

Monday

**Cardio Upper 5 X 5**  
**Poussins/Benjamins**

Warm up x2	<a href="https://youtu.be/CiYHKWwH">https://youtu.be/CiYHKWwH</a>	<a href="https://youtu.be/LRLx32lioCg">https://youtu.be/LRLx32lioCg</a>	(do both)
<b>16</b>	<b>10</b>	<b>4</b>	<b>10</b>
Shoulder press band <a href="https://youtu.be/0rLjkQweIDg">https://youtu.be/0rLjkQweIDg</a>	Theraband Lat	Burpee	Push Ups
<b>12</b>			<b>12</b>
Dips <a href="https://youtu.be/dl8_opV0A0Y">https://youtu.be/dl8_opV0A0Y</a>	Shoulder press band	Burpee <a href="https://youtu.be/TU8QYVW0gDU">https://youtu.be/TU8QYVW0gDU</a>	Theraband Lat
Push ups <a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>	Dips	Burpee	Shoulder press band
Theraband Lat <a href="https://youtu.be/DBHusZ9VgRo">https://youtu.be/DBHusZ9VgRo</a>	Push ups	Burpee	Theraband Lat
Shoulder press	Theraband Lat	Burpee	Push ups
			Dips

REST 60  
REST 80  
REST 60/90  
REST 60/100

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!

Cool down Complete YouTube video <https://youtu.be/ar3BGF8do7I>

Monday

Tuesday

**CORE & LOWER 1**  
**Poussins/Benjamins**

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/w2Qxb6nJKc>

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/-vOfsdcwqay?list=PLCEFCAS4D66588080>

Recovery 60 seconds

Repeat 2/3 times

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

Tuesday

**Swim Cardio**  
**Poussins/Benjamins**

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

Fly Jacks 20 secs [https://youtu.be/7Qi7s\\_FXs\\_Q](https://youtu.be/7Qi7s_FXs_Q)

Easy March 10 secs

Backstroke skier Jacks 20 secs [https://youtu.be/WlHv\\_LF40x8](https://youtu.be/WlHv_LF40x8)

Easy March 10 secs

Breastroke Squat jumps 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 to 3 times

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

**Upper body 1**  
**Poussins/Benjamins**

Warm up 2 Dance Monkey <https://youtu.be/UDlBz9YxKg>

Slow cross punches [https://youtu.be/NDw5dxst\\_ls?t=634](https://youtu.be/NDw5dxst_ls?t=634) 40 secs

Bicep curl extension [https://youtu.be/NDw5dxst\\_ls?t=706](https://youtu.be/NDw5dxst_ls?t=706) 40 secs

Hi Low extensions [https://youtu.be/NDw5dxst\\_ls?t=778](https://youtu.be/NDw5dxst_ls?t=778) 40 secs

Ventral and lateral raise extension [https://youtu.be/NDw5dxst\\_ls?t=850](https://youtu.be/NDw5dxst_ls?t=850) 40 secs

Ext shoulder rotation [https://youtu.be/NDw5dxst\\_ls?t=924](https://youtu.be/NDw5dxst_ls?t=924) 40 secs

Rhomboid squeeze [https://youtu.be/NDw5dxst\\_ls?t=999](https://youtu.be/NDw5dxst_ls?t=999) 40 secs

Double cross extension [https://youtu.be/NDw5dxst\\_ls?t=1073](https://youtu.be/NDw5dxst_ls?t=1073) 40 secs

Plyometric pushup [https://youtu.be/NDw5dxst\\_ls?t=1152](https://youtu.be/NDw5dxst_ls?t=1152) 40 secs

Rest 1-2 mins Work through as continuous

Repeat 2/3 times

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

Wednesday

Wednesday

**Cardio Lower 5 X 5**  
**Poussins/Benjamins**

Warm up <https://youtu.be/CiYHKWwH> <https://youtu.be/LRLx32lloCg> (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 <a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	<b>4 reps</b> Plank Jump in <a href="https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	<b>10 reps</b> Glute Bridge	<b>12 reps</b> Squat jumps	
REST 1-2 mins					
Squat jumps <a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Side Hops	Plank Jump in <a href="https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Forward Lunge	Glute Bridge	<p>Make sure you get a good warm up for this!</p> <p>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!</p>
REST 1-2 mins					
Glute Bridge <a href="https://youtu.be/YRqoIM0u0PY">https://youtu.be/YRqoIM0u0PY</a>	Squat jumps	Plank Jump in <a href="https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Side Hops	Forward Lunge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	
REST 1-2 mins					
Forward Lunge <a href="https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UpyDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Glute Bridge	Plank Jump in <a href="https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Squat jumps	Side Hops	
REST 1-2 mins					
Side Hops	Forward Lunge	Plank Jump in <a href="https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/b-83f_fz-H0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	Glute Bridge	Squat jumps	
REST 1-2 mins					
Cool down <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>					

Thursday

Thursday

**CORE 1**  
**Poussins/Benjamins**

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

Scissors	<a href="https://youtu.be/tugL2IM45yk?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/tugL2IM45yk?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Superman	<a href="https://youtu.be/67rpxYNkbZY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/67rpxYNkbZY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Side plank rotations	<a href="https://youtu.be/RrXJTixyiC8?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RrXJTixyiC8?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Rest		60 secs
Bridge taps	<a href="https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/8Imxy4QKLbo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Sit outs	<a href="https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Body saw plank	<a href="https://youtu.be/ZTN2mCuYiY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/ZTN2mCuYiY?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>	30/40 secs
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down <a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>		

