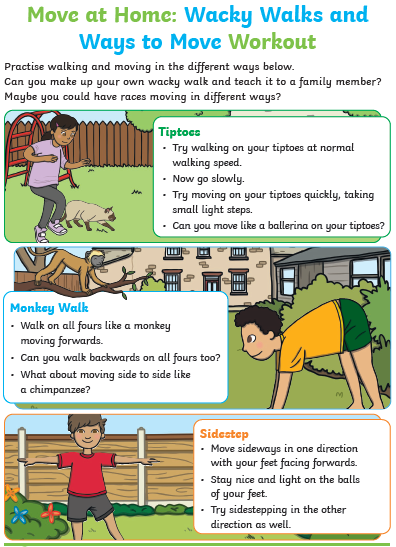
**PE – week 1**

Warm up:

<https://m.youtube.com/watch?v=XRdSjabz1vc>

Cool down:

<https://www.youtube.com/watch?v=7gMuN6m1Gso>

Main workout:



