

PE class work to complete Friday 9<sup>th</sup> February 2024

# SPELL YOUR NAME WORKOUT

**A = 15 BURPEES**  
**B = 20 BENCH HOPOVERS**  
**C = 30 CURTSY LUNGES**  
**D = 15 HEAVY DEADLIFTS**  
**E = 1-MINUTE PLANK**  
**F = 25 FROG CRUNCHES**  
**G = 30 KETTLEBELL SWINGS**  
**H = 30-SECOND BAR HANG (AT HOME: 12 HEAVY BICEPS CURLS)**  
**I = 1-MINUTE INCHWORM**  
**J = 30 SQUAT JUMPS**  
**K = 25 KETTLEBELL SQUATS**  
**L = 20 JUMPING LUNGES**  
**M = 30 MEDICINE BALL SLAMS**  
**N = 12 BROAD JUMP BURPEES**  
**O = 1 MINUTE ROW FOR DISTANCE (OR 1 MINUTE JUMP SQUATS)**  
**P = 12 ASSISTED PULL-UPS**  
**Q = 40 HIGH KNEES**  
**R = .25 MILE RUN OR WALK (AT HOME: 2 MINUTES OF PLYOMETRICS OR HIGH KNEES)**  
**S = 30 STEP-UPS ON A STURDY CHAIR OR BENCH**  
**T = 30 TOE TOUCH CRUNCHES**  
**U = 12 HEAVY BICEPS CURLS**  
**V = 20 V-UPS**  
**W = 30 WALKING LUNGES**  
**X = 20 X-JUMPS**  
**Y = 25 TRICEPS DIPS**  
**Z = 25 SKATERS**

The Fitnessista™  
being fit is always in style

## Hi year 7 and year 8

Please could you spell your name (first and surname) to get your workout planned on a piece of paper.

If you don't have the equipment to do the activity, see if you can be creative with other pieces of equipment or you can alternatively select another activity to do for that letter.

Have fun and get away from sitting down working and enjoy being physical activity.

Thank you,

The PE team.