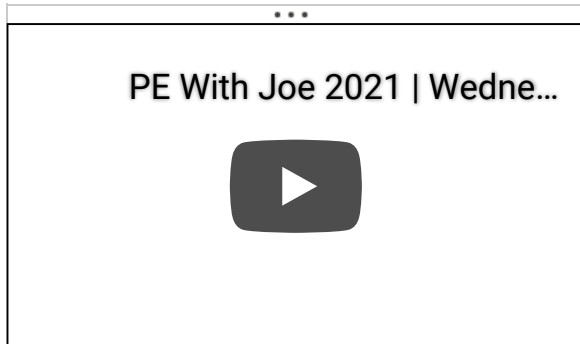


PE 4.2.21

Friday, January 22, 2021 1:14 PM

[PE With Joe 2021 | Wednesday 27th Jan](#)



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.