

MONDAY

Older Squads EMOM Cardio 10 A (Every minute on the minute for 10 minutes)			
Warm up	Dance along warm up		https://youtu.be/_DnVz-oHuB4
Round 1		Reps	
	1 180 degree Jumps	6,8,10	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_Fy
	Curtsey Lunge	10	https://youtu.be/MUKzbODTURg
	Breastroke Jacks	10	https://www.youtube.com/watch?v=d04Mu0
	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

Older Squads EMOM Lower 10 A (Every minute on the minute for 10 minutes)			
Warm up			https://youtu.be/Kdgv6DPAZBU
Round 1			
	1 Dynamic squats	10	https://youtu.be/EHUeE1ShiYU?list=PLQSM50J6Jbr
	2 Jumping Lunges	6,8,10	https://youtu.be/6SfgE2_og_s
	3 180 degree Jumps	6,8,10	https://youtu.be/rvv0mdu5i4U
	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/VZF5GWd7i9E?list=PLQSM50J6Jbr
	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			https://youtu.be/u5Hr3rNUZ24

Tuesday

Run set 5 (This can be walk/run or cycle-adapt to your ability or preference!) Older Squads			
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 Older Squads			
Warm up			https://youtu.be/CjYHKWwHJlk
Warm up 2	Dance Monkey		https://youtu.be/UDlbz9YxKg
Plyo jumps			https://youtu.be/QE8k1wjxu9s
Rest			20/30/40 secs
Broad jumps			https://youtu.be/96zJo3nlmHI
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_zN_H
Rest			20/30/40 secs
Repeat			1 or 2 mins
Cool down			2/3/4 times
			https://youtu.be/2TzewWk-fdk

Wednesday

Cardio set 4
Older Squads

Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Burpee or	30/40 secs	https://youtu.be/TU8QYVW0gD Do as many as you can do in time!
Burpee modification		https://youtu.be/wVQ8-yAeU9g Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Jumping lunge (alternate legs)	30/40 secs	https://youtu.be/6SFgE2_og_s Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9AVN4Yc Easy
Leg Lifts	30/40 secs	https://youtu.be/l-mPHKQFMkk Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Plank 1 or	40 secs	https://youtu.be/TvxNkmjdhMh Hold!
Plank 2 or		https://youtu.be/_rdjfFSFKMY Hold!
Plank 3		https://youtu.be/-LRjkbEy-qU Hold!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	1 min 40 secs	
Cycles	3/4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

Wednesday

Older Squads
EMOM Upper 10 A
(Every minute on the minute for 10 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	6,8,10	https://youtu.be/QLsBDCMK9EY
Pulse rows		10,12	https://youtu.be/MHFewo6HTUk
Lat Pull downs		10,12	https://youtu.be/i6nBrxCkIKLQ?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>

Thursday

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

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
Older Squads

Warm up	https://youtu.be/CjYHKWwHJlk
Warm up 2 Dance Monkey	https://youtu.be/UJDbz9YxKg
Sprinter lunges	https://youtu.be/kaFsOXcgUfo?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_H 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/SI3od04PeZA 20/30/40 secs
Rest	20/40/60 secs
Ape Hops	https://youtu.be/XG6eVjFp0hw?list=PLQSMSOJ6JbrKdSOSbyjXaQ_zN_I 20/30/40 secs
Rest	1 or 2 mins
Repeat	2/3/4 times
Cool down	https://youtu.be/2TzewWk-fdk



Friday

Friday

Cardio set 11 Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Staggered arm push up (change arms)	40 secs	https://youtu.be/oWK_4kM-M9 Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Tricep dips	40 secs	https://youtu.be/3ydgLFLK8e0 Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9AVN4Yc Easy
Shoulder Press theraband	18 Reps	https://youtu.be/0rLjKQweIDg Use weight if u have no bands
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Diamond push up	40 secs	https://youtu.be/dmoHFWt-Mn Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

LOWER 2 Older Squads		
Warm up		
Squat cross step	20	https://youtu.be/8JLMA-Z551o?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Curtsey lunge	20	https://youtu.be/MUKzbODTURg
Squat hold calf raises	20	https://youtu.be/wYoE11arXlw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Calf raises	20	https://youtu.be/UV8gOrHmuKc?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Rest	40	
Pulse lunge R	20	https://youtu.be/npFQHBfDNzQ
Pulse lunge L	20	https://youtu.be/npFQHBfDNzQ
Split squat R with or without band	20	https://youtu.be/-7Ea6SKtqUg
Split squat L with or without band	20	https://youtu.be/-7Ea6SKtqUg
Rest	40	Try active recovery
Dynamic squats	30	https://youtu.be/EHUeE1ShiYU?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
Squat jumping jack	30	https://youtu.be/VZF5GWd7t9E?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ
1-2 minutes rest		Try active recovery
Repeat 2/3/4 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	

Saturday

Saturday

Cardio set 6 Older Squads		
Warm up	https://youtu.be/E7ghNKOH9To	or your own active warm up
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Jumping Jacks	40 secs	https://youtu.be/1b98WrRrmUj Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Back Extensions	40 secs	https://youtu.be/9q_uz605P_k Do as many as you can do in time!
High Knee marching	30secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Thrusts side kick	40 secs	https://youtu.be/1qC0lJoaKIYlI Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Squat Jumps	40 secs	https://youtu.be/AzI5tkCzDcc Do as many as you can do in time!
High Knee marching	30 secs	https://youtu.be/3Q6n9AVN4Yc Easy
Rest between cycles	50secs	
Cycles	4	
Total time	24 min	
Cool down	https://youtu.be/u5Hr3rNUZ24	

CORE & UPPER 2 Older Squads		
Warm up	https://youtu.be/Kdgv6DPAZBU	
12-18 Push up (use wall/knee/floor)	https://youtu.be/Eh00_rniF8E	
Escalate difficulty on each round	(diamond shape hands/push with rotation)	https://youtu.be/dmoHFWt-Mms
12-18 Snow Angel	https://youtu.be/ZYIHJ3m6UCo	
Recovery 30 seconds		Adjust recovery if needed
30 secs Body saw planks	https://youtu.be/ZTN2mCuYi2Y?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
30 secs Plank shoulder taps	https://youtu.be/gWHQpMUd7vw?list=PLQSMS0J6JbrKdSOSbyJXaQ_zN_HSSp7zZ	
Recovery 30 seconds		Adjust recovery if needed
30 secs Supine Push up	https://youtu.be/8H-TSjVRCUA	
TheraBand routine (12-18 each)	https://youtu.be/ib1srzH_q0A	
Recovery 60 seconds		Adjust recovery if needed
Repeat 3/4/5 times		
Cool down	https://youtu.be/u5Hr3rNUZ24	