



Older Squads
EMOM Cardio 10 B
(Every minute on the minute for 10 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/1qC0JloqKjY?list=RDCMUcNAjkbNbaVeH4o617fT4g
3 Side hops	10	https://youtu.be/0ZxLHEKzBp4?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Rest until minute up

Round 2

Sit outs	6,8,10	https://youtu.be/RvDPD_hWX6E?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Jumping Jacks	10	https://youtu.be/1b98WrrRmUs
Seal Jacks	10	https://youtu.be/fxrmaUVAajo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

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

Cool down Complete YouTube video 1 <https://youtu.be/ar3BGF8do7I>

MONDAY

MONDAY

CORE & LOWER 6
Older Squads

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

30 second Superman hold https://www.youtube.com/watch?v=R4cbB38p_o8

12-18 Air or pistol Squat https://youtu.be/C_VtOYc6j5c <https://youtu.be/sHpBSJieHfMs>

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

Recovery 30/60 seconds

12 -18 half squat T's (6-9 each leg) https://youtu.be/2r70AJIDJLQ?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_H optional +10 secs rest if needed

12-18 (each side) alternating planks https://youtu.be/DFk3yGZv62U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN optional +10 secs rest if needed

30 seconds Flutter kick <https://youtu.be/BIJQtdcCzEA> optional +10 secs rest if needed

Recovery 60 seconds

12 Power Jacks <https://youtu.be/alaZwjE20Ds>

18 Calf raises (plus theraband if prefer https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

18 Mountain climbers <https://youtu.be/w2iOneGPdU>

Recovery 30 seconds

Reverse bounds 12-18 alt legs <https://youtu.be/aLCQRU7lrRg>

Recovery 30 seconds

Sprinter lunge 12-18 alt legs https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

2 minutes rest Try active recovery

Repeat 2/3/4/5 times

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

Tuesday

Tuesday

Older Squads
EMOM Cardio 9
(Every minute on the minute for 9 minutes)

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

1 Push Ups	5	https://youtu.be/Eh00_rniF8E
2 Crunches	5	https://youtu.be/HirsmHH7psA?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
3 Squats	5	https://youtu.be/Zqc_lc93hak?list=PLQSM50J6JbrKdSOSbyjXaQ_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	5	https://www.youtube.com/watch?v=7Qi7s_FXs_Q
2 Mountain Climbers	10	https://youtu.be/w2iOneGPdU?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
3 Breast Jacks	5	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 5 (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
Older Squads

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

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 2/3/4 times

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

Wednesday

Cardio Lower 5 X 5
Older Squads

Warm up <https://youtu.be/CjYHKV> <https://youtu.be/LRLx32lioCg> (do both)

18 reps Side Hops https://youtu.be/0ZxLHEKzBp4?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	12 reps Forward Lunge https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	6 reps Burpee https://youtu.be/TU8QYVW0gDU	12 reps Glute Bridge https://youtu.be/UpyDdQjBTa0?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	18 reps Squat jumps
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REST 60

Squat jumps https://youtu.be/bv7as8mDXLQ?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	Side Hops	Burpee https://youtu.be/TU8QYVW0gDU	Forward Lunge	Glute Bridge
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REST 60/80

Glute Bridge https://youtu.be/YRqoIM0u0PY	Squat jumps	Burpee https://youtu.be/TU8QYVW0gDU	Side Hops	Forward Lunge
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REST 60/90

forward Lunge https://youtu.be/UpyDdQjBTa0?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ	Glute Bridge	Burpee https://youtu.be/TU8QYVW0gDU	Squat jumps	Side Hops
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REST 60/100

Side Hops	Forward Lunge	Burpee https://youtu.be/TU8QYVW0gDU	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!

