

CCS PE Home  
Workouts  
All bodyweight  
(no equipment  
needed!)



# CCS PE

- ▶ All sessions last for 20mins – make sure you complete a warmup before completing the workout (pulse raising activity and dynamic stretches where appropriate space is available).
- ▶ If you're unsure on an exercise use the internet to Google the exercise and find out more!
- ▶ Remember to have fun with your training but make sure the exercises are performed safely and controlled.
- ▶ Try and get your family involved in the session too!
- ▶ To push for exceeding challenge yourself to create a workout using the bonus workout slides towards the end of the six weeks ( or continue into the summer holidays)
- ▶ Keep your teacher updated with your progress...
- ▶ Good luck and go smash it!

# Bodyweight home workouts

- ▶ AMRAP = as many rounds as possible ( in a set amount of time)
- ▶ For time = work for a set amount of time to the best of your ability (rest and work as stated)
- ▶ Intervals = working for a set period of time and then resting for a set period of time.

# The Rich

▶ AMRAP 20mins

1 Round=

▶ 5 burpress

▶ 25 Press Up

▶ 20 mountain climbers

▶ 25 star jumps

▶ 20 squat jumps

▶ 5 burpress

▶ Rest 30seconds (compulsory)

# The Evans

▶ AMRAP 20 minutes

1 Round =

▶ 1 minute high knees

▶ 50 Crunches

▶ 20 squat jumps

▶ 30 second plank

▶ 20 Lunges

▶ 30 second Plank

▶ 40 Press ups

▶ 1 minute star jumps

# The O'Reilly

▶ AMRAP 20mins

1 Round=

▶ 1 minute running on the spot

▶ 5 Burpees

▶ 10 Lunges

▶ 15 Press ups

▶ 20 Bodyweight squats

▶ 25 Star jumps



# The Halsey

- ▶ AMRAP 20mins

1 Round=

- ▶ 40 star jumps
- ▶ 1min running on the spot
- ▶ 30 bodyweight squats
- ▶ 1min running on the spot
- ▶ 20 press ups
- ▶ 1min running on the spot
- ▶ 10 crunches

# The Wittich-Jackson

- ▶ AMRAP 20minutes

1 Round =

- ▶ 10 star jumps
- ▶ 10 press ups
- ▶ 10 squat jumps
- ▶ 10 crunches
- ▶ 10 mountain climbers
- ▶ 10 squats





# The Cozens

- ▶ AMRAP 20 minutes

1 Round=

- ▶ 5 tricep press (on chair)
- ▶ 10 press ups
- ▶ 5 single leg squats
- ▶ 10 sit ups
- ▶ 30 second plank
- ▶ 30 second side planks
- ▶ Rest 30 seconds

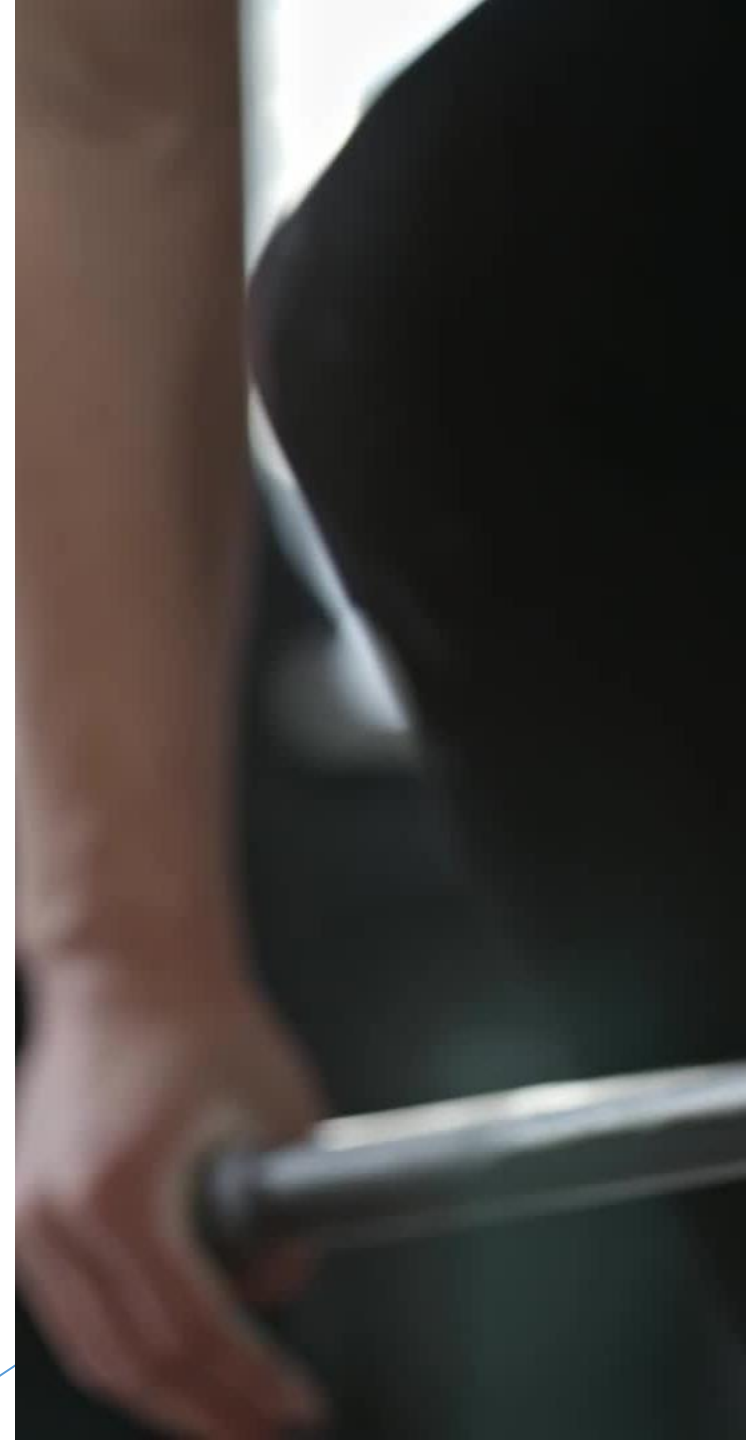


# The Colman

- ▶ AMRAP 20mins

1 Round =

- ▶ 4 stair runs (no stairs 1 minute of high knees)
- ▶ 20 press ups
- ▶ 20 sit ups
- ▶ 20 squats
- ▶ Rest 30 seconds



# The Roworth

- ▶ AMRAP 20minutes

1 Round =

- ▶ 10 sit ups
- ▶ 10 press ups
- ▶ 15 squat jumps
- ▶ 20 mountain climbers
- ▶ 30 seconds running on the spot



# The Wakefield

- 15 squats
- 40 second plank
- 30 crunches
- 50 jumping jacks
- 25 lunges
- 35 second wall sit
- 30 sit ups
- 25 butt kicks
- 10 push ups

# The Starr

- 35 squats
- 30 second plank
- 20 crunches
- 25 jumping jacks
- 15 lunges
- 60 second wall sit
- 55 sit ups
- 35 butt kicks
- 20 push ups

# The West

- 25 squats
- 60 second plank
- 30 crunches
- 55 jumping jacks
- 60 lunges
- 45 second wall sit
- 40 sit ups
- 50 butt kicks
- 30 push ups

Great work for getting through  
these training sessions and  
developing a better you both  
physically and mentally!