



Monday

Cardio Upper 5 X 5
Poussins/Benjamins

Warm up x2	https://youtu.be/CiyHKWwH	https://youtu.be/LRLx32lioCg	(do both)
16 Shoulder press band https://youtu.be/0rLjkQwelDg	10 Theraband Lat	4 Burpee	10 Push Ups
		REST 60	12 Dips
Dips https://youtu.be/dl8_opV0A0Y	Shoulder press band	Burpee https://youtu.be/TU8QYVW0gDU	Theraband Lat Push ups
		REST 80	
Push ups https://youtu.be/Eh00_rniF8E	Dips	Burpee	Shoulder press band Theraband Lat
Theraband Lat https://youtu.be/DBHus29VgRo	Push ups	REST 60/90 Burpee	Dips Shoulder press
Shoulder press	Theraband Lat	REST 60/100 Burpee	Push ups Dips
Cool down	Complete YouTube video		https://youtu.be/ar3BGF8do7I

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!

Monday

CORE & LOWER 1
Poussins/Benjamins

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

Rest 1-2 mins

10 left leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>

10 right leg hips bridge <https://www.youtube.com/watch?v=nrLo5QCCfCc&t=1s>

Recovery 30 seconds

10 Stationary lunge <https://youtu.be/w2Qbxb6njKc>

10 Reverse lunge and knee lift <https://youtu.be/TsFu7f6TaR0>

Recovery 30 seconds

10 Glute bridges <https://youtu.be/YRqolM0u0PY>

10 Oblique dble twists <https://youtu.be/-vOfsdwaaY?list=PLCEfCA54D665B8080>

Recovery 60 seconds

Repeat 2/3/ times

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

Tuesday

Swim Cardio
Poussins/Benjamins

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

Fly Jacks 20 secs https://youtu.be/7Qi7s_FXs_Q

Easy March 10 secs

Backstroke skier Jacks 20 secs https://youtu.be/WlHv_LF40x8

Easy March 10 secs

Breaststroke Squat jumps 20 secs <https://youtu.be/d04MuoQ9rCg>

Easy March 10 secs

Free Jacks 20 secs <https://youtu.be/AlmUpibQQsg>

Easy March 10 secs

Rest 1- 2 mins

Flutter kicks 10 secs

Mountain climbers 15 secs

Flutter Kicks 20 secs

Plank 30 secs

Flutter kicks 20 secs

Plank 15 secs

Flutter kicks 10 secs

Rest 1-2 mins

Repeat whole set 2 to 3 times

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

Tuesday

Upper body 1
Poussins/Benjamins

Warm up 2 Dance Monkey <https://youtu.be/ijDlbz9YxKg>

Slow cross punches https://youtu.be/NDw5dxst_Is?t=634 40 secs

Bicep curl extension https://youtu.be/NDw5dxst_Is?t=706 40 secs

Hi low extensions https://youtu.be/NDw5dxst_Is?t=778 40 secs

Ventral and lateral raise extension https://youtu.be/NDw5dxst_Is?t=850 40 secs

Ext shoulder rotation https://youtu.be/NDw5dxst_Is?t=924 40 secs

Rhomboid squeeze https://youtu.be/NDw5dxst_Is?t=999 40 secs

Double cross extension https://youtu.be/NDw5dxst_Is?t=1073 40 secs

Plyometric pushup https://youtu.be/NDw5dxst_Is?t=1152 40 secs

Rest 1-2 mins Work through as continuous

Repeat 2/3 times

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

Wednesday

Cardio Lower 5 X 5
Poussins/Benjamins

Warm up	https://youtu.be/CjYHKWwH	https://youtu.be/LRLx32lloCg	(do both)
16 reps Side Hops	10 reps Forward Lunge	4 reps Plank Jump in	10 reps Glute Bridge
https://youtu.be/0ZxLHEKzBp4?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ		REST 1-2 mins	12 reps Squat jumps
Squat jumps	Side Hops	Plank Jump in	Forward Lunge
https://youtu.be/bv7as8mDXLQ?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ		REST 1-2 mins	Glute Bridge
Glute Bridge	Squat jumps	Plank Jump in	Forward Lunge
https://youtu.be/YRqolM0u0PY		https://youtu.be/b-83f_fz-H0?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	
Forward Lunge	Glute Bridge	Plank Jump in	Squat jumps
https://youtu.be/UpyDdQjBTa0?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ		REST 1-2 mins	Side Hops
Side Hops	Forward Lunge	Plank Jump in	Glute Bridge
			Squat jumps
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

