

KS4 DAILY WORK OUT – IN DOOR EDUCATION

Boys,

As you are not in school and are missing my fantastic Outdoor Education Lessons I would like you to keep fit and healthy by doing the following work out every day. I suggest doing it in the mornings.

- 10 Press Ups
- 10 Sit Ups
- 10 Burpees
- 1 Dip – between two chairs – Increase when possible
- Plank 30 seconds – increase by 10 seconds each day
- 1K Run – increase daily

REPEAT 3 TIMES

If this set of exercises is too hard then do a lower number.

If it is too easy to a larger number.

Each day try to do a bigger number than the day before.

Please keep a written record of the exercises you complete each day.

Good luck

Suns Out..