



MONDAY

Avenirs Cardio 12					
Section	Exercise	Time	Reps	Cycles	
Warm up	Blinding Lights warm up			1	<a href="https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rn">https://youtu.be/F6rvbhZfLQg?list=PL3lkz80rn</a>
	Recovery	2.00 mins			
Main set	Skier Jack	20 seconds	1		<a href="https://youtu.be/i02As2W8NwU">https://youtu.be/i02As2W8NwU</a>
	Jumping Jacks	20 seconds	1		<a href="https://youtu.be/1b98WrrmUs">https://youtu.be/1b98WrrmUs</a>
	High knee Marching	20 seconds			<a href="https://youtu.be/3Q6n9AVN4Yc">https://youtu.be/3Q6n9AVN4Yc</a>
	Rest	60 seconds	1		
	Dragon push ups	20 seconds	1		<a href="https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6J">https://youtu.be/sflrxv53L-o?list=PLQSMSOJ6J</a>
	Cross chops	30 seconds	1		<a href="https://youtu.be/8BaS28MG7mw?list=PLQSMSOJ6J">https://youtu.be/8BaS28MG7mw?list=PLQSMSOJ6J</a>
	Band Bicep curl	30 seconds	1	2	Use a resistance band both arms same time
	Army crawl	30 seconds	1		<a href="https://youtu.be/bR-XzXen9xU?list=PLQSMSOJ6J">https://youtu.be/bR-XzXen9xU?list=PLQSMSOJ6J</a>
	Rest	60 seconds	1		
	Hop Heel clicks	30 seconds	1		<a href="https://youtu.be/4XcGTvcSRxY?list=PLQSMSOJ6J">https://youtu.be/4XcGTvcSRxY?list=PLQSMSOJ6J</a>
	Side to side jumps	30 seconds		1	<a href="https://youtu.be/oHq-TC9TPpl?list=PLQSMSOJ6J">https://youtu.be/oHq-TC9TPpl?list=PLQSMSOJ6J</a>
Butt kicks	30 seconds			<a href="https://youtu.be/IVZI-AwxLPo?list=PLQSMSOJ6J">https://youtu.be/IVZI-AwxLPo?list=PLQSMSOJ6J</a>	
Rest	2 mins				
Cool down	Complete YouTube video			1	<a href="https://youtu.be/ar3BGF8doZl">https://youtu.be/ar3BGF8doZl</a>

MONDAY

Tuesday

CORE & LOWER 6	
Avenirs	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
10/20/30 second Superman hold	<a href="https://www.youtube.com/watch?v=R4cbB38p_g8">https://www.youtube.com/watch?v=R4cbB38p_g8</a>
Recovery 30 seconds	
10/20 secs plank try & toes touch	<a href="https://www.youtube.com/watch?v=0c6rLDG9NyA">https://www.youtube.com/watch?v=0c6rLDG9NyA</a>
Recovery 30 seconds	
10 Air or pistol Squat	<a href="https://youtu.be/C_VtOYc6j5c">https://youtu.be/C_VtOYc6j5c</a>
Recovery 30 seconds	<a href="https://youtu.be/sHpBSJeHFMs">https://youtu.be/sHpBSJeHFMs</a>
Wall squat	<a href="https://youtu.be/-cdph8hv000">https://youtu.be/-cdph8hv000</a>
Recovery 30 seconds	
10 (each side) alternating planks	<a href="https://youtu.be/DFk3yGzv62U?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/DFk3yGzv62U?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 30 seconds	
20/30 seconds Flutter kick	<a href="https://youtu.be/BJlQtDcCzeA">https://youtu.be/BJlQtDcCzeA</a>
Recovery 30 seconds	
Reverse bounds 12 alt legs	<a href="https://youtu.be/aLCQRU7lrRg">https://youtu.be/aLCQRU7lrRg</a>
Recovery 30 seconds	
Sprinter lunge 12 alt legs	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/kaFs0XcgUfo?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
1-2 minutes rest	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

Tuesday

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)	
Avenirs	
3.0 (6.0K)KM circuit	
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
0.5K	1.0k Speed start 3 build to 4 out of 10
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0K Speed 3
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
0.5K gentle	1.0k Speed 4 slowing to 3 out of 10
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

