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| 45 second wall sit30 second alternate arm/leg plank45 second leg raises20 jump squats30 sit ups**Repeat 3 times** | Run up the stairs 20 times25 calf raises20 bicep curls (use tins, bottles of water etc.)20 shoulder presses use tins, bottles of water etc.)15 walking lunges (each leg)**Repeat 3 times** | 20 knee/normal push ups1 minute mountain climbers1 minute burpees1 minute wall sit1 minute plank**Repeat 3 times** | 1 minute air punches30 tuck jumps30 crunches1 minute leg raises1 minute flutter kicks**Repeat 3 times** | 1 minute rest between sets |
| Run up the stairs 10 times10 knee/normal push ups15 squats10 lunges (each leg)15 sit ups**Repeat 3 times** | 30 second wall sit20 second star jumps15 crunches15 bicep curls (use tins, bottles of water etc.)20 second jump squats**Repeat 3 times** | 30 second mountain climbers20 second high knees15 second side plank (each side)20 sit ups20 second air punches**Repeat 3 times** | 30 second burpees30 second heel kicks30 second flutter kickRun up the stairs 10 timesPlank 30 seconds**Repeat 3 times** | 45 seconds rest between sets |
| 20 tuck jumps10 knee push ups10 walking lunges (each leg)20 second plank**Repeat 3 times** | 25 star jumps10 sit ups10 shoulder presses (use tins, bottles of water etc.)15 second side plank (each side)**Repeat 2 times** | Run up the stairs 5 times15 calf raises20 second wall sit15 sit ups20 second plank**Repeat 2 times** | 15 bicep curls (use tins, bottles of waters etc.)25 second high knees10 crunches10 knee push ups**Repeat 3 times** | 45 seconds rest between sets |
| 20 star jumps5 knee push ups5 walking lunges (each leg)15 second plank**Repeat 2 times** | 5 sit ups10 squats20 seconds high knees10 second side plank (each side)**Repeat 2 times** | 10 tuck jumps5 crunches10 bicep curls (use tins, bottles of water etc.)15 second plank**Repeat 2 times** | 5 knee push ups10 squats20 second heel kicks5 sits ups10 calf raises**Repeat 2 times** | 30 seconds rest between sets |

PE WORKOUT

Choose one workout from the menu and lets getting exercising. Use the peri-ometer to **challenge** yourself!