



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

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’.