



MONDAY

Avenirs
EMOM Cardio 6 B
(Every minute on the minute for 6 minutes)

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

Round 1

1 Burpees	4,6,8	https://youtu.be/TU8QYVW0gDU
2 Squat side kick	10	https://youtu.be/1qC0lJoqKiY?list=RDCMUCNAjkbNbaVeH4o617TC4g
3 Side hops	10	https://youtu.be/OZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Rest until minute up

Round 2

Sit outs	6,8,10	https://youtu.be/RvDPD_hWX6E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Jumping Jacks	10	https://youtu.be/1b98WrrRmUs
Seal Jacks	10	https://youtu.be/fxrmaUVAajo?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

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

CORE & LOWER 6
Avenirs

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

10/20/30 second Superman hold https://www.youtube.com/watch?v=R4cbB38p_q8

Recovery 30 seconds

10/20 secs plank try & toes touch <https://www.youtube.com/watch?v=0c6rLDG9NyA>

Recovery 30 seconds

10 Air or pistol Squat https://youtu.be/C_VtOYcgj5c <https://youtu.be/sHpBSJeHFMs>

Recovery 30 seconds

Wall squat <https://youtu.be/-cdph8hv000>

Recovery 30 seconds

10 (each side) alternating planks https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Recovery 30 seconds

20/30 seconds Flutter kick <https://youtu.be/BIJQtdcCzeA>

Recovery 30 seconds

Reverse bounds 12 alt legs <https://youtu.be/aLCQRU7lrRg>

Recovery 30 seconds

Sprinter lunge 12 alt legs https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

1-2 minutes rest

Repeat 2 times

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

Tuesday

Tuesday

Avenirs
EMOM Cardio 9
(Every minute on the minute for 9 minutes)

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

1 Push Ups	4	https://youtu.be/Eh00_rmiF8E
2 Crunches	4	https://youtu.be/HIRsmHH7psA?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
3 Squats	4	https://youtu.be/Zqc_lc93hak?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Rest until minute up

Now add 1 to each of the above to round 5 (so 9 of each) and then descend

1 Fly Jacks	4	https://www.youtube.com/watch?v=7Qi7s_FXs_Q
2 Mountain Climbers	10	https://youtu.be/w2iTOneGPdU?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
3 Breast Jacks	4	https://www.youtube.com/watch?v=d04MuoQ9rCg

Rest until minute up then go back to round 1

Now add 1 to each of the above to round 4 (so 9 of each) and then descend, EXCEPT MOUNTAIN CLIMBERS

Make sure you focus on technique on each exercise

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

PLYO 3
Avenirs

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

Warm up 2 Dance Monkey <https://youtu.be/UDlbz9YxKg>

Knee tuck jumps <https://youtu.be/BDA3DERQKFK> 20/30/40 secs

Rest 20/40/60 secs

Power jacks <https://youtu.be/alaZwJE20Ds> 20/30/40 secs

Rest 20/40/60 secs

Sneaking Ape <https://youtu.be/-BB2h6eaBFc> 20/30/40 secs

Rest 1 or 2 mins

Repeat 2 times

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

Cardio Lower 5 X 5
Avenirs

Warm up	https://youtu.be/CiYHKWwHJlk	https://youtu.be/LRLx32lioCg		(do both)
16 reps Side Hops	10 reps Forward Lunge	4 reps Burpee	10 reps Glute Bridge	12 reps Squat jumps
https://youtu.be/0ZxLHEKzBp4?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ				
REST 60				
Squat jumps	Side Hops	Burpee	Forward Lunge	Glute Bridge
https://youtu.be/bv7as8mDXLQ?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ				
REST 80				
Glute Bridge	Squat jumps	Burpee	Side Hops	Forward Lunge
https://youtu.be/YRqolM0u0PY				
REST 90				
Forward Lunge	Glute Bridge	Burpee	Squat jumps	Side Hops
https://youtu.be/UpyDdQjBTa0?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ				
REST 100				
Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps
https://youtu.be/u5Hr3rNUZ24				
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!

