

WELCOME!





**WE BRING YOU A SELECTION OF
WORKOUTS TO COMPLETE AT
HOME.**

**SELECT A FITNESS TYPE, THEN
SELECT YOUR WORKOUT.**

#STAYSTRONG #STAYHEALTHY

THINGS TO REMEMBER...

- **REMEMBER TO WARM UP AND STRETCH BEFORE COMPLETING ANY PHYSICAL ACTIVE. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. – THIS HELPS TO PREPARE THE BODY FOR PHYSICAL ACTIVITY AND HELPS AVOID INJURY.**
- **KNOW YOUR LIMITS – IT'S IMPORTANT NOT TO OVER DO IT AND NOT TO INJURE YOURSELF!**
- **COOL DOWN AFTER ALL ACTIVE. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. – THIS HELPS TO REMOVE LACTIC ACID AND HELP PREVENT MUSCLE SORENESS.**
- **UNSURE OF ANY ACTIVITY ASK YOUR PE TEACHER. REMEMBER WE ARE HERE TO HELP!**
- **STAY HYDRATED BEFORE, DURING AND AFTER YOUR WORKOUT!**

Finally, We want to see the progress you are making.

Keep a fitness log to keep track of all physical activity.

**These can be sent to your PE teacher so we can see how
active you have been!**



**CLICK ON THE TYPE OF EXERCISE YOU ARE
LOOKING FOR. THIS WILL TAKE YOU TO A LINK
TO ACCESS A NUMBER OF WORKOUTS...**

WARM UPS

COOL DOWNS

STRETCHES

THE BODY COACH

PE WITH JOE

HIIT

JUST DANCE

ZUMBA

TABATA

CARDIO

FAT BURNERS

BOOTCAMP

SENIORS

CHALLENGES

LEGS, BUMS & TUMS

ABS

LEGS

ARMS

KETTLEBELL WORKOUTS

5 MINUTE MOVES

YOGA

PILATES

MEDITATION

MINDFULNESS



Next

**CLICK ON THE TYPE OF EXERCISE YOU ARE
LOOKING FOR. THIS WILL TAKE YOU TO A LINK
TO ACCESS A NUMBER OF WORKOUTS...**



LADDER SETS

NEW FOOTBALL SKILLS

NEW NETBALL SKILLS

NEW BASKETBALL SKILLS

NEW CRAZY CATCH



WARM UP



CLICK THE PICTURE TO ACCESS THE VIDEO...



**5-MINUTE WARM UP
FOR AT-HOME
WORKOUTS**



**ZUMBA WARM UP
ROUTINE FOR
BEGINNERS**



**10-MINUTE WARM UP
FOR AT-HOME
WORKOUTS**



**WARM UP BY
LESSIER HERRERA –
ZUMBA**



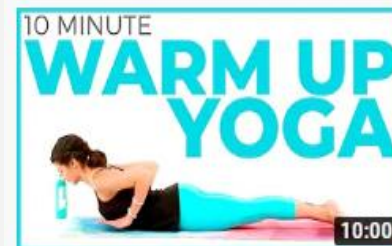
**HOW TO WARM UP
BEFORE A HIIT
SESSION – THE BODY
COACH**



**BASIC YOGA WARM
UP**



**5-MINUTE WARM UP
FOR AT-HOME
WORKOUTS**



**10 MIN PRE
WORKOUT YOGA
WARM UP**

COOL DOWN



CLICK THE PICTURE TO ACCESS THE VIDEO...



**FAST 5 MINUTE COOL
DOWN AND
STRETCHING**



**ZUMBA FITNESS –
COOL DOWN**



**HOW TO COOL DOWN
AFTER A HIIT
SESSION**



**5 MINUTE FOLLOW
ALONG POST RUN
COOL DOWN**



**HOW TO COOL DOWN
AFTER EXERCISE**



**10 MIN COOL DOWN
ROUTINE**



**TOTAL BODY COOL
DOWN**



**10 MIN BASIC YOGA
COOL DOWN**

STRETCHES



CLICK THE PICTURE TO ACCESS THE VIDEO...



