

Name: _____ P.E. Teacher: _____

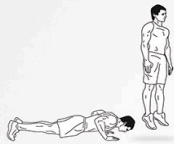
For your snow day packet in PE choose one of the workouts on the back of this log. Each one has a different intensity and you can choose to do 3,5, or 7 sets. Remember sets are the number of rounds you do. These are AMRAP workouts, this means you do **As Many Reps As Possible** during your time limit.

[illegible]

BRUTAL HIIT

DAREBEE **HIIT** WORKOUT © darebee.com

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



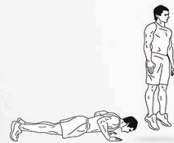
30sec burpees



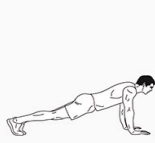
30sec squat hold



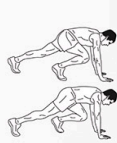
30sec high knees



30sec burpees



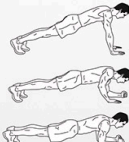
30sec plank hold



30sec climbers



30sec burpees



30sec up & down planks

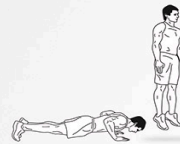


30sec plank crunches

BRUTAL HIIT

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



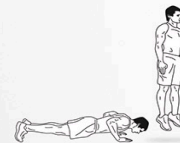
30sec burpees



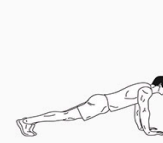
30sec squat hold



30sec high knees



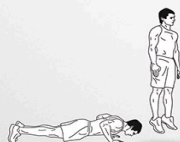
30sec burpees



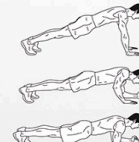
30sec plank hold



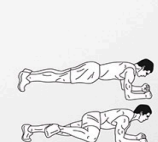
30sec climbers



30sec burpees



30sec up & down planks



30sec plank crunches

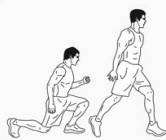
hard HIIT

DAREBEE WORKOUT © darebee.com

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



20sec high knees



20sec jumping lunges



20sec high knees



20sec shoulder taps



20sec burpees



20sec shoulder taps



20sec jumping jacks



20sec jump squats



20sec jumping jacks

THE ODYSSEY

DAREBEE **HIIT** WORKOUT © darebee.com

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



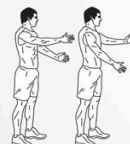
20sec reverse lunges



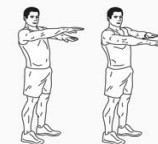
20sec calf raises



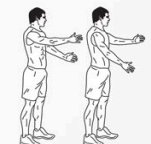
20sec reverse lunges



20sec scissor chops



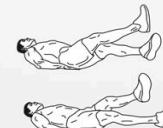
20sec arm scissors



20sec scissor chops



20sec crunches



20sec scissors



20sec crunches