Wednesday

Wednesday

CORE & UPPER 5
Avenirs

Warm up
10 (5R5L) Side Push up or 15 secs (alternatives if you wish)
10 (5 each) Staggered arm push up or normal push up
Recovery 30/60 seconds
10 (each side) alternating superman or 15 secs
Flutter kick 20 secs
Recovery 60 seconds
Theraband shoulder press 12
Theraband Lat pull down 12

Recovery 1-2 mins
Repeat 2/3 times
Cool down

<https://youtu.be/Kdgv6DPAZBU>
<https://youtu.be/5JtJdNd3K3M>
https://youtu.be/oWK_4kM-M9M
https://youtu.be/DFk3yGZv62U?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_HSSp7zZ
<https://youtu.be/BIJQtdcCzeA>
https://youtu.be/KQ_riTyswI0
<https://youtu.be/5UU-GEe8Wlc>
<https://youtu.be/u5Hr3rNUZ24>

Thursday

Thursday

PLYO 11
Avenirs

Banded wide outs	https://youtu.be/eTlxTdhTfx4?t=63	10 secs
Rest	As you need but try to keep same throughout	
Banded kick outs	https://youtu.be/eTlxTdhTfx4?t=378	10 secs
Rest	As you need but try to keep same throughout	
Banded holds	https://youtu.be/eTlxTdhTfx4?t=241	10 secs
Rest	As you need but try to keep same throughout	
Banded chops	https://youtu.be/eTlxTdhTfx4?t=334	10 secs
Rest	As you need	
Banded alternates	As you need but try to keep same throughout 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

0.5K 1.0K	https://youtu.be/Kdgv6DPAZBU
1.5K 3.0K	Speed 4 out of 10
0.5K 1.0K gentle	(15 secs fast 45 secs speed 4) x5 Then speed 3
1.0K 2.0K	Speed 3 out of 10
0.5K 1.0K	(15 secs fast 45 secs speed 4) x4 Then speed 3/2
	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	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees marching	15 seconds	https://youtu.be/3Q6
Mountain climbers	15 seconds	https://youtu.be/w2i
High knees marching	15 seconds	https://youtu.be/3Q6
Diver push ups*	15 seconds	https://youtu.be/tQb
High knees marching	15 seconds	https://youtu.be/3Q6
Thigh taps	15 seconds	https://youtu.be/sgc
High knees marching	15 seconds	https://youtu.be/3Q6
Stacked push ups*	15 seconds	https://youtu.be/YED
High knees marching	15 seconds	https://youtu.be/3Q6
Flutter kicks	15 seconds	https://youtu.be/WRi
High knees marching	15 seconds	https://youtu.be/3Q6
Pike push up*	15 seconds	https://youtu.be/x7_1
* use previous adaptations if necessary		
Cycles	1	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

CORE & LOWER 4

Avenirs

Warm up	https://youtu.be/Kdgv6DPAZBU
15 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xjhbP4MkY
15 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
15 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 45 seconds	
20 secs Calf raises	https://youtu.be/a2xjhbP4MkY
20 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk
20 seconds crab walk	https://youtu.be/Xwcbm93mM-o
Recovery 60 seconds	
30 secs Calf raises	https://youtu.be/a2xjhbP4MkY
3 minute standing core entire video	https://youtu.be/oQ--HZDG2ew
1-2 minutes rest	
Repeat 2 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

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

Avenirs

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PLQSM
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
Squat jumping jacks	15 seconds	https://youtu.be/VZF5GWd7t9E?list=PLQSM
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQSM
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PLQSM
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
In and out squats	15 seconds	https://youtu.be/Si3od04PeZA
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQSM
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLQSM
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

CORE & UPPER 4

Avenirs

Warm up 1	Name that tune?	https://youtu.be/wH3MOQY4B1c
Warm up 2	Black eyed peas	https://youtu.be/BvOnN62hPBQ
10 Pulse rows		https://youtu.be/MHFewo6HTUk
10 Snow Angel		https://youtu.be/ZYIHJ3m6UCo
Recovery 30 seconds		
10 secs Supine Push up		https://youtu.be/8H-TSjVRCUA
15 secs Vertical leg crunches		https://youtu.be/gt62sf7khLU?list=PLCEFA54D665B8080
Recovery 35 seconds		
Therband routine (10 each)		https://youtu.be/ib1srzH_q0A
15 secs Dragon press ups		https://youtu.be/sflrxv53L-o?list=PLQSM50J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down		https://youtu.be/u5Hr3rNUZ24

Adjust recovery if needed

(modifications; lift shoulders/bend knees)

Adjust recovery if needed