

## PE Challenge Week beginning Monday 4<sup>th</sup> May 2020

### HIIT Training

This week the PE Challenge is following the HIIT (High Intensity Interval Training) principle of training coupled with a Progressive Principal element. This training method was popularised by Speed Skaters and is prominent on every gym timetable worldwide due to its benefits. These sessions can be done in the garden or indoors. As always, remember to warm-up properly and cool-down to ensure you are ready for the next day's session.

Make sure to cool-down afterwards and enjoy yourself. Good Luck.

Monday (do the exercises in any order and swap an exercise for one you like or one you need to work on if you like).

- Warm-up.
- 10 x Squats
- 10 x Sit-ups
- 10 x Jumping Jacks
- 10 x Mountain Climbers
- 10 x Sit-ups.
- Then have a short rest, 1-2 mins is usually enough.
- Repeat (do this 3-5 times)

Each day increase the number of repetitions. So Tuesday its 12 of each exercise, Wednesday is 15, Thursday 17 and Friday 20. This is the progressive element of the challenge.

Maths challenge - let me know how many exercises you have done over the week.

#sweatnotswagger #stayactiveandhealthy #healthymindhealthybody