

## Practical home workouts

In the practical PE folder there are lots of different resources which you can use to keep fit and exercise at home!

Have a try of some of those activities/sessions – remember that you should try and work as hard as you can!

However, there are also lots of other fitness related activities that you could complete at home. You can always try some of the following:

- Just Dance -  
<https://www.youtube.com/watch?v=crKcSbdc728&list=PLxFYXmUNiScb8DIYveGe0De-aJwHKOeHY>
- The Body Coach workouts -  
<https://www.youtube.com/user/thebodycoach1>  
Try and complete the 7 day sweat challenge!
- Meditation/relaxation -  
<https://www.youtube.com/watch?v=wVSkYKj26gg>
- T25 – HITT workout -  
[https://www.youtube.com/watch?v=y5mPEpBT\\_TQ](https://www.youtube.com/watch?v=y5mPEpBT_TQ)