

BOP IT

Workout

Post one exercise on your PE team, it must be a different body area to the pervious exercise. Every time something new is added complete the circuit of exercises from the start. You need to include the reps minimum of 5 maximum of 20.

Others in your class may add the exercises at different times or days so check back to complete the workout!



Example

Miss Roworth: 20 press ups

Mrs Cozens: 5 burpees

Mrs Evans: 10 sit ups

**Mr O'Reilly: 20 mountain
climbers**

