



MONDAY

Avenirs			
EMOM Cardio 6 A			
(Every minute on the minute for 6 minutes)			
Warm up	Dance along warm up		https://youtu.be/_DnVz-oHuB4
Round 1		Reps	
	1 180 degree Jumps	4,5,6	https://youtu.be/rv0mdu5j4U
	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 3 times i.e. R1R2,R1R2,R1R2			
Make sure you focus on technique on each exercise			
Cool down	Complete YouTube video	1	https://youtu.be/ar3BGF8do7I

MONDAY

Tuesday

Avenirs			
EMOM Lower 6 A			
(Every minute on the minute for 6 minutes)			
Warm up			https://youtu.be/Kdgv6DPAZBU
Round 1			
	1 Dynamic squats	10	https://youtu.be/EHUeF1ShiYU?list=PLQSMSOJ6
	2 Jumping Lunges	6,8,10	https://youtu.be/6SFgE2_og_s
	3 180 degree Jumps	4,5,6	https://youtu.be/rv0mdu5j4U
	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=PLQSMSOJ6
	Rest until minute up then go back to round 1		
So each round will be done 3 times i.e. 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!)			
Avenirs			
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			
Avenirs			
Warm up			https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey		https://youtu.be/IJDlbz9YxKg
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=PLQSMSOJ6
Rest			20/30/40 secs
Repeat			1 or 2 mins
			2 times
Cool down			https://youtu.be/2TzewWk-fdk

Wednesday

Cardio set 4		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Burpee or	15 seconds	https://youtu.be/TU8QY Do as many as you can do in time!
Burpee modification	15 seconds	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)	15 seconds	https://youtu.be/6SFgE2 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Leg Lifts	15 seconds	https://youtu.be/l-mPHK Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Plank 1 or	15 seconds	https://youtu.be/TvxNkn Hold!
Plank 2 or	15 seconds	https://youtu.be/_rdjFS Hold!
Plank 3	15 seconds	https://youtu.be/-LRjkbE Hold!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Avenirs		
EMOM Lower 6 A		
(Every minute on the minute for 6 minutes)		
Warm up		
Round 1		
1 Res. band shoulder press	10,12	https://youtu.be/OrIjkQweIDg
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/QlsBDcMK9EY
Pulse rows	10,12	https://youtu.be/MHFewo6HTUK
Lat Pull downs	10,12	https://youtu.be/i6nBrxCiKLQ?t=35
Rest until minute up then go back to round 1		
So each round will be done 5 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!)		
Avenirs		
3.0 KM circuit		
Warm up		
0.5K	https://youtu.be/Kdgv6DPAZBU	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		
Avenirs		
Warm up		
Warm up 2	Dance Monkey	https://youtu.be/IJDlbz9YxKg
Sprinter lunges		https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6j 20/40/60 secs
Rest		20/40/60 secs
180 bounds		https://youtu.be/rv0mdu5j4U 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=PLQSMS0J6j 20/30/40 secs
Rest		1 or 2 mins
Repeat		2 times
Cool down	https://youtu.be/2TzewWk-fdk	

Friday

Cardio set 11		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Push ups (knees)	15 seconds	https://youtu.be/LiKflE2 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Tricep dips	15 seconds	https://youtu.be/3ydgLF Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Shoulder Press theraband	10 Reps	https://youtu.be/OrljkQ Use light weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Push up diamond (knees)	15 seconds	https://youtu.be/dmoHF Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

LOWER 2		
Avenirs		
Warm up		https://youtu.be/Kdgv6DPAZBU
Squat cross step	15	https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Curtsey lunge	15	https://youtu.be/MUKzbODTURg
Rest	30	
Squat hold calf raises	15	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Calf raises	15	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN
Rest	30	
Pulse lunge R	15	https://youtu.be/npFQHBFDNzQ
Pulse lunge L	15	https://youtu.be/npFQHBFDNzQ
Rest	30	
Split squat R with or without band	15	https://youtu.be/-7Ea6SKtqUg
Split squat L with or without band	15	https://youtu.be/-7Ea6SKtqUg
1-2 minutes rest		Try active recovery
Repeat 2 times		
Cool down		https://youtu.be/u5Hr3rNUZ24

Saturday

Cardio set 6		
Avenirs		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Jumping Jacks	15 seconds	https://youtu.be/1b98W Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Back Extensions	15 seconds	https://youtu.be/9q_uz6 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Squat Thrusts side kick	15 seconds	https://youtu.be/1qC0Jc Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Squat Jumps	15 seconds	https://youtu.be/AzI5tkC Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9 , Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

CORE & UPPER 2		
Avenirs		
Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Push up (use wall/knee/floor)	https://youtu.be/Eh0Q_rniF8E	
Escalate difficulty on each round	https://youtu.be/dmoHFWt-Mms	
10 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
10 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
10 secs Plank shoulder taps	https://youtu.be/gWHQpMud7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 60 seconds		Adjust recovery if needed
10 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (10 each)	https://youtu.be/ib1srzH_q0A	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	