



## LOGIC Workout Ideas

### Joe Wicks – PE Classes

Joe Wicks also known as “The Bodycoach” is going live on YouTube every weekday at 9am. Why don’t you join in and get your day started off right!

### Virtual Workout

Why not go on FaceTime with one of your friends and do a workout together. You can do this as a competition against each other or work as a team together to complete more repetitions. For example:

As a competition, complete:

Five Rounds as fast as possible:

- 10 Push ups
- 15 Sit ups
- 20 Air Squats

10 Minutes – complete as many reps and rounds as possible:

- 10 Mountain Climbers
- 10 Burpees

50 rounds as fast as possible:

- 1 Burpee
- 1 Push up
- 1 Jumping Jack
- 1 Sit up

As a team, complete:

As fast as possible:

- 50 Burpees
- 100 Push Ups
- 150 Air Squats

As fast as possible:

- 150 burpees



You go I go – 20 minutes:

- 1 Pull up (alternatively 1 if there is no pull up bar)
- 2 Push ups
- 3 Jumping Squats
- 4 Burpees
- 5 Air Squats

### **One Fitness Challenge**

Starting this morning and each morning until lock down is over; here is a quick workout to get you moving as soon as you get out of bed.

20 - Squats

20 - Press ups

20 second - Plank Hold

Each day you add 1 rep or 1 second until we open again. So Tomorrow will be 21, 21, 21, Wednesday will be 22, 22, 22 Thursday will be 23, 23, 23, Friday will be 24, 24, 24 and so on. Let's hope the number doesn't get too high.

### **Miles Per week Challenge**

Download the 'mapmywalk' app. Then every time you go for a walk or run use the app to track the miles you cover.

Whoever has the most miles covered by the end of each (week or quarantine) will receive a prize. So get walking!