

'Pick and Mix' Workout



Task: Using the following resources for inspiration you need to create a circuit you can do at home or in the garden.

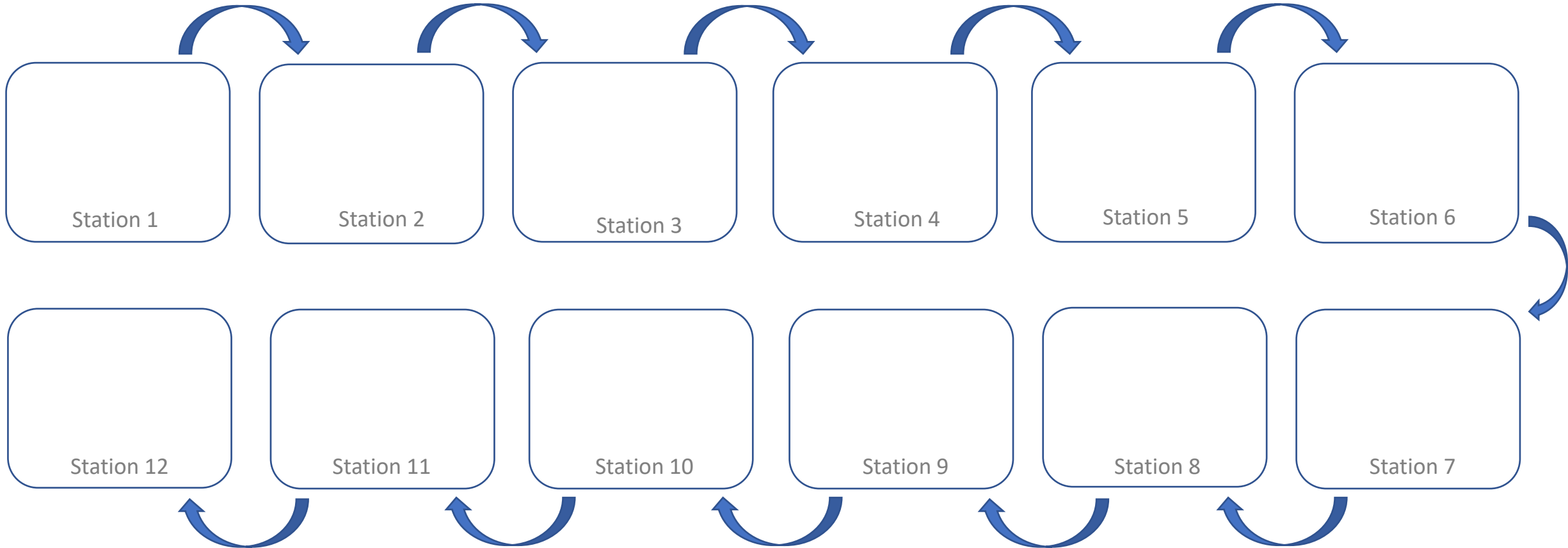
You need to complete your workout 3 times a week.
Your workout will last between 20-30 mins.

Things to Consider:

- Choose between 8-12 exercises.
- Time on each activity and interval rest break.
- Avoid using the same muscle group consecutively.
- Ensure you have appropriate equipment for each exercise.
- Ensure you have a drink with you while you exercise.
 - Ensure you are dressed appropriately.
- Use the plan on the next slide to help.

Name:

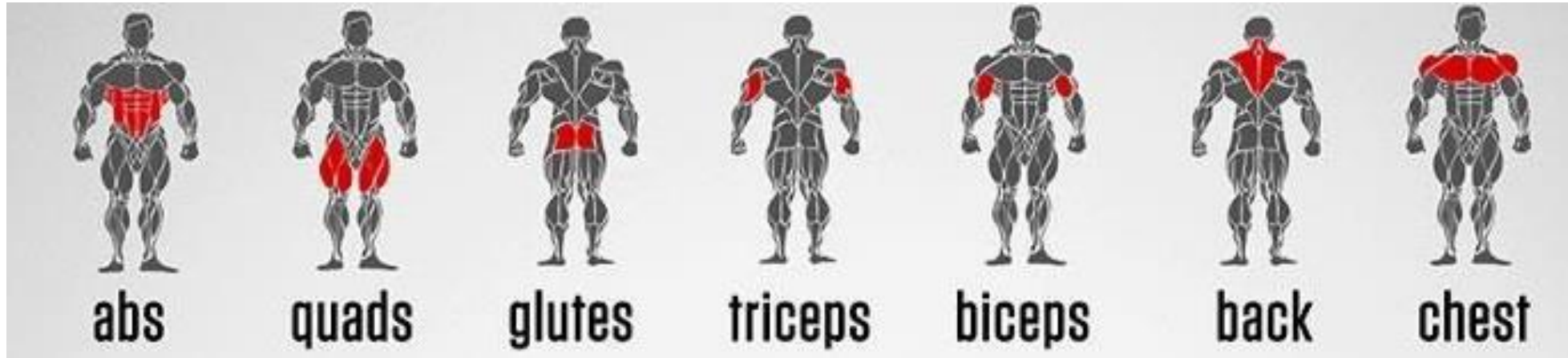
PE Teacher:



Time per Station:

Rest Period:

Inspiration and Ideas



Remember consider the muscles groups you are working and avoid repeating a group on consecutive exercises.

See the next slide for individual exercise ideas. In addition to this you may wish to watch a Joe Wicks HIIT workout on YouTube.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The Body Coach TV
831K subscribers

Day 1 | 7 Days of Sweat Challenge 2020 | The Body...
21:23
The Body Coach TV
104K views • 1 week ago

Day 2 | 7 Days of Sweat Challenge 2020 | The Body...
20:49
The Body Coach TV
48K views • 1 week ago

Day 3 | 7 Days of Sweat Challenge 2020 | The Body...
20:46
The Body Coach TV
31K views • 1 week ago

Day 4 | 7 Days of Sweat Challenge 2020 | The Body...
21:16
The Body Coach TV
25K views • 1 week ago

Inspiration and Ideas