**Run set 7** (This can be walk/run or cycle-adapt to your ability or preference!)

**Poussins/Benjamins**

3.0 (6.0K)KM circuit

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

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 9**  
**Poussins/Benjamins**

Plyo jumps	<a href="https://youtu.be/QE8k1wjxu9s">https://youtu.be/QE8k1wjxu9s</a>	20/30/40 secs
Rest		20/40/60 secs
Broad jumps	<a href="https://youtu.be/96zJo3nlmHI">https://youtu.be/96zJo3nlmHI</a>	20/30/40 secs
Rest		20/40/60 secs
Monkey Jumps	<a href="https://youtu.be/YJ7dITv1MaA">https://youtu.be/YJ7dITv1MaA</a>	20/30/40 secs
Rest		20/30/40 secs
Forward jumps	<a href="https://youtu.be/zP-eRWYrkZg?t=51">https://youtu.be/zP-eRWYrkZg?t=51</a>	20/30/40 secs
Rest		1-2 mins
Repeat		2/3 times



**Cardio corner 2 only 3 minutes of MAX exercise ( plus warm up and cool down)**

**Poussins/Benjamins**

Warm up	<a href="https://youtu.be/E7ghNKOH9T0">https://youtu.be/E7ghNKOH9T0</a>	or your own active warm up
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Mountain climbers	15 seconds	<a href="https://youtu.be/y">https://youtu.be/y</a>
Diver push ups*	15 seconds	<a href="https://youtu.be/t">https://youtu.be/t</a>
Thigh taps	15 seconds	<a href="https://youtu.be/s">https://youtu.be/s</a>
Stacked push ups*	15 seconds	<a href="https://youtu.be/y">https://youtu.be/y</a>
Flutter kicks	15 seconds	<a href="https://youtu.be/y">https://youtu.be/y</a>
Pike push up*	15 seconds	<a href="https://youtu.be/y">https://youtu.be/y</a>
High knees marching	15 seconds	<a href="https://youtu.be/3">https://youtu.be/3</a>
Rest	2 mins	
Repeat 2 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Friday

Friday

**Lower Body 1**

**Poussins/Benjamins**

Warm up		<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>
Lunge step ups Left leg	15 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Lunge step ups Right leg	15 secs	<a href="https://youtu.be/KM6-6xTRpow?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/KM6-6xTRpow?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Right side lunge	15 secs	<a href="https://youtu.be/dTGZ5-WCH4U?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/dTGZ5-WCH4U?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Left side lunge	15 secs	<a href="https://youtu.be/dTGZ5-WCH4U?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/dTGZ5-WCH4U?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Dynamic squats	15 secs	<a href="https://youtu.be/EHUEE1ShiYU?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/EHUEE1ShiYU?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Sprinter lunges	15 secs	<a href="https://youtu.be/kaF50XcgUfo?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/kaF50XcgUfo?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Rest	30 secs	
Calf raises	15 secs	<a href="https://youtu.be/UV8gOrHmuKc?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/UV8gOrHmuKc?list=PLQSM50I6IbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Pike Calf raise	15 secs	<a href="https://youtu.be/Wk5FtesRSsE">https://youtu.be/Wk5FtesRSsE</a>
1-2 minutes rest		Try active recovery
Repeat 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

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

**Poussins/Benjamins**

Warm up	<a href="https://youtu.be/E7ghNKOH9T0">https://youtu.be/E7ghNKOH9T0</a>	or your own active warm up
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PL">https://youtu.be/0ZxLHEKzBp4?list=PL</a>
Squat jumps	15 seconds	<a href="https://youtu.be/bv7as8mDXLQ?list=P">https://youtu.be/bv7as8mDXLQ?list=P</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVG88EPw">https://youtu.be/iBuVG88EPw</a>
Squat jumping jacks	15 seconds	<a href="https://youtu.be/VZF5GWd7t9E?list=P">https://youtu.be/VZF5GWd7t9E?list=P</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVG88EPw">https://youtu.be/iBuVG88EPw</a>
Sprinter lunges	15 seconds	<a href="https://youtu.be/kaF50XcgUfo?list=PL">https://youtu.be/kaF50XcgUfo?list=PL</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVG88EPw">https://youtu.be/iBuVG88EPw</a>
Squat cross step	15 seconds	<a href="https://youtu.be/8JLMA-Z551o?list=PL">https://youtu.be/8JLMA-Z551o?list=PL</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVG88EPw">https://youtu.be/iBuVG88EPw</a>
In and out squats	15 seconds	<a href="https://youtu.be/SI3od04PeZA">https://youtu.be/SI3od04PeZA</a>
Plyo push up	15 secs	<a href="https://youtu.be/iBuVG88EPw">https://youtu.be/iBuVG88EPw</a>
Squat hold calf raise	15 seconds	<a href="https://youtu.be/wYoE11arXlw?list=PL">https://youtu.be/wYoE11arXlw?list=PL</a>
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Saturday

**Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)**

**Poussins/Benjamins**

5.0 (10.0K)KM circuit		
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnG62HPBQ">https://youtu.be/BvOnG62HPBQ</a>
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		<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>
		Adjust recovery if needed