Wednesday

Thursday

CORE & UPPER 5
Older Squads

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

10/12/14 Side Push up(each) or 15/20/30 secs
<https://youtu.be/5jHdNd3K3M>

10/12/14 (5 each) Staggered arm push up or build
https://youtu.be/oWK_4kM-M9M

Recovery 30/60 seconds

10/12/14 (each side) alternating superman or 20/30secs
https://youtu.be/DFk3yGZv62U?list=PLQSMS0J6JbrKdSOSbyjXaQ_zN_HSSp7zZ

Flutter kick 30/40/60
<https://youtu.be/BUQtcdCzeA>

Recovery 30/60 seconds

Theraband shoulder press 12-18
https://youtu.be/KQ_rITyswI0

Theraband Lat pull down 12-18
<https://youtu.be/5UU-GFe8Wlc>

Recovery 1-2 mins

Repeat 3/4 times

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

Thursday

PLYO 11
Older Squads

Banded wide outs	https://youtu.be/eTixTdhTfx4?t=63	10 secs
Rest	As you need but try to keep same throughout	
Banded kick outs	https://youtu.be/eTixTdhTfx4?t=378	10 secs
Rest	As you need but try to keep same throughout	
Banded holds	https://youtu.be/eTixTdhTfx4?t=241	10 secs
Rest	As you need but try to keep same throughout	
Banded chops	https://youtu.be/eTixTdhTfx4?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	2/3/4 times	

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

5.0KM (10.0KM) circuit

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

1.0K **2.0K** Speed 4 out of 10

2.0K **4.0K** (15 secs fast 45 secs speed 4) x6 Then speed 3 or (20 secs fast 40 secs speed 4) x5 Then speed 3

1.0K **1.0K** Speed 3 (out of 10)

1.0K **2.0K** (20 secs fast 40 secs speed 4) x4 Then speed 3/2

0.5K **1.0K** Speed 3 out of 10

Cool down <https://youtu.be/ar3BGF8do7I>

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

Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees marching	15 seconds	https://youtu.be/3
Mountain climbers	15 seconds	https://youtu.be/v
High knees marching	15 seconds	https://youtu.be/3
Diver push ups*	15 seconds	https://youtu.be/t
High knees marching	15 seconds	https://youtu.be/3
Thigh taps	15 seconds	https://youtu.be/s
High knees marching	15 seconds	https://youtu.be/3
Stacked push ups*	15 seconds	https://youtu.be/y
High knees marching	15 seconds	https://youtu.be/3
Flutter kicks	15 seconds	https://youtu.be/v
High knees marching	15 seconds	https://youtu.be/3
Pike push up*	15 seconds	https://youtu.be/x
* use previous adaptations if necessary		
Cycles	1	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

CORE & LOWER 4

Older Squads

Warm up	https://youtu.be/Kdgv6DPAZBU
30 secs Calf raise (with theraband or use a step)	https://youtu.be/a2xibhP4MkY
30 secs left leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
30 secs right leg hips bridge	https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s
Recovery 45 seconds	
40 secs Calf raises	https://youtu.be/a2xibhP4MkY
40 secs Dbl leg lifts	https://youtu.be/l-mPHKQFMkk
40 seconds crab walk	https://youtu.be/Xwcbm93mM-o
Recovery 60 seconds	
45 secs Calf raises	https://youtu.be/a2xibhP4MkY
60 secs Plank	https://youtu.be/TyuijJcZHVV?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
2 minutes rest	Try active recovery
Repeat 3/4/5 times	
Cool down	https://youtu.be/u5Hr3rNUZ24

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

Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PLQ
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
Squat jumping jacks	15 seconds	https://youtu.be/VZF5GWd7f9E?list=PLQ
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQ
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PLQ
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
In and out squats	15 seconds	https://youtu.be/SI3od04PeZA
Side hops	15 seconds	https://youtu.be/OZxLHEKzBp4?list=PLQ
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLC
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

CORE & UPPER 4

Older Squads

Warm up 1 Name that tune?	https://youtu.be/wH3MOQY4B1c	
Warm up 2 Black eyed peas	https://youtu.be/BvOnN62hPBQ	
12 -18 Pulse rows	https://youtu.be/MHFewo6HTUk	
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds		
15 sec Supine Push up	https://youtu.be/8H-TSjVRCUA	Adjust recovery if needed
30 sec Vertical leg crunches	https://youtu.be/gt62sf7khLU?list=PLCEFCAS4D665B8080	
Recovery 45 seconds		
Therband routine (12 - 18each)	https://youtu.be/ib1srzH_q0A	Adjust recovery if needed
30 secs Dragon press ups	https://youtu.be/sfirxv53L-o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	Adjust recovery if needed
Recovery 1-2 mins		Adjust recovery if needed
Repeat 3/4 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	