



At the
gym



SHAWLANDS

ACADEMY

PHYSICAL

EDUCATION

S1-S3 PRACTICAL

WORKBOOK





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It is important to stay fit and healthy when you're at home.

This workbook has a wide range of different workouts that you can complete with 0 equipment.

Your challenge is to complete 2-3 per week until the summer holidays.

HAVE FUN - Tweet us pictures/videos of you completing the workouts

@ShawlandsPe

@Miss__Scott



FULL BODY WORK OUTS
HIGH INTENSITY INTERVAL
TRAINING

20 Minute FAT BURNING Home
HIIT Workout | No

Equipment † <https://www.youtube.com/watch?v=J7cpGxqspRU>

NEW!! 20 Minute "NO REST" Home
Workout | Full Body & Abs

<https://www.youtube.com/watch?v=ak9kw5zdyqA>

NEW!! 20 Minute FULL BODY Home
HIIT | The Body Coach TV

<https://www.youtube.com/watch?v=fHfTCd2q-rg>

CORE WORK OUTS

5 Minute Abs | The Body Coach

<https://www.youtube.com/watch?v=NFihdhNFhdo&list=RDCMUCAxW1XT0iEJo0TYIRfn6rYQ&index=8>

8 Minute Abs Workout | The Body Coach

https://www.youtube.com/watch?v=PGyKCMGo_r0&list=RDCMUCAxW1XT0iEJo0TYIRfn6rYQ&index=15

10 Minute Abs Blaster | The Body Coach

<https://www.youtube.com/watch?v=L3uqB6FCu5U&list=RDCMUCAxW1XT0iEJo0TYIRfn6rYQ&index=13>

MISS SCOTT'S SIZZLER

ROUND 1

5 BURPEES

20 RUSSIAN TWISTS

5 CRUNCHES

6 LUNGES - EACH LEG

5 SQUAT JUMPS

5 PRESS UPS

5 TRICEPT DIPS

10 SECOND PLANK

REST

ROUND 2

8 BURPEES

30 RUSSIAN TWISTS

10 CRUNCHES

8 LUNGES - EACH LEG

8 SQUAT JUMPS

8 PRESS UPS

8 TRICEPT DIPS

20 SECOND PLANK

REST

ROUND 3

10 BURPEES

40 RUSSIAN TWISTS

15 CRUNCHES

10 LUNGES - EACH LEG

10 SQUAT JUMPS

10 PRESS UPS

10 TRICEPT DIPS

30 SECOND PLANK

REST

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THE FINISHER - BURPEES FOR 45 SECONDS



MISS LEITCH'S LEGDAY

1. 30 SECOND HEEL FLICKS
10 SECOND REST
 2. 30 SECOND LUNGES
10 SECOND REST
 3. 30 SECOND SQUATS
10 SECONDS REST
 4. 30 SECOND TUCK JUMPS
10 SECONDS REST
 5. 30 SECOND SIDE LUNGES
10 SECONDS REST
 6. 30 SECOND STAR JUMPS
10 SECONDS REST
 7. 30 SECONDS STEP UPS
10 SECONDS REST
 8. 30 SECONDS SIDE TO SIDE JUMPS
10 SECOND REST
 9. 30 SECONDS BUNNY HOPS
10 SECONDS REST
 10. 30 SECOND SPRINTS ON SPOT
- COMPLETED ROUND 1 - REST 2 MINS**



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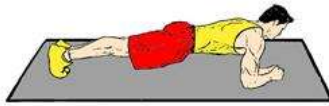
EASY - 1 ROUND