CORE 1
Poussins/Benjamins

Warm up	https://youtu.be/Kdgv6DPAZBU	
Scissors	https://youtu.be/tuqL2IM4Syk?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Superman	https://youtu.be/67rpxYNkbZY?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Side plank rotations	https://youtu.be/RrXITlxviC8?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Rest		60 secs
Bridge taps	https://youtu.be/8lmxy4QKLbo?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Sit outs	https://youtu.be/RvDPD_hWX6E?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Body saw plank	https://youtu.be/ZTN2mCuYi2Y?list=PLQSM50j6jbrKdSOSbyjXaQ_zN_HSSp7zZ	30/40 secs
Recovery 1-2 mins		
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Run set 7 (This can be walk/run or cycle-adapt to your ability or preference!)
Poussins/Benjamins

3.0 (6.0K)KM circuit

Warm up	https://youtu.be/Kdgv6DPAZBU
0.5K	1.0k Speed start 3 build to 4 out of 10
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
1.0K	2.0K Speed 3
0.5K	1.0k Speed 5 plus 10 20 secs max and 50 40 secs easy (4 times through)
0.5K gentle	1.0k Speed 4 slowing to 3 out of 10
Cool down	https://youtu.be/u5Hr3rNUZ24

Thursday

PLYO 9
Poussins/Benjamins

Plyo jumps	https://youtu.be/QE8k1wixu9s	20/30/40 secs
Rest		20/40/60 secs
Broad jumps	https://youtu.be/96zjo3nimHI	20/30/40 secs
Rest		20/40/60 secs
Monkey Jumps	https://youtu.be/Vj7dITviMaA	20/30/40 secs
Rest		20/30/40 secs
Forward jumps	https://youtu.be/zP-eRWyrKZg?t=51	20/30/40 secs
Rest	1-2 mins	
Repeat	2/3 times	

Thursday

Cardio corner 2 only 3 minutes of MAX exercise (plus warm up and cool down)

Poussins/Benjamins

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High knees marching	15 seconds	https://youtu.be/
Mountain climbers	15 seconds	https://youtu.be/
Diver push ups*	15 seconds	https://youtu.be/t
Thigh taps	15 seconds	https://youtu.be/s
Stacked push ups*	15 seconds	https://youtu.be/
Flutter kicks	15 seconds	https://youtu.be/
Pike push up*	15 seconds	https://youtu.be/
High knees marching	15 seconds	https://youtu.be/
Rest	2 mins	
Repeat 2 times		Do as many as you can do in time!
* use previous adaptations if necessary		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Friday

Lower Body 1

Poussins/Benjamins

Warm up		https://youtu.be/Kdgv6DPAZBU
Lunge step ups Left leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Lunge step ups Right leg	15 secs	https://youtu.be/KM6-6xTRpow?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Rest	30 secs	
Right side lunge	15 secs	https://youtu.be/dTGZ5-WCH4U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Left side lunge	15 secs	https://youtu.be/dTGZ5-WCH4U?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Rest	30 secs	
Dynamic squats	15 secs	https://youtu.be/EHueE1ShiYU?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Sprinter lunges	15 secs	https://youtu.be/kaFs0XcgUfo?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Rest	30 secs	
Calf raises	15 secs	https://youtu.be/UV8gOrHmuKc?list=PLQSM50J6JbrKdSOSbyjXaQ_zN_HSSp7zZ
Pike Calf raise	15 secs	https://youtu.be/Wk5FtesRSsE
1-2 minutes rest		Try active recovery
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

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

Poussins/Benjamins

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
Side hops	15 seconds	https://youtu.be/0ZxLHEKzBp4?list=PLQSM5
Squat jumps	15 seconds	https://youtu.be/bv7as8mDXLQ?list=PLQSM
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat jumping jacks	15 seconds	https://youtu.be/VZF5GWd7t9E?list=PLQSM
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Sprinter lunges	15 seconds	https://youtu.be/kaFs0XcgUfo?list=PLQSM5
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat cross step	15 seconds	https://youtu.be/8JLMA-Z5S1o?list=PLQSM5
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
In and out squats	15 seconds	https://youtu.be/Sj3od04PeZA
Plyo push up	15 secs	https://youtu.be/iBuVGk8hEPw
Squat hold calf raise	15 seconds	https://youtu.be/wYoE11arXlw?list=PLQSM5
Cool down	https://youtu.be/u5Hr3rNUZ24	Do as many as you can do in time!

Saturday

Saturday

Run set 8 (This can be walk/run or cycle-adapt to your ability or preference!)

Poussins/Benjamins

5.0 (10.0K)KM circuit	Black eyed peas	https://youtu.be/BvOnN62hPBO
Warm up 2		
1.0K	2.0k	Easy run/cycle building from speed 2 to speed 3
1.0K	2.0k	Speed 4
2.0K	4.0K	(0.5K/1.0K speed 5 then 0.5K/1.0K speed 4) x 2
1.0K	2.0k	Speed 4 to speed 3
Cool down		https://youtu.be/u5Hr3rNUZ24
		Adjust recovery if needed