**POST – WORKOUT
STRETCHING**



**AFTER WORKOUT
STRETCH ROUTINE**



**8 MINUTE AFTER
WORKOUT
STRETCHING VIDEO**



**10 MIN MORNING
YOGA FULL BODY
STRETCH**



AB STRETCHES



QUAD STRETCHES



**LOWER BACK
STRETCHES**



**25 STATIC
STRETCHES**

YOGA



CLICK THE PICTURE TO ACCESS THE VIDEO...



**10 MINUTE MORNING
YOGA FOR
BEGINNERS**



**30 MIN BEGINNER
YOGA**



FULL BODY FLOW



**YOGA JOY – FULL
BODY VINYASA**



**20 MIN FULL BODY
STRETCH/YOGA FOR
STRESS & ANXIETY**



**15 MINUTE CALMING
YOGA FOR STRESS
RELIEF & ANXIETY**



**YOGA FOR KIDS WITH
ALISSA KEPAS**



OFFICE BREAK YOGA

FAT BURNERS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**20 MINUTE INTENSE
FAT BURNER**



**7 MINUTE FAT
BURNING MORNING
ROUTINE**



**15 MINUTE FAT
BURNING HIIT
WORKOUT**



**KILLER 10 MINUTE
FAT BURNING
BODYWEIGHT
WORKOUT**



**15 MINUTE HOME FAT
BURNER**



15 MIN FAT BURNER



**INTENSE 25 MIN FULL
BODY FAT BURNING
WORKOUT**



**FULL BODY FAT
BURNING WORKOUT**

CARDIO



CLICK THE PICTURE TO ACCESS THE VIDEO...



**10 MIN CARDIO
WORKOUT AT HOME**



**25 MINUTE INTERVAL
CARDIO WORKOUT
FROM HOME**



**30 MINUTE
STANDING CARDIO
WORKOUT**



**LOW IMPACT 30
MINUTE CARDIO
WORKOUT -
BEGINNERS**



**30 MINUTE HIIT
CARDIO WORKOUT**



**AT HOME CARDIO -
NO RUNNING**



**KILLER HIIT CARDIO
WORKOUT**



**LOW IMPACT HIIT
CARDIO + LEGS
WORKOUT**

PE WITH JOE

Next



CLICK THE PICTURE TO ACCESS THE VIDEO...



**MONDAY – 23RD
MARCH**



**FRIDAY – 27TH
MARCH**



**TUESDAY – 24TH
MARCH**



**MONDAY – 30TH
MARCH**



**WEDNESDAY – 25TH
MARCH**



**TUESDAY – 31ST
MARCH**



**THURSDAY – 26TH
MARCH**



**WEDNESDAY – 1ST
APRIL**

Back

PE WITH JOE

Next



CLICK THE PICTURE TO ACCESS THE VIDEO...



THURSDAY – 2ND
APRIL



WEDNESDAY – 8TH
APRIL



FRIDAY – 3RD APRIL



THURSDAY – 9TH
APRIL



MONDAY – 6TH APRIL



FRIDAY – 10TH APRIL



TUESDAY – 7TH APRIL



MONDAY – 13TH APRIL

[Back](#)

PE WITH JOE

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



**TUESDAY – 14TH
APRIL**



**MONDAY – 20TH
APRIL**



**WEDNESDAY – 15TH
APRIL**



**TUESDAY – 21ST
APRIL**



**THURSDAY – 16TH
APRIL**



**WEDNESDAY – 22ND
APRIL**



FRIDAY – 17TH APRIL



**THURSDAY – 23RD
APRIL**

[Back](#)

PE WITH JOE

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



FRIDAY – 24TH APRIL



THURSDAY – 30TH APRIL



MONDAY – 27TH APRIL



FRIDAY – 1ST MAY



TUESDAY – 28TH APRIL



MONDAY – 4TH MAY



WEDNESDAY – 29TH APRIL



TUESDAY – 5TH MAY



PE WITH JOE



CLICK THE PICTURE TO ACCESS THE VIDEO...



