

Burpee

<https://youtu.be/LRLx32lioCg>

10

Push Ups

12

Dips

(do both)

Dips

https://youtu.be/dl8_opVOA0Y

Shoulder press band

Burpee

<https://youtu.be/TU8QYVW0gDU>

Theraband Lat

Push ups

REST 60

Push ups

https://youtu.be/Eh00_rniF8E

Dips

Burpee

Shoulder press band

Theraband Lat

REST 80

Theraband Lat

<https://youtu.be/DBHusZ9VqRo>

Push ups

Burpee

Dips

Shoulder press

REST 60/90

Shoulder press

Theraband Lat

Burpee

Push ups

Dips

REST 60/100

Cool down

Complete YouTube video

<https://youtu.be/ar3BGF8do7I>

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 & LOWER 1

Avenirs

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/w2Qbxb6nJKc>

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/-vOfsdwqaY?list=PLCEFCA54D665B8080>

Recovery 60 seconds

Repeat 2 times

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Swim Cardio

Avenirs

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 jacks

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 times

Cool down

<https://youtu.be/u5Hr3rNUZ24>

Tuesday

Upper body 1

Avenirs

Warm up 2

Dance Monkey

<https://youtu.be/UDlbz9YxKg>

Slow cross punches

https://youtu.be/NDw5dxst_Is?t=634

30 secs

Bicep curl extension

https://youtu.be/NDw5dxst_Is?t=706

30 secs

Hi Low extensions

https://youtu.be/NDw5dxst_Is?t=778

30 secs

Ventral and lateral raise extension

https://youtu.be/NDw5dxst_Is?t=850

30 secs

Ext shoulder rotation

https://youtu.be/NDw5dxst_Is?t=924

30 secs

Rhomboid squeeze

https://youtu.be/NDw5dxst_Is?t=999

30 secs

Double cross extension

https://youtu.be/NDw5dxst_Is?t=1073

30 secs

Plyometric pushup

https://youtu.be/NDw5dxst_Is?t=1152

30 secs

Rest 1-2 mins

Work through as continuous

Repeat

2 times

Cool down

<https://youtu.be/2TzewWk-fdk>

Tuesday

Wednesday	Cardio Lower 5 X 5 Avenirs Warm up https://youtu.be/CjYHKWwHj https://youtu.be/LRLx32lioCg (do both) 16 reps Side Hops https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ 10 reps Forward Lunge 4 reps Plank Jump in 10 reps Glute Bridge 12 reps Squat jumps Squat jumps https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ Side Hops Plank Jump in Forward Lunge Glute Bridge Glute Bridge https://youtu.be/YRqolM0u0PY Squat jumps Plank Jump in https://youtu.be/b-83f_fZ-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ Side Hops Forward Lunge Forward Lunge https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ Glute Bridge Plank Jump in Squat jumps Side Hops Side Hops Forward Lunge Plank Jump in Glute Bridge Squat jumps
-----------	---

 REST 60
 REST 80
 REST 90
 REST 100
 Cool down <https://youtu.be/u5Hr3rNUZ24>

Cardio corner 2 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	
	Diver push ups*	15 seconds	https://youtu.be/tC	
	Thigh taps	15 seconds	https://youtu.be/sg	
	Stacked push ups*	15 seconds	https://youtu.be/YE	
	Flutter kicks	15 seconds	https://youtu.be/WV	Do as many as you can do in time!
	Pike push up*	15 seconds	https://youtu.be/x7	
	High knees marching	15 seconds	https://youtu.be/3C	
	Rest	2 mins		
	Repeat 2 times			
	* use previous adaptations if necessary			
	Cool down	https://youtu.be/u5Hr3rNUZ24		
	Lower Body 1			
Avenirs				
Warm up		https://youtu.be/Kdgv6DPAZBU		
Lunge step ups Left leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Lunge step ups Right leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Rest	30 secs			
Right side lunge	15 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Left side lunge	15 secs	https://youtu.be/dTGZS-WCH4U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Rest	30 secs			
Dynamic squats	15 secs	https://youtu.be/EHUeE1ShiYU?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Sprinter lunges	15 secs	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Rest	30 secs			
Calf raises	15 secs	https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ		
Pike Calf raise	15 secs	https://youtu.be/Wk5FtesRSsE		
1-2 minutes rest		Try active recovery		
Repeat 2 times				
Cool down		https://youtu.be/u5Hr3rNUZ24		

Cardio corner 3 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	
	Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw	
	Squat jumping jacks	15 seconds	https://youtu.be/VZF5Gwd7t9E?list=PLC	
	Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw	
	Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLC	
	Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw	Do as many as you can do in time!
	Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PLC	
	Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw	
	In and out squats	15 seconds	https://youtu.be/Sl3od04PeZA	
	Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw	
	Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLC	
	Cool down		https://youtu.be/u5Hr3rNUZ24	
Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)				
Avenirs				
5.0 (10.0K)KM circuit				
Warm up 2	Black eyed peas	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		