



'Keep Active' Virtual Club Week 2



High Intensity Training Workout!

1. Have a look at PE with Joe <https://www.youtube.com/user/thebodycoach1>
2. Design a high intensity workout with at least 6 moves
3. Write the moves down in the order you will do them
4. Do your workout! (Put some motivating music on if you like!)
5. Why not get someone to join in?

