

Jo Wicks PE Workout/Mrs Dewar's ADD ONS!

Why would I do this?

This youtube channel is live every morning at 9am Mon-Fri. You are getting high quality reliable guided workouts from an experience coach/PE teacher. With it being live and 100,000s of people doing it at the same time I find it really motivational. I (Mrs Dewar) will be doing it too! I haven't missed a day and I can honestly say I am feeling fitter and stronger! Jo is funny, inspiring and informative. You will learn a lot, get fitter and feel so much happier by 9.30am ready for the day. Top tips- wear trainers and have water ready.

Is it suitable for S1-3?

Yes, **totally**. However, if you wish to push yourself more or you find some of the exercises a bit silly, here are some alternatives you can do.

(Top tip- PRINT OR TAKE A PICTURE OF THIS TO HAVE IT AT YOUR SIDE WHEN YOU ARE DOING THE CLASS).



When Joe does....	You do...
Kangaroo Joey hops	Tuck jumps
Bunny/frog hops	Burpees
Silly dance	High Knees
Spiderman web lunges	Jump lunges

You can also add **intensity** to your work outs by changing the exercise.

When Joe does....	You do...
Press ups on knees	Full press ups
Walk out burpees	Jumping Burpees
Boxing punches	Boxing punches with a tin of soup/water bottle in each hand
Lunge or squats	Lunge or squat holding hugging something quite heavy or put your wee sister/brother on your back...carefully!

Once the class is complete you may feel like doing more as you get fitter or you may wish to do this in your own time. Here are 3 **ADD ONS** from Mrs Dewar you can choose from to do after if you want to push further.

Do each exercise for 30 seconds and rest for 30 seconds. If this feels too easy do 40 seconds work and 20 seconds rest. Repeat the set 3 or 4 times. You choose! All exercises can be found on youtube to ensure you use the correct technique. Its about quality NOT quantity. GOOD LUCK!

ADD ON 1- ABDOMINAL CRUNCH!	ADD ON 1- SEE MY GUNS!	ADD ON 3- WHOLE BODY MACHINE!
Mountain climbers	Press ups	Burpees
Bicycle crunches	Bear crawls	Mountain Climbers
Plank Hold	Reverse Plank hold	Squat Jumps
Alternate heel touches	Kick Throughs	Lateral floor touch
Walk out plank	Tricep dips (on floor or couch)	Jump Lunges
V sit hold	Dynamic plank	Bear Crawls

More exercises like this can be found at www.e-fitness.co.uk and go to 'DEMO VIDEOS'. You may think the trainer looks a bit like Mrs Dewar! Who can guess who she might be?