

6th Class PE – Week May 5th – 8th

HIT Workout (Home)

- Faster pace than last week on Exercise 1 and 3
- Longer time this week – bigger effort
- Fill in your amount after each set & try beat your score!!
(Not for the Wall sit)
- 20 seconds *rest* after each exercise

Exercise	Time	Amount		
		Set1	Set2	Set3
Side to Side Hop	40 sec			
Wall Sit	40 sec			
Crunch	40 sec			

<https://www.youtube.com/watch?v=1gW2orni9ms>

Copy & paste for video of the workout