MEDIUM - 2 ROUNDS

HARD 3 ROUNDS

MISS OGDEN'S OLYMPIC WORKOUT

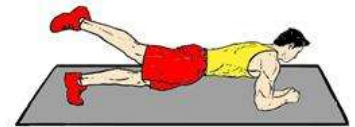
WAKE UP! / Best Chest Workout At Home



30 Sec Plank



30 Sec Side Plank



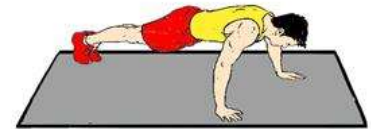
10 Plank Leg Lift



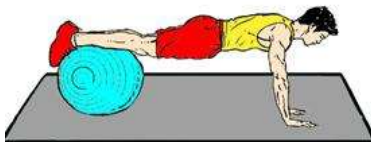
10 Swiss ball push up



10 Dynamics Clap Push Up



10 Wide push-up



10 Swiss-Ball Jackknife



10 Mountain Climbing



10 Spiderman push up



Close Push-Up



Decline Push-Up

BRONZE - 1 SET

SILVER - 2 SETS

GOLD- 3SETS

MR MCGOUGAN'S MOTIVATIONAL WORKOUT



CAPTAIN AMERICA

NEILA REY WORKOUT

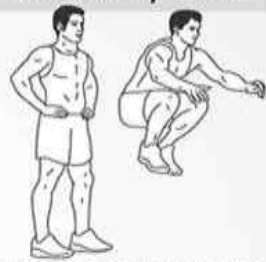
neilarey.com



120 steps / **30** sec
run on the spot



80 punches



10 knee tuck jumps



20 sit-ups



10 butt-ups



10 raised leg circles



10 push-ups



10 back rotations



20 doorframe rows

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

MR CRANSTON'S CORE

no-equipment ab exercises

by DAREBEE © darebee.com



upper



lower



six-pack



obliques



complete



core

| | | | | | |
|--|---|--|---|--|---|
|  crunches |  reverse crunches |  flutter kicks |  sitting twists |  knee to elbow |  half wipers |
|  high crunches |  scissors |  elbow plank |  cross crunches |  knee-to-elbow v2 |  arm / leg raises |
|  sit-ups |  leg raises |  L-sit |  side jack-knives |  dead bug |  wipers |
|  long arm crunches |  pulse-ups |  star plank |  toe taps |  plank crunches |  plank rolls |
|  hundreds |  bicycle crunches |  hollow hold |  sitting punches |  side plank crunches |  knee-in twists |
|  knee crunches |  crunch kicks |  V-ups |  side plank |  V with rotations |  climber taps |

CHOOSE 8 EXERCISES / 15 REPS OF EACH

1 SET - EASY

2 SETS - MEDIUM

3 SETS - HARD

MR RENWICK'S RAPID WORKOUT

1. PUSH UPS
15 SECOND REST
2. MOUNTAIN CLIMBERS
15 SECOND REST
3. BICYCLE CRUNCHES
15 SECOND REST
4. HEEL TAPS
15 SECOND REST
5. PRESS UPS
15 SECOND REST
6. PLANK SHOULDER TAPS
15 SECOND REST
7. BEAR CRAWLS
15 SECOND REST
8. TRICEPT DIPS

EACH EXERCISE IS FOR 45 SECONDS

CHALLENGE YOURSELF TO 2 OR 3 SETS!!

