



MONDAY

Poussins/Benjamins		
EMOM Cardio 8 A		
(Every minute on the minute for 8 minutes)		
Warm up	Dance along warm up	https://youtu.be/_DnVz-oHuB4
Round 1		Reps
	1 180 degree Jumps	5,6,7 https://youtu.be/rvv0mdu5j4U
	2 Speed Skaters	10 https://youtu.be/1b98WrRmUs
	3 Skier Jacks	10 https://youtu.be/i02As2W8NwU
	Rest until minute up	
Round 2	Fly Jacks	10 https://www.youtube.com/watch?v=7QI7s
	Curtsey Lunge	10 https://youtu.be/MUKzbODTURg
	Breastroke Jacks	10 https://www.youtube.com/watch?v=d04M
	Rest until minute up then go back to round 1	
So each round will be done 4 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.		
Make sure you focus on technique on each exercise		
Cool down	Complete YouTube video	1 https://youtu.be/ar3BGF8do7I

MONDAY

Poussins/Benjamins		
EMOM Lower 8 A		
(Every minute on the minute for 8 minutes)		
Warm up	https://youtu.be/Kdgv6DPAZBU	
Round 1		
	1 Dynamic squats	10 https://youtu.be/EHUeE1ShiYU?list=PLQSMSOJ
	2 Jumping Lunges	6,8,10 https://youtu.be/6SFgE2_og_s
	3 180 degree Jumps	5,6,7 https://youtu.be/rvv0mdu5j4U
	Rest until minute up	
Round 2	Pulse lunge R	10 https://youtu.be/npFQHBfDnZQ
	Pulse lunge L	10 https://youtu.be/npFQHBfDnZQ
	Squat Jumping Jack	6,8,10 https://youtu.be/VZF5GWD7t9E?list=PLQSMSOJ
	Rest until minute up then go back to round 1	
So each round will be done 4 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.		
Make sure you focus on technique on each exercise		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Tuesday

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

Tuesday

PLYO 5		
Poussins/Benjamins		
Warm up	https://youtu.be/CiYHKWwHJlk	
Warm up 2	Dance Monkey	https://youtu.be/1JDIbz9YxKg
Plyo jumps		https://youtu.be/QE8k1wixu9s
Rest		20/30/40 secs
Broad jumps		https://youtu.be/96zJo3nlmHI
Rest		20/40/60 secs
Monkey Jumps		https://youtu.be/YJ7dITv1MaA
Rest		20/30/40 secs
Hop Heel clicks		https://youtu.be/4XcGTvcSRxY?list=PLQSMSOJ6JbrKdSOSbyjX
Rest		20/30/40 secs
Repeat		1 or 2 mins
		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/3Q6n9AVN4Y ; Easy
Burpee or	20 secs	https://youtu.be/TU8QYVW0gI ; Do as many as you can do in time!
Burpee modification		https://youtu.be/wVQ8-yAeU9I ; Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y ; Easy
Jumping lunge (alternate legs)	20 secs	https://youtu.be/6SFgE2_og_s ; Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y ; Easy
Leg Lifts	20 secs	https://youtu.be/l-mPHKQFMkI ; Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y ; Easy
Plank 1 or	20 secs	https://youtu.be/TvxNkmjdhMI ; Hold!
Plank 2 or		https://youtu.be/_rdjF5FKMY ; Hold!
Plank 3		https://youtu.be/-LRjkbEy-qU ; Hold!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y ; Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Poussins/Benjamins		
EMOM Lower 8 A		
(Every minute on the minute for 8 minutes)		
Warm up	https://youtu.be/Kdgv6DPAZBU	
Round 1		
1 Res. band shoulder press	10,12	https://youtu.be/0rLjQweIdg
2 Chest press band	10,12	https://youtu.be/mfH8NoB-koU
3 Snow Angels	10,12	https://youtu.be/ZYIHJ3m6UCo
Rest until minute up		
Round 2		
Plyo Push up	6,8,10	https://youtu.be/QIsBDcMK9EY
Pulse rows	10,12	https://youtu.be/MHFewo6HTUk
Lat Pull downs	10,12	https://youtu.be/i6nBrxCLKIQ?t=35
Rest until minute up then go back to round 1		
So each round will be done 4 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.		
Make sure you focus on technique on each exercise		
When using a band, make sure you use a tension that challenges you!		
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/CiYHKWwHJlk	
Warm up 2 Dance Monkey	https://youtu.be/IJDlbz9YxKg	
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyjX 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/Sl3od04PeZA 20/30/40 secs	
Rest	20/40/60 secs	
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMS0J6JbrKdSOSbyjX 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/3Q6n9AVN4Y Easy
Push ups (knees)	20 secs	https://youtu.be/LiKfLE2K_DI?li Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y Easy
Tricep dips	20 secs	https://youtu.be/3ydgLFLK8eQ Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y Easy
Shoulder Press theraband	12 Reps	https://youtu.be/0rLkQweIDg Use light weight if u have no bands
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y Easy
Push up diamond (knees)	20 secs	https://youtu.be/dmoHFwT-Mr Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y 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=PLQMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Curtsey lunge	30	https://youtu.be/MUKzbODTURg
Rest	15	
Squat hold calf raises	15	https://youtu.be/wYoE11arXlw?list=PLQMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Calf raises	30	https://youtu.be/UV8gOrHmuKc?list=PLQMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
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/3Q6n9AVN4Y Easy
Jumping Jacks	20 secs	https://youtu.be/1b98WrRrmU Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y Easy
Back Extensions	20 secs	https://youtu.be/9q_uz605P_k Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y Easy
Squat Thrusts side kick	20 secs	https://youtu.be/1qC0lJogKjY?l Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Y 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/3Q6n9AVN4Y Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2		
Poussins/Benjamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
	https://youtu.be/Eh00_rniF8	
12 Push up (use wall/knee/floor)	https://youtu.be/dmoHFwT-Mms	
Escalate difficulty on each round	(diamond shape hands/push with rotation)	
12 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
15 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	
15 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQMS0J6JbrKdSOSbyjXaQ_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	