

6th Class PE – Week April 27th – May 1st

HIT Workout (Home)

Objective: Increase heart rate

- Fill in your amount after each set (3 sets)
- 20 seconds *rest* after each exercise

Exercise	Time	Amount		
		Set1	Set2	Set3
Jumping Jacks	30 sec			
Squat	30 sec			
Bicycle	30 sec			
Vertical jump	30 sec			

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

Copy & paste for video of the workout