



MONDAY

		Avenirs			
Section	Exercise	Time	Reps	Cycles	
Warm up	Dance along warm up			1	<a href="https://youtu.be/_DnVz-oHuB4">https://youtu.be/_DnVz-oHuB4</a>
	Recovery	1.00-2.00 mins			
Main set	Side hops	20 seconds	1		<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM">https://youtu.be/0ZxLHEKzBp4?list=PLQSM</a>
	Rest	20 seconds	1		
	Twist Jacks	20 seconds	1		<a href="https://youtu.be/fr_aMGh_F60?list=PLQSM">https://youtu.be/fr_aMGh_F60?list=PLQSM</a>
	Seal Jacks	20 seconds	1		<a href="https://youtu.be/fxrmaUVAajo?list=PLQSM">https://youtu.be/fxrmaUVAajo?list=PLQSM</a>
	Rest	20 seconds	1		
	Toe tap hops	20 seconds	1	2	<a href="https://youtu.be/wTfWbsQq1o?list=PLQSM">https://youtu.be/wTfWbsQq1o?list=PLQSM</a>
	Donkey Kicks	20 seconds			<a href="https://youtu.be/QGiiuBOQn3Y?list=PLQSM">https://youtu.be/QGiiuBOQn3Y?list=PLQSM</a>
	Jumps	20 seconds	1		<a href="https://youtu.be/blilw7Bsk_M?list=PLQSM">https://youtu.be/blilw7Bsk_M?list=PLQSM</a>
	Rest	20 seconds	1		
	Push up choice	20 seconds	1		<a href="https://youtu.be/dmoHFwT-Mms">https://youtu.be/dmoHFwT-Mms</a>
	Rest	1 min 40 seconds	1		
Cool down	Complete YouTube video			1	<a href="https://youtu.be/ar3BGF8do7l">https://youtu.be/ar3BGF8do7l</a>

MONDAY

		CORE & LOWER 7		
		Avenirs		
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>		
10 Squat hold calf raises		<a href="https://youtu.be/wYoE11arXlw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/wYoE11arXlw?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>		
10 Calf raises		<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>		
Recovery 30 seconds				
10 Stationary lunge		<a href="https://youtu.be/w2Qbxb6nJKc">https://youtu.be/w2Qbxb6nJKc</a>		
10 Reverse lunge and knee lift		<a href="https://youtu.be/TsFU7f6TaR0">https://youtu.be/TsFU7f6TaR0</a>		
Recovery 30 seconds				
Baby Shark Challenge		<a href="https://youtu.be/HZARQgIXXP0">https://youtu.be/HZARQgIXXP0</a>		
Recovery 60 seconds				
Repeat 2 times				
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>		

Tuesday

		Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!)		
		Avenirs		
2.5KM circui or 5.0KM				
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>		
0.5K 1.0km		Speed start 3 build to 4 out of 10		
0.5K 1.0km		Speed 5 30secs speed 4 30 secs for 0.5K		
0.5K 1.0km		Speed 6 20secs speed 3 40 secs for 0.5K		
0.5K 1.0km		Speed 8 10secs speed 3 50 secs for 0.5K		
0.5K 1.0km		Speed 4 slowing to 3 out of 10		
Cool down		<a href="https://youtu.be/ar3BGF8do7l">https://youtu.be/ar3BGF8do7l</a>		

Tuesday

		PLYO 5		
		Avenirs		
Warm up		<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>		
Warm up 2 Dance Monkey		<a href="https://youtu.be/UJDIbz9YxKg">https://youtu.be/UJDIbz9YxKg</a>		
Plyo jumps		<a href="https://youtu.be/QE8k1wixu9s">https://youtu.be/QE8k1wixu9s</a>		
Rest		20/30/40 secs		
Broad jumps		<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>		
Rest		20/40/60 secs		
Monkey Jumps		<a href="https://youtu.be/YI7dITv1MaA">https://youtu.be/YI7dITv1MaA</a>		
Rest		20/30/40 secs		
Hop Heel clicks		<a href="https://youtu.be/4XcGTvcSRxY?list=PLC">https://youtu.be/4XcGTvcSRxY?list=PLC</a>		
Rest		20/30/40 secs		
Repeat		1 or 2 mins		
Repeat		2 times		
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>		

Wednesday

Wednesday

### Cardio set 4

#### Avenirs

Warm up		<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3i">https://youtu.be/3i</a>	Easy
Burpee or	15 seconds	<a href="https://youtu.be/Ti">https://youtu.be/Ti</a>	Do as many as you can do in time!
Burpee modification	15 seconds	<a href="https://youtu.be/w">https://youtu.be/w</a>	Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3i">https://youtu.be/3i</a>	Easy
Jumping lunge (alternate legs)	15 seconds	<a href="https://youtu.be/6i">https://youtu.be/6i</a>	Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3i">https://youtu.be/3i</a>	Easy
Leg Lifts	15 seconds	<a href="https://youtu.be/l-i">https://youtu.be/l-i</a>	Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3i">https://youtu.be/3i</a>	Easy
Plank 1 or	15 seconds	<a href="https://youtu.be/Ti">https://youtu.be/Ti</a>	Hold!
Plank 2 or	15 seconds	<a href="https://youtu.be/r">https://youtu.be/r</a>	Hold!
Plank 3	15 seconds	<a href="https://youtu.be/-l">https://youtu.be/-l</a>	Hold!
High Knee marching	30 secs	<a href="https://youtu.be/3i">https://youtu.be/3i</a>	Easy
Rest between cycles	60 secs		
Cycles	2		
Total time	8 mins		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

