

Physical Education Class Workouts

Find your workout from PE class below then try to beat your time and parents. Don't forget to fill out your online workout form for bonus points!

Patriot Tribute WOD

For Time:

- 11 Squats
- 11 Push-Ups
- 11 Star Jumps
- 11 Curl-Ups
- 11 Burpees
- 11 Squat Jumps
- 11 Invisible Jump Ropes
- 11 Partner Jumps (High 5's)
- 11 Suspension Trainer Rows
- 11 Army crawls
- 11 Line Sprints



11:46

5 Minute AMRAP

Complete each exercise the number below then move on to the next exercise. Complete as many rounds as possible in 5 minutes

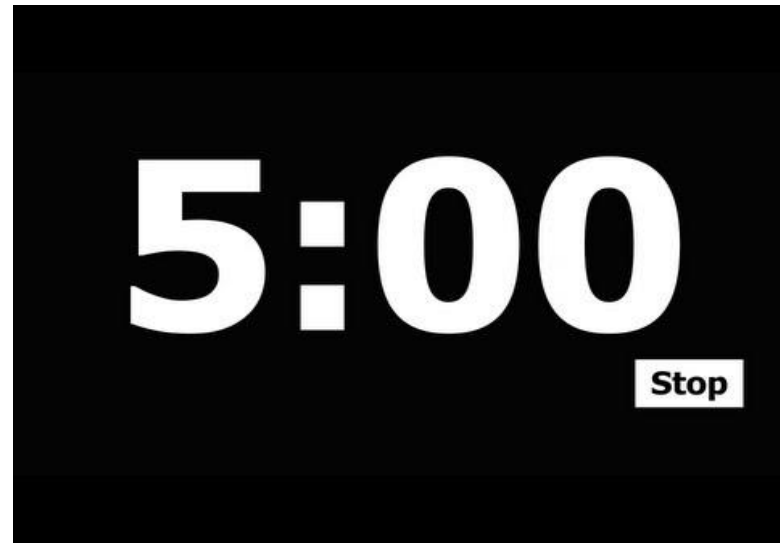


30 Jump-Rope

10 Patch Jumps (jump over an object)

10 Burpees

10 Suspension Trainer Pull-Ups (can switch exercise)



Tabata

Perform 3 rounds - 20 seconds work, 10 second rest, then switch to the next exercise

Partner Sit-ups



Squats (could add overhead med ball toss)



Suspension Trainer Rows
(can switch exercise)



Overhead Press



Burpee Blaster Workout



Get as far as you can in five minutes doing...

*2 Burpees

*Jump Rope 10x

*4 Burpees (+2 reps)

*Jump Rope 10x

*6 Burpees (+2 reps)

*Jump Rope 10x...



Speedster Workout

Complete as many rounds in five minutes of
the
following exercises...

- A.) Jump Rope 20 times**
- B.) 15 Mountain Climbers**
- C.) 10 Plank Supermans**
- D.) 5 Squat Jumps**

5:00

Stop



Quicksilver Workout

Partners alternate running two laps around the cones and performing...

5:00

Stop

- A.) Invisible Jump Ropes
- B.) Speed Skaters
- C.) Jumping Jacks
- D.) Flutter Kicks

