



Home PE workouts with NO equipment needed!

Here are a few useful resources...

The body coach

Monday – Friday he will be doing a live workout 9am

Download Homework Workout App

There are also other home workouts on his channel

If 9am does not work for you, here are some links of home activity's you can try...

10 minute morning yoga stretch – <https://youtu.be/4pKly2JoiMw>

20 minute beginners yoga workout - <https://youtu.be/v7AYKMP6rOE>

4 minutes no weight arm toning workout - <https://youtu.be/PJO1hQSMPT4>

5 minute arm workout - <https://youtu.be/RTF4ADbloul>

7 minutes tone your arms workout - <https://youtu.be/UyTR2EjTAXU>

10 minute leg workout - <https://youtu.be/N5PN7G06pKg>

10 minute bodyweight leg workout - <https://youtu.be/1JjuaKI1W-U>

15 minute at home leg workout - <https://youtu.be/aCa8R9II8F0>

10 minute quick core workout - <https://youtu.be/dNEZKqopc2I>

10 minute home ab workout - <https://youtu.be/uUKAYkQZXko>

10 minutes abs workout - <https://youtu.be/1919eTCoESo>