MRS KELLY'S KILLER WORKOUT

SUPER HIIT

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



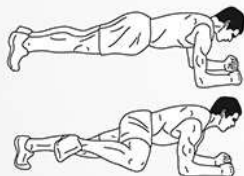
20sec high knees



20sec climbers



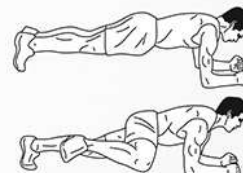
20sec high knees



20sec plank crunches



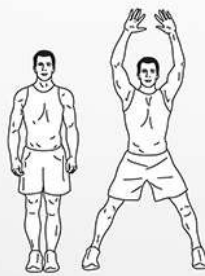
20sec plank hold



20sec plank crunches



20sec jump squats



20sec jumping jacks



20sec jump squats

MR MACBRIDE'S MONSTER WORKOUT

THE HULK

NEILA REY WORKOUT

neilarey.com

1



20 split squats

2



10 pike shoulder presses

3



10 leg raises

4



6 staggered push-ups

5



6 tricep extensions

6



20sec leg hold

7



20 towel bicep curls

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

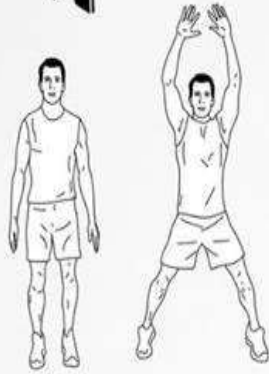
SCHOOL OF RUGBY



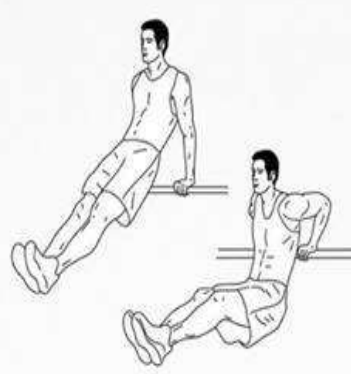
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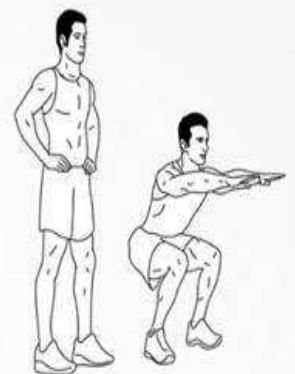
GLADIATOR



50 jumping jacks



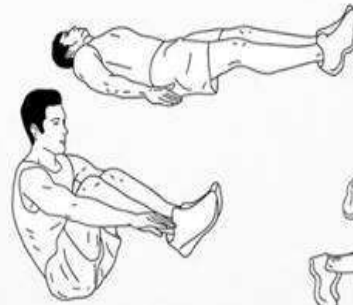
20 tricep dips



40 squats



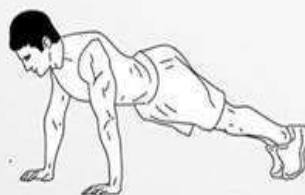
50 mountain climbers



20 modified v-sits



20 push-ups w/ rotation

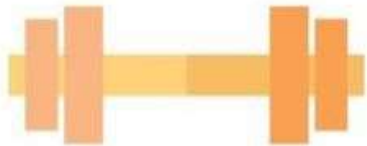


20 up & down planks

sets level I 3 sets level II 5 sets level III 10 sets **rest between sets** up to 2 minutes

MAKE YOUR OWN WORKOUT

[www.dreamstime.com](http://www.dreamstime.com/stock-vector-illustration-dumbbell-image-isolated-transparent-background-image348587882.html)



Build Your Own HIIT Routine

Instructions: Choose 3 exercises from the Upper Body & Lower Body, 2 exercises from the Core and 7 exercises from Cardio. Mix and match exercises so that a cardio exercise follows a strength exercise. Do each exercise for 1 minute before moving to the next move. Repeat routine up to 3 times for a complete body HIIT workout.

Upper Body (Choose 3)

1. Push ups
2. Bicep Curls
3. Tricep Dips
4. Upright Standing Rows
5. Kettlebell Renegades
6. Kettlebell Sumo High Pulls
7. Lateral Raises
8. Shoulder Press
9. Overhead Tricep Extensions
10. Reverse Fly

Lower Body (Choose 3)

1. Plie Squats to Calf Raise
2. Goblet Squats
3. Reverse Lunges
4. Walking Lunges
5. Kettlebell Swings
6. Deadlift
7. Pulsing Squats
8. Side Lying Leg Raises
9. Donkey Kicks
10. Curtsy Lunge to Side Leg Lift

Core (Choose 2)

1. Plank
2. Side Plank
3. Reverse Crunch
4. Russian Twists
5. V-ups
6. Bicycle Crunches
7. Supermans
8. Spidermans
9. Frog Crunches
10. Downward Dog Leg Pull

Cardio (Choose 7)

1. Burpees
2. Mountain Climbers
3. Jumping Jacks
4. High Knees
5. Speed Skaters
6. Tuck Jumps
7. Sprint
8. Heismans
9. Diamond Jumps
10. High Knee Jog