



MONDAY

Poussins/Benjamins EMOM Cardio 8 A (Every minute on the minute for 8 minutes)			
Warm up	Dance along warm up		https://youtu.be/_DnVz-oHuB4
Round 1		Reps	
	1 180 degree Jumps	5,6,7	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_Q
	Curtsey Lunge	10	https://youtu.be/MUKzbODTURg
	Breastroke Jacks	10	https://www.youtube.com/watch?v=d04MuoQ9r
	Rest until minute up then go back to round 1		
So each round will be done 4 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

Poussins/Benjamins EMOM Lower 8 A (Every minute on the minute for 8 minutes)			
Warm up			https://youtu.be/Kdgv6DPAZBU
Round 1			
	1 Dynamic squats	10	https://youtu.be/EHueE1ShiYU?list=PLQSM50J6JbrKd
	2 Jumping Lunges	6,8,10	https://youtu.be/6SFgE2_og_s
	3 180 degree Jumps	5,6,7	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=PLQSM50J6JbrKd
	Rest until minute up then go back to round 1		
So each round will be done 4 times i.e. R1R2,R1R2,R1R2,R1R2,R1R2.			
Make sure you focus on technique on each exercise			
Cool down			https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!) Poussins/Benjamins			
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

Tuesday

PLYO 5 Poussins/Benjamins			
Warm up			https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey		https://youtu.be/IJDlbz9YxKg
Plyo jumps			https://youtu.be/QE8k1wjxu9s
Rest			20/30/40 secs
Broad jumps			https://youtu.be/96zJo3nlmHl
Rest			20/40/60 secs
Monkey Jumps			https://youtu.be/YJ7dITv1MaA
Rest			20/30/40 secs
Hop Heel clicks			https://youtu.be/4XcGTvcSRxY?list=PLQSM50J6JbrKdSOSbyJXaQ
Rest			20/30/40 secs
Repeat			1 or 2 mins
Cool down			2/3 times
			https://youtu.be/2TzewWk-fdk

Wednesday

Cardio set 4

Poussins/Benjamins

Warm up		https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc	Easy
Burpee or	20 secs	https://youtu.be/TU8QYVW0gDU	Do as many as you can do in time!
Burpee modification		https://youtu.be/wVQ8-yAeU98	Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc	Easy
Jumping lunge (alternate legs)	20 secs	https://youtu.be/6SfgE2_og_s	Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc	Easy
Leg Lifts	20 secs	https://youtu.be/l-mPHKQFMkk	Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc	Easy
Plank 1 or	20 secs	https://youtu.be/TvxNkmjdHMM	Hold!
Plank 2 or		https://youtu.be/_rdjf5FKMY	Hold!
Plank 3		https://youtu.be/-LRjkbEy-qU	Hold!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc	Easy
Rest between cycles	80 secs		
Cycles	3		
Total time	18 min		
Cool down		https://youtu.be/u5Hr3rNUZ24	

Wednesday

Poussins/Benjamins

EMOM Upper 8 A

(Every minute on the minute for 8 minutes)

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

Round 1

1 Res. band shoulder press		10,12	https://youtu.be/0rLjKQweIDg
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	5,6,7	https://youtu.be/QLsBdCmK9EY
Pulse rows		10,12	https://youtu.be/MHFewo6HTUk
Lat Pull downs		10,12	https://youtu.be/i6nBrxCiKLO?t=35
Rest until minute up then go back to round 1			

So each round will be done 4 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>

Thursday

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

Poussins/Benjamins

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

PLYO 6

Poussins/Benjamins

Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey https://youtu.be/UDJbz9YxKg
Sprinter lunges	https://youtu.be/kaFs0XcgUfo?list=PLQSMS0J6JbrKdSOSbyjXaQ 20/40/60 secs
Rest	20/40/60 secs
180 bounds	https://youtu.be/rv0mdu5j4U 20/30/40 secs
Rest	20/40/60 secs
In an out squat jumps	https://youtu.be/Sj3od04PeZA 20/30/40 secs
Rest	20/40/60 secs
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMS0J6JbrKdSOSbyjXaC 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3 times
Cool down	https://youtu.be/2TzewWk-fdk

Friday

Cardio set 11		
Poussins/Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Push ups (knees)	20 secs	https://youtu.be/LiKfLE2K_DI?list= Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Tricep dips	20 secs	https://youtu.be/3ydgLFk8e0 Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Shoulder Press theraband	12 Reps	https://youtu.be/0rLjKQwelDg Use light weight if u have no bands
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Push up diamond (knees)	20 secs	https://youtu.be/dmoHFWt-Mms Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Friday

LOWER 2		
Poussins/Benjamins		
Warm up	15	https://youtu.be/Kdgv6DPAZBU
Squat cross step	15	https://youtu.be/8JLMA-Z5S1o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Curtsey lunge	30	https://youtu.be/MUKzbODTURg
Rest	15	
Squat hold calf raises	15	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Calf raises	30	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	15	
Pulse lunge R	15	https://youtu.be/npFQHBfdNzQ
Pulse lunge L	30	https://youtu.be/npFQHBfdNzQ
Rest	15	
Split squat R with or without band	15	https://youtu.be/-7Ea6SKtqUg
Split squat L with or without band		https://youtu.be/-7Ea6SKtqUg
1-2 minutes rest		Try active recovery
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Cardio set 6		
Poussins/Benjamins		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Jumping Jacks	20 secs	https://youtu.be/1b98WrRrmUs Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Back Extensions	20 secs	https://youtu.be/9g_uz605P_k Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Thrusts side kick	20 secs	https://youtu.be/1qC0UJoqKiY?list= Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Jumps	20 secs	https://youtu.be/AzI5tkCzDcc Do as many as you can do in time!
High Knee marching	40 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	80 secs	
Cycles	3	
Total time	18 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

CORE & UPPER 2		
Poussins/Benjamins		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8	
Escalate difficulty on each round	https://youtu.be/dmoHFWt-Mms	
12 Snow Angel	https://youtu.be/ZYIH3m6UCo	
Recovery 60 seconds		Adjust recovery if needed
15 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
15 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 60 seconds		Adjust recovery if needed
15 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (12 each)	https://youtu.be/ib1srzH_q0A	
Recovery 1-2 mins		Adjust recovery if needed
Repeat 2/3 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	