



MONDAY

**Poussins/Benjamins**  
**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	<a href="https://youtu.be/TU8QYVW0gDU">https://youtu.be/TU8QYVW0gDU</a>
2 Squat side kick	10	<a href="https://youtu.be/1qC0JJoqKiy?list=RDCMUCNAjkbNbaVeH4o617fTC4g">https://youtu.be/1qC0JJoqKiy?list=RDCMUCNAjkbNbaVeH4o617fTC4g</a>
3 Side hops	10	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>

Rest until minute up

Round 2

Sit outs	6,8,10	<a href="https://youtu.be/RvDPD_hWX6E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/RvDPD_hWX6E?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
Jumping Jacks	10	<a href="https://youtu.be/1b98WrrmUs">https://youtu.be/1b98WrrmUs</a>
Seal Jacks	10	<a href="https://youtu.be/fixrmaUVAaio?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/fixrmaUVAaio?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>

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**  
**Poussins/Benjamins**

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

20/30 second Superman hold [https://www.youtube.com/watch?v=R4cbB38p\\_q8](https://www.youtube.com/watch?v=R4cbB38p_q8)

Recovery 30 seconds

20/30 secs plank try & toes touch <https://www.youtube.com/watch?v=0c6rLDG9NyA>

Recovery 30 seconds

12 Air or pistol Squat [https://youtu.be/C\\_VtOYc6j5c](https://youtu.be/C_VtOYc6j5c) <https://youtu.be/sHpBSJeHFMs>

Recovery 30 seconds

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

Recovery 30 seconds

12 (each side) alternating planks [https://youtu.be/DFk3yGzV62U?list=PLQSMS0J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](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](https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

1-2 minutes rest

Repeat 3 times

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

Tuesday

**Poussins/Benjamins**  
**EMOM Cardio 9**  
**(Every minute on the minute for 9 minutes)**

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

1 Push Ups	4	<a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a>
2 Crunches	4	<a href="https://youtu.be/HirsmHH7psA?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/HirsmHH7psA?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
3 Squats	4	<a href="https://youtu.be/Zqc_lc93hak?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/Zqc_lc93hak?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>

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	<a href="https://www.youtube.com/watch?v=7Qi7s_FXs_Q">https://www.youtube.com/watch?v=7Qi7s_FXs_Q</a>
2 Mountain Climbers	10	<a href="https://youtu.be/w2iTOneGPdU?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ">https://youtu.be/w2iTOneGPdU?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ</a>
3 Breast Jacks	4	<a href="https://www.youtube.com/watch?v=d04MuoQ9rCg">https://www.youtube.com/watch?v=d04MuoQ9rCg</a>

Rest until minute up then go back to round 1

Now add 1 to each of the above to round 5 ( so 8 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**  
**Poussins/Benjamins**

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

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 2/3 times

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

Wednesday

Wednesday

**Cardio Lower 5 X 5**

**Poussins/Benjamins**

Warm up <https://youtu.be/CjYHKW> <https://youtu.be/LRLx32IioCg> (do both)

<b>16 reps</b>	<b>10 reps</b>	<b>4 reps</b>	<b>10 reps</b>	<b>12 reps</b>
Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps

[https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 60

Squat jumps	Side Hops	Burpee	Forward Lunge	Glute Bridge
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[https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 80

Glute Bridge	Squat jumps	Burpee	Side Hops	Forward Lunge
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<https://youtu.be/YRqoIM0u0PY> <https://youtu.be/TU8QYVW0gDU>

REST 90

Forward Lunge	Glute Bridge	Burpee	Squat jumps	Side Hops
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[https://youtu.be/UpvDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/UpvDdQjBTa0?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

REST 100

Side Hops	Forward Lunge	Burpee	Glute Bridge	Squat jumps
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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**

**Poussins/Benjamins**

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

10 (5R5L) Side Push up or 15 secs (alternatives if you wish <https://youtu.be/5JtJdNd3K3M>)

10 (5 each) Staggered arm push up or normal push up [https://youtu.be/oWK\\_4kM-M9M](https://youtu.be/oWK_4kM-M9M)

Recovery 30/60 seconds

10 (each side) alternating superman or 20 secs [https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ\\_zN\\_HSSp7zZ](https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ)

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

Recovery 60 seconds

Theraband shoulder press 12 [https://youtu.be/KQ\\_rITyswl0](https://youtu.be/KQ_rITyswl0)

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**

**Poussins/Benjamins**

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 throughout	
Rest	As you need but try to keep same throughout	
If you have no bands just do without		
Repeat	2/3 times	

