

# Core PE – HIIT Sessions

Complete one of the HIIT sessions below to stay fit and healthy during your time off. These sessions are short bursts of exercise and need to be completed at high intensity. These exercises can be completed at home in your front room with no equipment. (Remember to stay hydrated)

# LEAN IN 15

## TAKE A BREAK

**HIT Sessions in 15 Minutes to support your revision and studies**

### HIT Sessions

- 1 – <https://www.youtube.com/watch?v=xvn3HISxYdM>
- 2 – <https://www.youtube.com/watch?v=q20pLhdoEoY>
- 3 – <https://www.youtube.com/watch?v=5nZ2iBGvFhE>
- 4 – <https://www.youtube.com/watch?v=yz59KggOtb0>
- 5 – <https://www.youtube.com/watch?v=4fLyhx7m1Uk>