PLYO 3	
Avenirs	
Warm up	<a href="https://youtu.be/CjYHKWwHJlk">https://youtu.be/CjYHKWwHJlk</a>
Warm up 2	Dance Monkey <a href="https://youtu.be/IJDbz9YxKg">https://youtu.be/IJDbz9YxKg</a>
Knee tuck jumps	<a href="https://youtu.be/BDA3DERQKfk">https://youtu.be/BDA3DERQKfk</a>
Rest	20/40/60 secs
Power jacks	<a href="https://youtu.be/alaZwJE20Ds">https://youtu.be/alaZwJE20Ds</a>
Rest	20/30/40 secs
Sneaking Ape	<a href="https://youtu.be/-BB2h6eaBFc">https://youtu.be/-BB2h6eaBFc</a>
Rest	20/40/60 secs
Repeat	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>

Wednesday

Wednesday

**Cardio Lower 5 X 5**  
**Avenirs**

Warm up <https://youtu.be/CiYHKWwH>, <https://youtu.be/LRLx32lioCg> (do both)

<b>16 reps</b> Side Hops <a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	<b>10 reps</b> Forward Lunge	<b>4 reps</b> Burpee	<b>10 reps</b> Glute Bridge	<b>12 reps</b> Squat jumps
REST 60				
Squat jumps <a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	Side Hops	Burpee	Forward Lunge	Glute Bridge
REST 80				
Glute Bridge <a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>	Squat jumps	Burpee <a href="https://youtu.be/TU8QYVVW0gDU">https://youtu.be/TU8QYVVW0gDU</a>	Side Hops	Forward Lunge
REST 90				
Forward Lunge <a href="https://youtu.be/UpvDdQibTa0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/UpvDdQibTa0?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>	Glute Bridge	Burpee	Squat jumps	Side Hops
REST 100				
Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps

Cool down <https://youtu.be/u5Hr3rNUZ24>

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!

Thursday

Thursday

**CORE & UPPER 5**  
**Avenirs**

Warm up <https://youtu.be/Kdgv6DPAZBU>  
10 (5R5L)Side Push up or 15 secs (alternatives if you wish)  
10 (5 each)Staggered arm push up or normal push up <https://youtu.be/5tJdNd3K3M>  
Recovery 30/60 seconds [https://youtu.be/oWK\\_4kM-M9M](https://youtu.be/oWK_4kM-M9M)  
10 (each side) alternating superman or 15 secs [https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyJXaQ\\_zN\\_HSSp7zZ](https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ)  
Flutter kick 20 secs <https://youtu.be/BJJqtdcCzeA>  
Recovery 60 seconds  
Theraband shoulder press 12 [https://youtu.be/KQ\\_rITyswI0](https://youtu.be/KQ_rITyswI0)  
Theraband Lat pull down 12 <https://youtu.be/5UU-GEe8Wlc>

Recovery 1-2 mins  
Repeat 2/3 times  
Cool down <https://youtu.be/u5Hr3rNUZ24>

**PLYO 11**  
**Avenirs**

Banded wide outs	<a href="https://youtu.be/eTlxTdhTfX4?t=63">https://youtu.be/eTlxTdhTfX4?t=63</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded kick outs	<a href="https://youtu.be/eTlxTdhTfX4?t=378">https://youtu.be/eTlxTdhTfX4?t=378</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded holds	<a href="https://youtu.be/eTlxTdhTfX4?t=241">https://youtu.be/eTlxTdhTfX4?t=241</a>	10 secs
Rest	As you need but try to keep same throughout	
Banded chops	<a href="https://youtu.be/eTlxTdhTfX4?t=334">https://youtu.be/eTlxTdhTfX4?t=334</a>	10 secs
Rest	As you need	
Banded alternates	As you need but try to keep same throu 10 secs	
Rest	As you need but try to keep same throughout	
If you have no bands just do without		
Repeat	2 times	