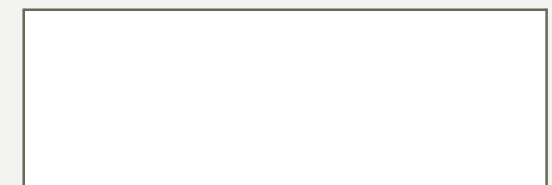
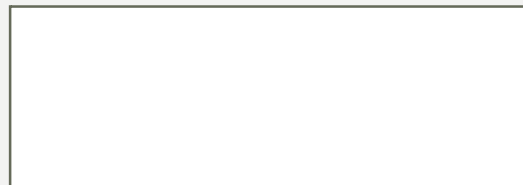
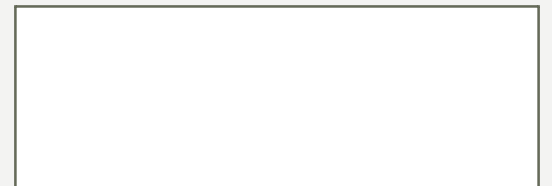
WEDNESDAY – 6TH MAY



THURSDAY – 7TH MAY



FRIDAY – 8TH MAY



LEGS, BUMS & TUMS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**20 MINUTE LEGS,
BUMS & TUMS
WORKOUT**



**LEGS, BUMS & TUMS
FULL CLASS**



**25 MINUTE LEGS &
BUM WORKOUT**



**15 MINUTE LEGS,
BUMS & TUMS HIIT
WORKOUT**



**LEGS, BUMS & TUMS
WORKOUT**



**LIFE LEISURE HOME
WORKOUT – 30 MINS
LEGS, BUMS & TUMS**



**DANCE FITNESS
WORKOUT – LEGS,
BUMS & TUMS**



**8 MINUTE LEGS,
BUMS & TUMS
WORKOUT**

ABS



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN LOWER ABS



**10 MINUTE ABS
BLASTER**



5 MINUTE ABS



6 MINUTE ABS



**7 MINUTE ABS
WORKOUT**



**8 MINUTE ABS
WORKOUT**



**5 MINUTE ABS
BLASTER**



**20 MINUTE ABS
WORKOUT**

HIIT



CLICK THE PICTURE TO ACCESS THE VIDEO...



**20 MIN FULL BODY
BEGINNER HIIT
WORKOUT**



**10 MIN HIT CARDIO
WORKOUT FROM
HOME**



**35 MINUTE FULL
BODY HOME HIIT**



**20 MINUTE HOME HIT
WORKOUT WITH BEN
DAVIE**



**LOW IMPACT FULL
BODY HIT WORKOUT**



**BEGINNER HIIT – 10
MINUTES**



**20 MINUTE FULL
BODY HOME HIIT**



**FULL BODY FAT BURN
HIT**

5 MINUTE MOVE



CLICK THE PICTURE TO ACCESS THE VIDEO...



**5 MINUTE MOVE –
KIDS WORKOUT 1**



**5 MINUTE MOVE –
KIDS WORKOUT 2**



**5 MINUTE MOVE –
KIDS WORKOUT 3**



**5 MINUTE MOVE –
KIDS WORKOUT 4**



**5 MINUTE MOVE –
KIDS WORKOUT 5**



**5 MINUTE MOVE
FEATURING OLIVER**



**5 MINUTE MOVE
FEATURING NOAH &
JESSIE**



**5 MINUTE MOVE
FEATURING BETSY**

MEDITATION



CLICK THE PICTURE TO ACCESS THE VIDEO...



**MEDITATION FOR
INNER PEACE**



**DAILY CALM – BE
PRESENT**



**MEDITATION FOR
ANXIETY**



**DAILY CALM – SELF
SOOTHING**



**7 MIN MEDITATION
TO START YOUR DAY**



**DAILY CALM –
LETTING GO**



**5 MINUTE
MEDITATION**



**DAILY CALM –
FORGETTING TIME**

PILATES



CLICK THE PICTURE TO ACCESS THE VIDEO...



TOTAL BODY PILATES



LEVEL 1 PILATES MAT CLASS



MORNING PILATES ROUTINE



RESTFUL NIGHTS SLEEP PILATES ROUTINE



PILATES FULL BODY WORKOUT 45 MINS



8 MIN GENTLE PILATES FLOW WITH ISA-WELLY



10 MINUTE TOTAL BODY PILATES



10 MIN PILATES WORKOUT WITH LOTTIE MURPHY

ZUMBA



CLICK THE PICTURE TO ACCESS THE VIDEO...



