



## Guide to completing your PE lessons from home: Fitness

### Before you start:

Change into appropriate sports clothing & trainers

Remove all jewellery & tie your hair back

Ensure the area you are working is safe and free from obstructions

### Select your workout from the list below:

#### Upper body:

1. [Joe Wicks: Chest & Triceps](#)
2. [Joe Wicks: Upper body dumbbell](#)

#### Cardio:

1. [SELF: 30 Minute Cardio and Abs:](#)
2. [SELF: 30 Minute Cardio Bootcamp:](#)
3. [SELF: 25 Minute Full Body Cardio:](#)
4. [SELF: 25 Minute Full Body Cardio:](#)
5. [SELF: 25 Minute Core and Cardio:](#)
6. [SELF: 30 Minute Bodyweight Cardio:](#)
7. [SELF: 30 Minute Core and Cardio:](#)
8. [SELF: 30 Minute HIIT Cardio:](#)
9. [Joe Wicks: 25 Minute Full body HIIT:](#)
10. [Joe Wicks: Beginner HIIT Workout:](#)
11. [Joe Wicks: Beginner Low Impact HIIT:](#)
12. [20 Minute Cardio & Core HIIT | The Body Coach](#)
13. [20 Minute Cardio & Core HIIT | The Body Coach](#)
14. [30 Minute Low Impact Workout](#)
15. [Beginner Low-Impact Cardio | 15 Minutes](#)

#### Core:

1. [SELF: 30 Minute Abs Strength Routine:](#)
2. [SELF: 35 Minute Core Workout:](#)
3. [SELF: 20 Minute HIIT Abs:](#)
4. [Joe Wicks: 5 Minutes Abs:](#)
5. [Joe Wicks: 6 Minute Abs:](#)
6. [Joe Wicks: 7 Minute Abs:](#)
7. [Joe Wicks: 8 Minute Abs:](#)
8. [Joe Wicks: 9 Minute Abs:](#)

#### Lower body:

1. [SELF: 20 Minute HIIT Lower Body:](#)
2. [SELF: 20 Minute HIIT Full Body:](#)
3. [SELF: 20 Minute HIIT Full Body:](#)
4. [SELF: 20 Minute HIIT Glutes and Abs:](#)
5. [SELF: 30 Minute Lower Body Strength:](#)
6. [SELF: 30 Minute Balance and Strength:](#)
7. [SELF: 30 Minute Leg Builder Strength Day:](#)

