



The Gymrun Group

Maintain and build on your physical health each day with a 10 min workout.

Aim to complete all exercises in a row.

You will need a stopwatch to time each activity when the video says pause.

Year 3 - 30 seconds

Year 4 - 40 seconds

Year 5 - 50 seconds

Year 6 - 60 seconds

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| 1 | https://www.youtube.com/watch?v=DrnbopgW9rE |
| 2 | https://www.youtube.com/watch?v=ogIDcgRDriA |
| 3 | https://www.youtube.com/watch?v=oaytMr7FOXs&t |
| 4 | https://www.youtube.com/watch?v=-DopgZArfw |
| 5 | https://www.youtube.com/watch?v=X2iMpmGi4hg |
| 6 | https://www.youtube.com/watch?v=eJbkVSdB1Tk |
| 7 | https://www.youtube.com/watch?v=e4ZEXJFyWLS |
| 8 | https://www.youtube.com/watch?v=Oo8ke4rTsQI |
| 9 | https://www.youtube.com/watch?v=ialKbfzW6iM |
| 10 | https://www.youtube.com/watch?v=oAdB3ZKPeoo |

For the Run, you can jog on the spot, in the garden or in a safe public space.

‘Push, pull, run, ache and sweat’.