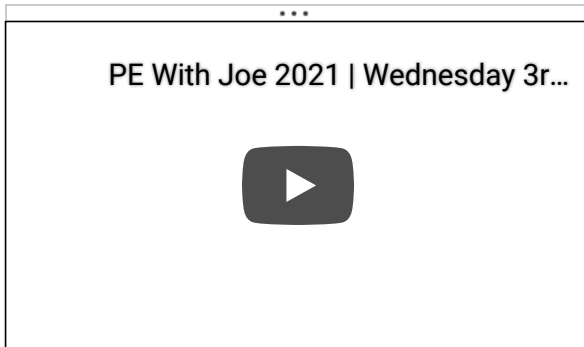


PE 11.2.21

Wednesday, February 03, 2021 4:10 PM

[PE With Joe 2021 | Wednesday 3rd Feb](#)



If you don't have access to YouTube then you can create your own full body work out.

For example:



- 10 push ups
- 20 sit ups
- 10 star jumps
- 15 squats
- 5 burpees

Leave 1 minute rest in between and repeat 4 times.