



		Older Squads				
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	15 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	15/30 seconds	1		
		Toe tap hops	30 seconds	1	4,5,6	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	30-60 seconds	1		https://youtu.be/dmoHFWt-Mms
		Rest	1 min to 2 mins	1		
	Cool down	Complete YouTube video				1 https://youtu.be/ar3BGF8do7l

		CORE & LOWER 7 Older Squads			
Warm up		https://youtu.be/Kdgv6DPAZBU			
12-18 Squat hold calf raises		https://youtu.be/wYoE11arXlw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ			
12-18 Calf raises		https://youtu.be/UV8gOrHmuKc?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ			
Recovery 30 seconds					
12-20 Stationary lunge Each leg		https://youtu.be/w2Qbxb6nJKc			
12-20 Reverse alt leg lunge and knee		https://youtu.be/TsFU7f6TaR0			
Recovery 30 seconds					
Cha Cha Plank challenge		https://youtu.be/x_YFkVSp34s			
Recovery 60 seconds					
Repeat 3/4/5 times					
Cool down		https://youtu.be/u5Hr3rNUZ24			

		Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!) Older Squads			
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/ar3BGF8do7l			

		PLYO 5 Older Squads			
Warm up		https://youtu.be/CjYHKWwHJlk			
Warm up 2 Dance Monkey		https://youtu.be/1JDlbz9YxKg			
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=PLQSMSOJ6JbrKdSOS		20/30/40 secs	
Rest				1 or 2 mins	
Repeat				2/3/4 times	
Cool down		https://youtu.be/2TzewWk-fdk			

Cardio set 4	
Older Squads	
Warm up	https://youtu.be/E7ghNKOH9To or your own active warm up
High Knee marching	30 secs https://youtu.be/3Q6n9 Easy
Burpee or	30/40 secs https://youtu.be/TU8QY Do as many as you can do in time!
Burpee modification	https://youtu.be/wVQ8 Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9 Easy
Jumping lunge (alternate legs)	30/40 secs https://youtu.be/6SfgEz Do as many as you can do in time!
High Knee marching	30secs https://youtu.be/3Q6n9 Easy
Leg Lifts	30/40 secs https://youtu.be/l-mPHI Do as many as you can do in time!
High Knee marching	30 secs https://youtu.be/3Q6n9 Easy
Plank 1 or	40 secs https://youtu.be/TvxNki Hold!
Plank 2 or	https://youtu.be/_rdjFS Hold!
Plank 3	https://youtu.be/-LRjkb Hold!
High Knee marching	30 secs https://youtu.be/3Q6n9 Easy
Rest between cycles	1 min 40 secs
Cycles	3/4
Total time	24 min
Cool down	https://youtu.be/u5Hr3rNUZ24

Wednesday

Wednesday

CORE & UPPER 1	
Older Squads	
Warm up	https://youtu.be/Kdgv6DPAZBU
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo
12-18 Tricep dips	https://youtu.be/3ydgLFLK8e0
Recovery 30 seconds	
12-18 Glute bridges	https://youtu.be/YRqoIM0uOPY
12-18 Oblique dble twists	https://youtu.be/-vVOfsdwqaY?list=PLCEFCA54D665B8080
Recovery 30 seconds	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_q0A
12-18 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E
Escalate difficulty on each round	diamond shape hands/push with rotation
Recovery 60 seconds	
Repeat 3/4 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

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

Thursday

PLYO 6	
Older Squads	
Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/IJDlbz9YxKg
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSI 20/40/60 secs
Rest	20/40/60 secs
180 bounds	https://youtu.be/rvv0mdu5j4U 20/30/40 secs
Rest	20/40/60 secs
In an out squat jumps	https://youtu.be/Sl3od04PeZA 20/30/40 secs
Rest	20/40/60 secs
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMS0J6JbrKdSO 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk

Cardio set 11		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Staggered arm push up (change arms)	40 secs	https://youtu.be/oWK_4 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Tricep dips	40 secs	https://youtu.be/3ydgLf Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9 Easy
Shoulder Press theraband	18 Reps	https://youtu.be/OrLjkQ Use weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Diamond push up	40 secs	https://youtu.be/dmoHl Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

LOWER 2		
Older Squads		
Warm up		
Squat cross step	20	https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Curtsey lunge	20	https://youtu.be/MUKzbODTURg
Squat hold calf raises	20	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Calf raises	20	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Rest	40	
Pulse lunge R	20	https://youtu.be/npFQHBfDnzQ
Pulse lunge L	20	https://youtu.be/npFQHBfDnzQ
Split squat R with or without band	20	https://youtu.be/-7Ea6SKtqUg
Split squat L with or without band	20	https://youtu.be/-7Ea6SKtqUg
Rest	40	Try active recovery
Dynamic squats	30	https://youtu.be/EHUeE1ShiYU?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Squat jumping jack	30	https://youtu.be/VZF5GWd7t9E?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
1-2 minutes rest		Try active recovery
Repeat 2/3/4 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Cardio set 6		
Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Jumping Jacks	40 secs	https://youtu.be/1b98V Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Back Extensions	40 secs	https://youtu.be/9g_uzf Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9 Easy
Squat Thrusts side kick	40 secs	https://youtu.be/1qC0U Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Squat Jumps	40 secs	https://youtu.be/AzI5tkl Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

CORE & UPPER 2		
Older Squads		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12-18 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E	
Escalate difficulty on each round	https://youtu.be/dmoHFWt-Mms	
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds		Adjust recovery if needed
30 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
30 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 30 seconds		Adjust recovery if needed
30 secs Supine Push up	https://youtu.be/8H-TSIVRCUA	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_qQA	
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	