ZUMBA KIDS (EASY DANCE)



ZUMBA KIDS – OLD TOWN ROAD



ZUMBA FITNESS CARDIO WORKOUT



HOME WORKOUT – 20 MIN ZUMBA CLASS



ZUMBA DANCE WORKOUT FOR BEGINNERS



20 MINUTES STRONG BY ZUMBA



30 MINUTE STRONG BY ZUMBA



STRONG BY ZUMBA 30 MIN CLASS

TABATA



CLICK THE PICTURE TO ACCESS THE VIDEO...



**15 MINUTES FAT
BURNING TABATA
WORKOUT**



**TABATA FOR
BEGINNERS – LOW
IMPACT**



**30 MINUTE TABATA
SESSION**



**10 MINUTE TABATA
WORKOUT TO SWEAT
AWAY STRESS**



**12 MINUTE FULL
BODY TABATA**



**BODYWEIGHT TABATA
WORKOUT**



**BEGINNER TABATA
WORKOUT**



**HOME TABATA
WORKOUT – MMA
WORKOUT**

BOOTCAMP



CLICK THE PICTURE TO ACCESS THE VIDEO...



**30 MINUTE NO –
EQUIPMENT
BODYWEIGHT
BOOTCAMP**



**8 MINUTE BOOTCAMP
WORKOUT**



**15 MINUTE BEGINNER
BOOTCAMP**



MILITARY BOOTCAMP



**15 MINUTE
BOOTCAMP STYLE
WORKOUT**



**45 MINUTE NIKE
BOOTCAMP
WORKOUT**



**15 MINUTE
BOOTCAMP
WORKOUT**



**15 MINUTE TOTAL
BODY BOOTCAMP**

JUST DANCE



CLICK THE PICTURE TO ACCESS THE VIDEO...



**JUST DANCE – WAKA
WAKA THIS TIME FOR
AFRICA**



**JUST DANCE –
UPTOWN FUNK**



**JUST DANCE –
STARSHIPS**



**JUST DANCE – CRAZY
IN LOVE**



**JUST DANCE – EYE OF
THE TIGER**



**JUST DANCE –
MACARENA**



**JUST DANCE –
DESPACITO**



**JUST DANCE –
WANNA BE**

KETTLEBELL WORKOUTS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**BEGINNERS
KETTLEBELL
WORKOUT**



**10 MINUTE
KETTLEBELL
WORKOUT**



**20 MINUTE
KETTLEBELL
WORKOUT**



**20 MINUTE
KETTLEBELL
WORKOUT**



**25 MINUTE
KETTLEBELL
WORKOUT**



**15 MINUTE FULL
BODY KETTLEBELL
FAT BURNER**



**15 MIN FULL BODY
KETTLEBELL
WORKOUT**



**KETTLEBELL ARM
WORKOUT**

THE BODY COACH

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



**7 DAYS OF SWEAT –
DAY 1**



**7 DAYS OF SWEAT –
DAY 5**



**7 DAYS OF SWEAT –
DAY 2**



**7 DAYS OF SWEAT –
DAY 6**



**7 DAYS OF SWEAT –
DAY 3**



**7 DAYS OF SWEAT –
DAY 7**



**7 DAYS OF SWEAT –
DAY 4**



**20 MINUTE HIT
WORKOUT**

Back

THE BODY COACH



CLICK THE PICTURE TO ACCESS THE VIDEO...



7 DAYS OF SWEAT 2 –
DAY 1



7 DAYS OF SWEAT 2 –
DAY 5



7 DAYS OF SWEAT 2 –
DAY 2



7 DAYS OF SWEAT 2 –
DAY 6



7 DAYS OF SWEAT 2 –
DAY 3



7 DAYS OF SWEAT 2 –
DAY 7



7 DAYS OF SWEAT 2 –
DAY 4



30 MINUTE HIIT – NO
EQUIPMENT

ARMS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**10 MIN TONED ARMS
WORKOUT**



**TONE YOUR ARMS
WORKOUT**



**5 MINUTE ARM
WORKOUT**



**12 MINUTE BEGINNER
ARM WORKOUT**



**ARM TONING &
STRENGTH WORKOUT**



**5 MINUTE ARM
WORKOUT**



**BARRE ARM
WORKOUT**



**BARRE FITNESS –
ARM WORKOUT**

LEGS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**20 MIN AT HOME LEG
WORKOUT**



