

PE Workout

(You will need a bicycle.)

1. Find a place to do the work
2. ~~have~~ The place that you choose must have a spot that is dry.
Do 10 ~~set~~ tar-jumps.
3. Do 5 press-ups.
4. Now do 8 burpees.
5. Do plank for 30 seconds.
6. Do spoty dogs for 30 seconds.
7. Now ~~do~~ it is time to rest for 20 seconds.
8. Do 7 jumping-jacks.
9. Now do 15 laps round the place that you have chosen.
10. Do 5 laps round the place that you have chosen on ~~set~~ foot.
11. Do 9 seconds of running on the spot.
12. Now lie down on the ground and tense your body and then relax. and do this 5 times.
Now you are finished.