



		Poussins/Benjamins				
Section	Exercise	Time	Reps	Cycles		
MONDAY	Warm up	Dance along warm up		1	https://youtu.be/_DnVz-oHuB4	
		Recovery	1.00-2.00 mins			
		Side hops	30 seconds	1	https://youtu.be/0ZxLHEKzBp4?list=PLQSM	
		Rest	30 seconds	1		
		Twist Jacks	30 seconds	1	https://youtu.be/fR_aMGh_F60?list=PLQSM	
		Seal Jacks	30 seconds	1	https://youtu.be/fxrmaUVAajo?list=PLQSM	
	Main set	Rest	30 seconds	1		
		Toe tap hops	30 seconds	1	3	https://youtu.be/wTfWbsQql1o?list=PLQSM
		Donkey Kicks	30 seconds	1		https://youtu.be/QGiiuBOQn3Y?list=PLQSM
		Jumps	30 seconds	1	https://youtu.be/bllLw7Bsk_M?list=PLQSM	
		Rest	30 seconds	1		
		Push up choice	30 seconds	1	https://youtu.be/dmoHFwT-Mms	
		Rest	1 min	1		
		Cool down	Complete YouTube video		1	https://youtu.be/ar3BGF8do7I

		CORE & LOWER 7			
		Poussins/Benjamins			
	Warm up	https://youtu.be/Kdgv6DPAZBU			
	12 Squat hold calf raises	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ			
	12 Calf raises	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ			
	Recovery 30 seconds				
	12 Stationary lunge	https://youtu.be/w2Qbxb6nJKc			
	12 Reverse lunge and knee lift	https://youtu.be/TsFU7f6TaR0			
	Recovery 30 seconds				
	Baby Shark Challenge	https://youtu.be/HZARQglXXPO			
	Recovery 60 seconds				
	Repeat 2/3 times				
	Cool down	https://youtu.be/u5Hr3rNUZ24			

		Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!)			
		Poussins/Benjamins			
	2.5KM circuit or 5.0KM				
	Warm up	https://youtu.be/Kdgv6DPAZBU			
	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	https://youtu.be/ar3BGF8do7I			

		PLYO 5			
		Poussins/Benjamins			
Tuesday	Warm up	https://youtu.be/CjYHKWwHJlk			
	Warm up 2	Dance Monkey	https://youtu.be/UDlbz9YxKg		
	Plyo jumps		https://youtu.be/QE8k1wixu9s		20/30/40 secs
	Rest				20/40/60 secs
	Broad jumps		https://youtu.be/96zJo3nImHI		20/30/40 secs
	Rest				20/40/60 secs
	Monkey Jumps		https://youtu.be/YI7dITv1MaA		20/30/40 secs
	Rest				20/30/40 secs
	Hop Heel clicks		https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J6JbrKdS		20/30/40 secs
	Rest				1 or 2 mins
	Repeat				2/3 times
	Cool down		https://youtu.be/2TzewWk-fdk		

		PLYO 5				
		Poussins/Benjamins				
	Warm up	https://youtu.be/CjYHKWwHJlk				
	Warm up 2	Dance Monkey	https://youtu.be/UDlbz9YxKg			
	Plyo jumps		https://youtu.be/QE8k1wixu9s		20/30/40 secs	
	Rest				20/40/60 secs	
	Broad jumps		https://youtu.be/96zJo3nImHI		20/30/40 secs	
	Rest				20/40/60 secs	
	Monkey Jumps		https://youtu.be/YI7dITv1MaA		20/30/40 secs	
	Rest				20/30/40 secs	
	Hop Heel clicks		https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J6JbrKdS		20/30/40 secs	
	Rest				1 or 2 mins	
	Repeat				2/3 times	
	Cool down		https://youtu.be/2TzewWk-fdk			

Wednesday

Cardio set 4

Poussins/Benjamins

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4 Easy
Burpee or	20 secs	https://youtu.be/TU8QYVW0 Do as many as you can do in time!
Burpee modification		https://youtu.be/wVQ8-yAeU Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4 Easy
Jumping lunge (alternate legs)	20 secs	https://youtu.be/6SFgE2_og Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4 Easy
Leg Lifts	20 secs	https://youtu.be/l-mPHKQFV Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4 Easy
Plank 1 or	20 secs	https://youtu.be/TvxNkmjdh Hold!
Plank 2 or		https://youtu.be/_rdjfFSFKM Hold!
Plank 3		https://youtu.be/-LRikbEy-qU Hold!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4 Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

CORE & UPPER 1

Poussins/Benjamins

Warm up	https://youtu.be/Kdgv6DPAZBU
12 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
12 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 60 seconds	
12 Glute bridges	https://youtu.be/YRqoIM0u0PY
12 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080
Recovery 60 seconds	
TheraBand routine (12 each)	https://youtu.be/ib1srzH_q0A
	https://youtu.be/Eh00_r_nIF8E
12 Push up (use wall/knee/floor)	nIF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 1-2 mins	
Repeat 2/3 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

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

Poussins/Benjamins

3.0 KM circuit	
Warm up	https://youtu.be/Kdgv6DPAZBU
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	https://youtu.be/u5Hr3rNUZ24

Thursday

PLYO 6

Poussins/Benjamins

Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/JDlbz9YxKg
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSc 20/40/60 secs
Rest	20/40/60 secs
180 bounds	https://youtu.be/rvv0mdu5i4U 20/30/40 secs
Rest	20/40/60 secs
In an out squat jumps	https://youtu.be/Sj3od04PeZA 20/30/40 secs
Rest	20/40/60 secs
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMS0J6JbrKdSc 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3 times
Cool down	https://youtu.be/2TzewWk-fdk

Friday

Cardio set 11		
Poussins/Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Push ups (knees)	20 secs	https://youtu.be/LiKfLE2K_DI Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Tricep dips	20 secs	https://youtu.be/3ydgLFLK8e Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Shoulder Press theraband	12 Reps	https://youtu.be/0rLjkQweID Use light weight if u have no bands
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Push up diamond (knees)	20 secs	https://youtu.be/dmoHFwT-l Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Saturday

LOWER 2		
Poussins/Benjamins		
Warm up	15	https://youtu.be/Kdgv6DPAZBU
Squat cross step	15	https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSS
Curtsey lunge	30	https://youtu.be/MUKzbODTURg
Rest	15	
Squat hold calf raises	15	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSS
Calf raises	30	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSS
Rest	15	
Pulse lunge R	15	https://youtu.be/npFQHBFdNzQ
Pulse lunge L	30	https://youtu.be/npFQHBFdNzQ
Rest	15	
Split squat R with or without band	15	https://youtu.be/-7Ea6SKtqUg
Split squat L with or without band		https://youtu.be/-7Ea6SKtqUg
1-2 minutes rest		Try active recovery
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

Cardio set 6		
Poussins/Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Jumping Jacks	20 secs	https://youtu.be/1b98WrRrr Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Back Extensions	20 secs	https://youtu.be/9q_uz605P Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Squat Thrusts side kick	20 secs	https://youtu.be/1qC0lJogKjv Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Squat Jumps	20 secs	https://youtu.be/AzI5tkCzDcc Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVNc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

CORE & UPPER 2		
Poussins/Benjamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12 Push up (use wall/knee/floor)	https://youtu.be/Eh00_r_niF8E	
Escalate difficulty on each round	https://youtu.be/dmoHFwT-l	https://youtu.be/dmoHFwT-l
12 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
15 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
15 secs Plank shoulder taps	https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 60 seconds		Adjust recovery if needed
15 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (12 each)	https://youtu.be/ib1srzH_q0A	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	