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

**Poussins/Benjamins**

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/ar3BGF8doZl>

Friday

Cardio corner only 3 minutes of MAX exercise ( plus warm up and cool down)		
Poussins/Benjamins		
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/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Mountain climbers	15 seconds	<a href="https://youtu.be/w2iTOneG">https://youtu.be/w2iTOneG</a>
High knees marching	15 seconds	<a href="https://youtu.be/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Diver push ups*	15 seconds	<a href="https://youtu.be/tQbcc27zj">https://youtu.be/tQbcc27zj</a>
High knees marching	15 seconds	<a href="https://youtu.be/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Thigh taps	15 seconds	<a href="https://youtu.be/sgc_gNStf">https://youtu.be/sgc_gNStf</a>
High knees marching	15 seconds	<a href="https://youtu.be/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Stacked push ups*	15 seconds	<a href="https://youtu.be/YEDCk-Uy">https://youtu.be/YEDCk-Uy</a>
High knees marching	15 seconds	<a href="https://youtu.be/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Flutter kicks	15 seconds	<a href="https://youtu.be/WRnq49T">https://youtu.be/WRnq49T</a>
High knees marching	15 seconds	<a href="https://youtu.be/3Q6n9AVI">https://youtu.be/3Q6n9AVI</a>
Pike push up*	15 seconds	<a href="https://youtu.be/x7_15SUAq">https://youtu.be/x7_15SUAq</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

CORE & LOWER 4		
Poussins/Benjamins		
Warm up	<a href="https://youtu.be/Kdgv6DPAZBU">https://youtu.be/Kdgv6DPAZBU</a>	
20 secs Calf raise (with theraband or use a step)	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</a>	
20 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>	
20 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 60 seconds		
30 secs Calf raises	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</a>	
30 secs Dbl leg lifts	<a href="https://youtu.be/l-mPHKQFMkk">https://youtu.be/l-mPHKQFMkk</a>	
30 seconds crab walk	<a href="https://youtu.be/Xwcbm93mM-o">https://youtu.be/Xwcbm93mM-o</a>	
Recovery 60 seconds		
40 secs Calf raises	<a href="https://youtu.be/a2xjhbP4MkY">https://youtu.be/a2xjhbP4MkY</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 2/3 times		
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

Cardio corner only 3 minutes of MAX exercise ( plus warm up and cool down)		
Poussins/Benjamins		
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=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
Squat jumps	15 seconds	<a href="https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6">https://youtu.be/bv7as8mDXLQ?list=PLQSM50J6</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
Squat jumping jacks	15 seconds	<a href="https://youtu.be/VZF5GWd7t9E?list=PLQSM50J6">https://youtu.be/VZF5GWd7t9E?list=PLQSM50J6</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
Sprinter lunges	15 seconds	<a href="https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6">https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
Squat cross step	15 seconds	<a href="https://youtu.be/8JLMA-Z5S1o?list=PLQSM50J6">https://youtu.be/8JLMA-Z5S1o?list=PLQSM50J6</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
In and out squats	15 seconds	<a href="https://youtu.be/Sl3od04PeZA">https://youtu.be/Sl3od04PeZA</a>
Side hops	15 seconds	<a href="https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6">https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6</a>
Squat hold calf raise	15 seconds	<a href="https://youtu.be/wYoE11arXlw?list=PLQSM50J6">https://youtu.be/wYoE11arXlw?list=PLQSM50J6</a>
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	

Saturday

CORE & UPPER 4		
Poussins/Benjamins		
Warm up 1	Name that tune?	<a href="https://youtu.be/wH3MOQY4B1c">https://youtu.be/wH3MOQY4B1c</a>
Warm up 2	Black eyed peas	<a href="https://youtu.be/BvOnN62hPBQ">https://youtu.be/BvOnN62hPBQ</a>
12 Pulse rows		<a href="https://youtu.be/MHFewo6HTUk">https://youtu.be/MHFewo6HTUk</a>
12 Snow Angel		<a href="https://youtu.be/ZYIHJ3m6UCo">https://youtu.be/ZYIHJ3m6UCo</a>
Recovery 30 seconds		
10 sec Supine Push up		<a href="https://youtu.be/8H-TsjVRCUA">https://youtu.be/8H-TsjVRCUA</a>
15 sec Vertical leg crunches		<a href="https://youtu.be/gt62sf7khLU?list=PLCEFCA54D665B8080">https://youtu.be/gt62sf7khLU?list=PLCEFCA54D665B8080</a>
Recovery 35 seconds		(modifications; lift shoulders/bend knees)
Therband routine (12 each)		<a href="https://youtu.be/ib1srzH_q0A">https://youtu.be/ib1srzH_q0A</a>
20 secs Dragon press ups		<a href="https://youtu.be/sfirxv53L-o?list=PLQSM50J6jbrKdSOSbyJXaQ_zN_HSSp7zZ">https://youtu.be/sfirxv53L-o?list=PLQSM50J6jbrKdSOSbyJXaQ_zN_HSSp7zZ</a>
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		Adjust recovery if needed
Cool down	<a href="https://youtu.be/u5Hr3rNUZ24">https://youtu.be/u5Hr3rNUZ24</a>	