



MONDAY

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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/rvv0mdu5j4U
	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_FXs
	Curtsey Lunge	10	https://youtu.be/MUKzbODTURg
	Breastroke Jacks	10	https://www.youtube.com/watch?v=d04MuoQ9
	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
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Tuesday

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/EHUeE1ShiYU?list=PLQSMS0J6JbrKd
	2 Jumping Lunges	6,8,10	https://youtu.be/6SFgE2_og_s
	3 180 degree Jumps	4,5,6	https://youtu.be/rvv0mdu5j4U
	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=PLQSMS0J6JbrKd
	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
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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/UDlbz9YxKg
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/YJ7dlTv1MaA
Rest		20/30/40 secs
Hop Heel clicks		https://youtu.be/4XcGTvcSRxY?list=PLQSMS0J6JbrKd
Rest		20/30/40 secs
Repeat		1 or 2 mins
Cool down		2 times
		https://youtu.be/2TzewWk-fdk

Wednesday

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/3Q6n9A	Easy
Burpee or	15 seconds	https://youtu.be/TU8QYV	Do as many as you can do in time!
Burpee modification	15 seconds	https://youtu.be/wVQ8-yf	Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A	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/3Q6n9A	Easy
Leg Lifts	15 seconds	https://youtu.be/l-mPHKQ	Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A	Easy
Plank 1 or	15 seconds	https://youtu.be/TvxNkmj	Hold!
Plank 2 or	15 seconds	https://youtu.be/_rdjfFSF	Hold!
Plank 3	15 seconds	https://youtu.be/-LRjkbEY	Hold!
High Knee marching	30 secs	https://youtu.be/3Q6n9A	Easy
Rest between cycles	60 secs		
Cycles	2		
Total time	8 mins		
Cool down		https://youtu.be/u5Hr3rNUZ24	

Avenirs

EMOM Upper 6 A

(Every minute on the minute for 6 minutes)

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

Round 1

1 Res. band shoulder press		10,12	https://youtu.be/0rLjQweIDg
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	use knees if needed	4,5,6	https://youtu.be/QIsBdCmK9EY
Pulse rows		10,12	https://youtu.be/MHFewo6HTUk
Lat Pull downs		10,12	https://youtu.be/i6nBrxCLKLQ?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>

Run set 6 (This can be walk/run -adapt to your ability or preference!)

Avenirs

3.0 KM circuit

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

0.5K	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

Thursday

PLYO 6

Avenirs

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

Warm up 2 Dance Monkey <https://youtu.be/IJDbz9YxKg>

Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMSOJ6Jb	20/40/60 secs
Rest		20/40/60 secs
180 bounds	https://youtu.be/rvv0mdu5j4U	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/XG6eViFp0hw?list=PLQSMSOJ6Jb	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/3Q6n9A Easy
Push ups (knees)	15 seconds	https://youtu.be/LiKfLE2K Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Tricep dips	15 seconds	https://youtu.be/3ydgLFL Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Shoulder Press theraband	10 Reps	https://youtu.be/0rLkQw Use light weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Push up diamond (knees)	15 seconds	https://youtu.be/dmoHFV Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

Saturday

LOWER 2		
Avenirs		
Warm up		https://youtu.be/Kdgv6DPAZBU
Squat cross step	15	https://youtu.be/8JLMA-Z551o?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Curtsey lunge	15	https://youtu.be/MUKzbODTURg
Rest	30	
Squat hold calf raises	15	https://youtu.be/wYoE11arXlw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Calf raises	15	https://youtu.be/UV8gOrHmuKc?list=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ
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/-7Ea6SKtgUg
Split squat L with or without band	15	https://youtu.be/-7Ea6SKtgUg
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/3Q6n9A Easy
Jumping Jacks	15 seconds	https://youtu.be/1b98Wrf Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Back Extensions	15 seconds	https://youtu.be/9q_uz60 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Squat Thrusts side kick	15 seconds	https://youtu.be/1qC0Ujog Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Squat Jumps	15 seconds	https://youtu.be/AzI5tkCz Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9A Easy
Rest between cycles	60 secs	
Cycles	2	
Total time	8 mins	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2		
Avenirs		
Warm up	https://youtu.be/Kdgv6DPAZBU	
10 Push up (use wall/knee/floor)	https://youtu.be/Eh0_0_rniF8E	
Escalate difficulty on each round	https://youtu.be/dmoHFVt-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=PLQSMSOJ6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
10 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSMSOJ6JbrKdSOSbyJXaQ_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	