**Run set 11** (This can be walk/run or cycle-adapt to your ability or preference!)  
**Avenirs**

4.0KM (8.0KM)circuit

Warm up <https://youtu.be/Kdgv6DPAZBU>

0.5K 1.0K	Speed 4 out of 10
1.5K 3.0K	(15 secs fast 45 secs speed 4) x5 Then speed 3
0.5K 1.0K gentle	Speed 3 out of 10
1.0K 2.0K	(15 secs fast 45 secs speed 4) x4 Then speed 3/2
0.5K 1.0K	Speed 4 slowing to 3 out of 10

Cool down <https://youtu.be/ar3BGF8do7I>

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

**Avenirs**

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Mountain climbers	15 seconds	<a href="https://youtu.be/w">https://youtu.be/w</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Diver push ups*	15 seconds	<a href="https://youtu.be/tC">https://youtu.be/tC</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Thigh taps	15 seconds	<a href="https://youtu.be/sg">https://youtu.be/sg</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Stacked push ups*	15 seconds	<a href="https://youtu.be/YE">https://youtu.be/YE</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Flutter kicks	15 seconds	<a href="https://youtu.be/W">https://youtu.be/W</a>
High knees marching	15 seconds	<a href="https://youtu.be/3C">https://youtu.be/3C</a>
Pike push up*	15 seconds	<a href="https://youtu.be/x7">https://youtu.be/x7</a>
* use previous adaptations if necessary		
Cycles	1	Do as many as you can do in time!
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Friday

**CORE & LOWER 4**

**Avenirs**

Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
15 secs Calf raise (with theraband or use a step)	<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>
15 secs left leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
15 secs right leg hips bridge	<a href="https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s">https://www.youtube.com/watch?v=nrLo5QCCfCc&amp;t=1s</a>
Recovery 45 seconds	
20 secs Calf raises	<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>
20 secs Dbl leg lifts	<a href="https://youtu.be/l-mPHKQFMkK">https://youtu.be/l-mPHKQFMkK</a>
20 seconds crab walk	<a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>
Recovery 60 seconds	
30 secs Calf raises	<a href="https://youtu.be/a2xibhP4MkY">https://youtu.be/a2xibhP4MkY</a>
3 minute standing core entire video	<a href="https://youtu.be/oQ--HZDG2ew">https://youtu.be/oQ--HZDG2ew</a>
1-2 minutes rest	
Repeat 2 times	
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>

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

**Avenirs**

Warm up	<a href="https://youtu.be/E7ghNKOH9To">https://youtu.be/E7ghNKOH9To</a>	or your own active warm up
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Squat jumps	15 seconds	<a href="https://youtu.be/bv7as8mDXLQ?list=PLC">https://youtu.be/bv7as8mDXLQ?list=PLC</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Squat jumping jacks	15 seconds	<a href="https://youtu.be/VZF5Gwd7t9E?list=PLC">https://youtu.be/VZF5Gwd7t9E?list=PLC</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Sprinter lunges	15 seconds	<a href="https://youtu.be/kaFs0XcgUfo?list=PLC">https://youtu.be/kaFs0XcgUfo?list=PLC</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Squat cross step	15 seconds	<a href="https://youtu.be/8JLMA-Z5S1o?list=PLC">https://youtu.be/8JLMA-Z5S1o?list=PLC</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
In and out squats	15 seconds	<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLC">https://youtu.be/0ZxLHEKzBp4?list=PLC</a>
Squat hold calf raise	15 seconds	<a href="https://youtu.be/wYoE11arXlw?list=PLC">https://youtu.be/wYoE11arXlw?list=PLC</a>
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Saturday

**CORE & UPPER 4**

**Avenirs**

Warm up 1	Name that tune?	<a href="https://youtu.be/wH3MQQY4B1c">https://youtu.be/wH3MQQY4B1c</a>
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
10 Pulse rows		<a href="https://youtu.be/MHFewo6HTUK">https://youtu.be/MHFewo6HTUK</a>
10 Snow Angel		<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 30 seconds		Adjust recovery if needed
10 secs Supine Push up		<a href="https://youtu.be/8H-TSJVRUA">https://youtu.be/8H-TSJVRUA</a>
15 secs Vertical leg crunches		<a href="https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080">https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080</a> (modifications; lift shoulders/bend knees)
Recovery 35 seconds		Adjust recovery if needed
Therband routine (10 each)		<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
15 secs Dragon press ups		<a href="https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sflrxv53L-o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>