**AT HOME LEG DAY
WORKOUT**



**HOME LEG WORKOUT
- FOLLOW ALONG**



**17 MIN HOME LEG
WORKOUT ROUTINE**



**10 MINUTE LEG
WORKOUT**



**10 MINUTE
BODYWEIGHT LEG
ROUTINE**



**LEG WORKOUT
WITHOUT WEIGHTS**



**LEG & GLUTE
WORKOUT**

SENIORS



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MINUTE HOME
WORKOUT FOR
SENIORS



20 MIN EXERCISE
FOR SENIORS



10 MINUTE CHAIR
WORKOUT FOR
SENIORS



30 MINUTE SENIOR
ZUMBA



7 MINUTE YOGA FOR
OLDER ADULTS



DAILY STRETCHES
FOR SENIORS



15 MINUTE SENIOR
WORKOUT



15 MINUTE SENIOR
WORKOUT

MINDFULNESS



CLICK THE PICTURE TO ACCESS THE VIDEO...



MINDFUL BREATHING



**MINDFULNESS
MEDITATION FOR
KIDS**



**3 MIN MINDFUL
BREATHING**



**2 MINUTE
MINDFULNESS**



**QUICK STRESS &
ANXIETY REDUCTION**



**SIMPLE
MINDFULNESS
EXERCISE**



MINDFUL BREATHING



**5 MINUTE
MINDFULNESS
BREATHING**

CHALLENGES



CLICK THE PICTURE TO ACCESS THE VIDEO...



**BABY SHARK ABS
CHALLENGE**



**BRING SALLY UP –
LUNGE CHALLENGE**



**CHA CHA SLIDE
PLANK CHALLENGE**



**BRING SALLY UP –
LEG RAISES
CHALLENGE**



**BRING SALLY UP –
PUSH UP CHALLENGE**



**BRING SALLY UP –
ABS CHALLENGE**



**BRING SALLY UP -
SQUAT CHALLENGE**



**BRING SALLY UP –
GLUTE BRIDGE
CHALLENGE**

LADDER SETS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**TOTAL BODY NO
EQUIPMENT LADDER
CIRCUIT**



**HIIT WORKOUT
GAME. FAT BURNING
LADDER**



**BRUTAL HOME HIIT
WORKOUT LADDER
WORKOUT**



**25 MINUTE LADDER
HIIT**



**20 MINUTE LADDER
WORKOUT**



FOOTBALL SKILLS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**AT HOME: BALL
CONTROL, FOOTWORK
AND PASSING DRILL**



**CLOSE CONTROL
DRILL**



**SMALL SPACE
DRILLING DRILLS**



SHOOTING DRILLS



FREESTYLE SKILLS



5 SHOOTING DRILLS



FAST FEET DRILLS



**HOW TO TRAIN ON
YOUR OWN**

NETBALL SKILLS



CLICK THE PICTURE TO ACCESS THE VIDEO...



BALL SKILLS AT HOME



BALL AND WALL SKILLS



WALL SKILLS



SHOOTING PRACTICE



NETBALL DRILLS



CHANGING DIRECTION AND AGILITY



BALL SKILLS



GET AROUND A 3FT MARKER

BASKETBALL SKILLS



CLICK THE PICTURE TO ACCESS THE VIDEO...



HANDLING,
SHOOTING AND
FOOTWORK



DAILY DRIBBLING
DRILLS



HOME BASKETBALL
DRILLS



INDIVIDUAL DRILLS



SHOOTING DRILLS



SHOOTING DRILLS
WITHOUT A HOOP



DRIBBLING DRILLS



IMPROVE YOUR
LAYUPS WITHOUT A
HOOP

CRAZY CATCH



CLICK THE PICTURE TO ACCESS THE VIDEO...



**NETBALL HAND
REACTIONS & SPEED
DRILLS**



NETBALL DRILLS



**CRICKET FIELDING
DRILLS**



HOCKEY DRILLS



**FOOTBALL
GOALKEEPING DRILLS**



FOOTBALL DRILLS



RUGBY DRILLS



VISION & EYE DRILLS