### CORE & UPPER 1

#### Avenirs

Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
10 Snow Angel		<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>	
10 Tricep dips		<a href="https://youtu.be/3ydgLFLK8e0">https://youtu.be/3ydgLFLK8e0</a>	
Recovery 60 seconds			
10 Glute bridges		<a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>	
10 Oblique dble twists		<a href="https://youtu.be/-vVofsdwqaY?list=PLCEFCA54D665B8080">https://youtu.be/-vVofsdwqaY?list=PLCEFCA54D665B8080</a>	
Recovery 60 seconds			
TheraBand routine (10 each)		<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>	
		<a href="https://youtu.be/E">https://youtu.be/E</a>	
10 Push up (use wall/knee/floor)		<a href="https://youtu.be/h00_rniF8E">h00_rniF8E</a>	
Escalate difficulty on each round		diamond shape hands/push with rotation	
Recovery 1-2 mins			
Repeat 2/3 times			
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

### Run set 6 (This can be walk/run -adapt to your ability or preference!)

#### Avenirs

3.0 KM circuit			
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
0.5K		Speed start 3 build to 4 out of 10	
0.5K		Speed 5 plus 10 air squats every 60seconds	
1.0K		Speed 3	
0.5K		Speed 5 plus 10 air squats every 60seconds	
0.5K gentle		Speed 4 slowing to 3 out of 10	
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Thursday

Thursday

### PLYO 6

#### Avenirs

Warm up		<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>	
Warm up 2 Dance Monkey		<a href="https://youtu.be/1JD1bz9YxKg">https://youtu.be/1JD1bz9YxKg</a>	
Sprinter lunges		<a href="https://youtu.be/kafS0XcgUfo?list=PLQ">https://youtu.be/kafS0XcgUfo?list=PLQ</a>	20/40/60 secs
Rest			20/40/60 secs
180 bounds		<a href="https://youtu.be/rvv0mdu5j4U">https://youtu.be/rvv0mdu5j4U</a>	20/30/40 secs
Rest			20/40/60 secs
In an out squat jumps		<a href="https://youtu.be/Sl3od04PeZA">https://youtu.be/Sl3od04PeZA</a>	20/30/40 secs
Rest			20/40/60 secs
Ape Hops		<a href="https://youtu.be/XG6eVjFp0hw?list=PL">https://youtu.be/XG6eVjFp0hw?list=PL</a>	20/30/40 secs
Rest			1 or 2 mins
Repeat			2 times
Cool down		<a href="https://youtu.be/2TzewWk-fdk">https://youtu.be/2TzewWk-fdk</a>	

Friday

Cardio set 11		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Push ups (knees)	15 seconds	<a href="https://youtu.be/Li">https://youtu.be/Li</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Tricep dips	15 seconds	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Shoulder Press theraband	10 Reps	<a href="https://youtu.be/0i">https://youtu.be/0i</a> Use light weight if u have no bands
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Push up diamond (knees)	15 seconds	<a href="https://youtu.be/dj">https://youtu.be/dj</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Saturday

LOWER 2		
Avenirs		
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
Squat cross step	15	<a href="https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXa">https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXa</a>
Curtsey lunge	15	<a href="https://youtu.be/MUKzbODTURg">https://youtu.be/MUKzbODTURg</a>
Rest	30	
Squat hold calf raises	15	<a href="https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXa">https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXa</a>
Calf raises	15	<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXa">https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXa</a>
Rest	30	
Pulse lunge R	15	<a href="https://youtu.be/npFQHBFdNzQ">https://youtu.be/npFQHBFdNzQ</a>
Pulse lunge L	15	<a href="https://youtu.be/npFQHBFdNzQ">https://youtu.be/npFQHBFdNzQ</a>
Rest	30	
Split squat R with or without band	15	<a href="https://youtu.be/-7Ea6SKtqUg">https://youtu.be/-7Ea6SKtqUg</a>
Split squat L with or without band	15	<a href="https://youtu.be/-7Ea6SKtqUg">https://youtu.be/-7Ea6SKtqUg</a>
1-2 minutes rest		Try active recovery
Repeat 2 times		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Saturday

Saturday

Cardio set 6		
Avenirs		
Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Jumping Jacks	15 seconds	<a href="https://youtu.be/1t">https://youtu.be/1t</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Back Extensions	15 seconds	<a href="https://youtu.be/9t">https://youtu.be/9t</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Squat Thrusts side kick	15 seconds	<a href="https://youtu.be/1t">https://youtu.be/1t</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Squat Jumps	15 seconds	<a href="https://youtu.be/A">https://youtu.be/A</a> Do as many as you can do in time!
High Knee marching	30 secs	<a href="https://youtu.be/3t">https://youtu.be/3t</a> Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

CORE & UPPER 2		
Avenirs		
Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10 Push up (use wall/knee/floor)		<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
Escalate difficulty on each round		<a href="https://youtu.be/dmoHFwt-Mms">https://youtu.be/dmoHFwt-Mms</a>
10 Snow Angel		<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 60 seconds		Adjust recovery if needed
10 secs Body saw planks		<a href="https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
10 secs Plank shoulder taps		<a href="https://youtu.be/gWwHQPmUD7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/gWwHQPmUD7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 60 seconds		Adjust recovery if needed
10 secs Supine Push up		<a href="https://youtu.be/8H-TSjVRCUA">https://youtu.be/8H-TSjVRCUA</a>
TheraBand routine (10 each)		<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>