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| --- | --- | --- | --- | --- |
| 45 second wall sit  30 second alternate arm/leg plank  45 second leg raises  20 jump squats  30 sit ups  **Repeat 3 times** | Run up the stairs 20 times  25 calf raises  20 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 ups  1 minute mountain climbers  1 minute burpees  1 minute wall sit  1 minute plank  **Repeat 3 times** | 1 minute air punches  30 tuck jumps  30 crunches  1 minute leg raises  1 minute flutter kicks  **Repeat 3 times** | 1 minute rest between sets |
| Run up the stairs 10 times  10 knee/normal push ups  15 squats  10 lunges (each leg)  15 sit ups  **Repeat 3 times** | 30 second wall sit  20 second star jumps  15 crunches  15 bicep curls (use tins, bottles of water etc.)  20 second jump squats  **Repeat 3 times** | 30 second mountain climbers  20 second high knees  15 second side plank (each side)  20 sit ups  20 second air punches  **Repeat 3 times** | 30 second burpees  30 second heel kicks  30 second flutter kick  Run up the stairs 10 times  Plank 30 seconds  **Repeat 3 times** | 45 seconds rest between sets |
| 20 tuck jumps  10 knee push ups  10 walking lunges (each leg)  20 second plank  **Repeat 3 times** | 25 star jumps  10 sit ups  10 shoulder presses (use tins, bottles of water etc.)  15 second side plank (each side)  **Repeat 2 times** | Run up the stairs 5 times  15 calf raises  20 second wall sit  15 sit ups  20 second plank  **Repeat 2 times** | 15 bicep curls (use tins, bottles of waters etc.)  25 second high knees  10 crunches  10 knee push ups  **Repeat 3 times** | 45 seconds rest between sets |
| 20 star jumps  5 knee push ups  5 walking lunges (each leg)  15 second plank  **Repeat 2 times** | 5 sit ups  10 squats  20 seconds high knees  10 second side plank (each side)  **Repeat 2 times** | 10 tuck jumps  5 crunches  10 bicep curls (use tins, bottles of water etc.)  15 second plank  **Repeat 2 times** | 5 knee push ups  10 squats  20 second heel kicks  5 sits ups  10 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!