



PE with Shiraz

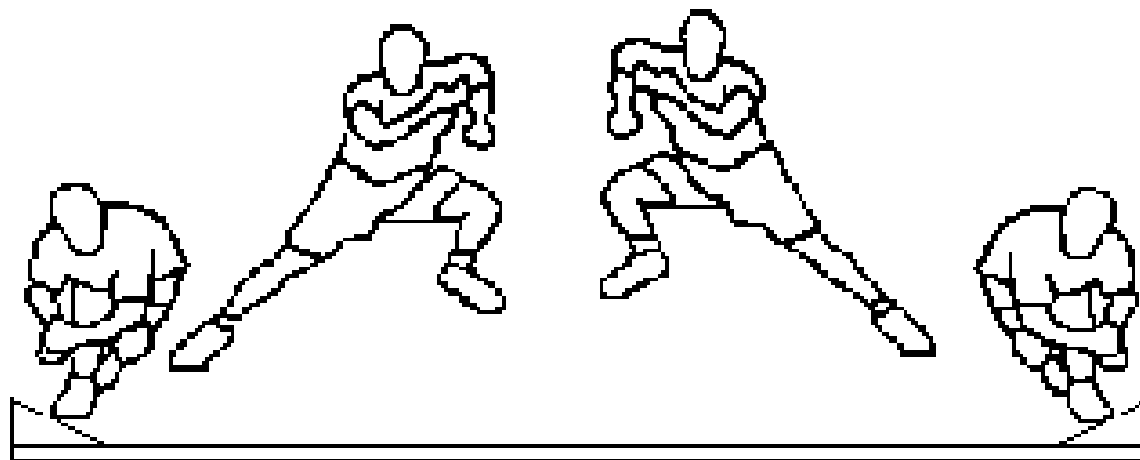
With Shiraz Rahman



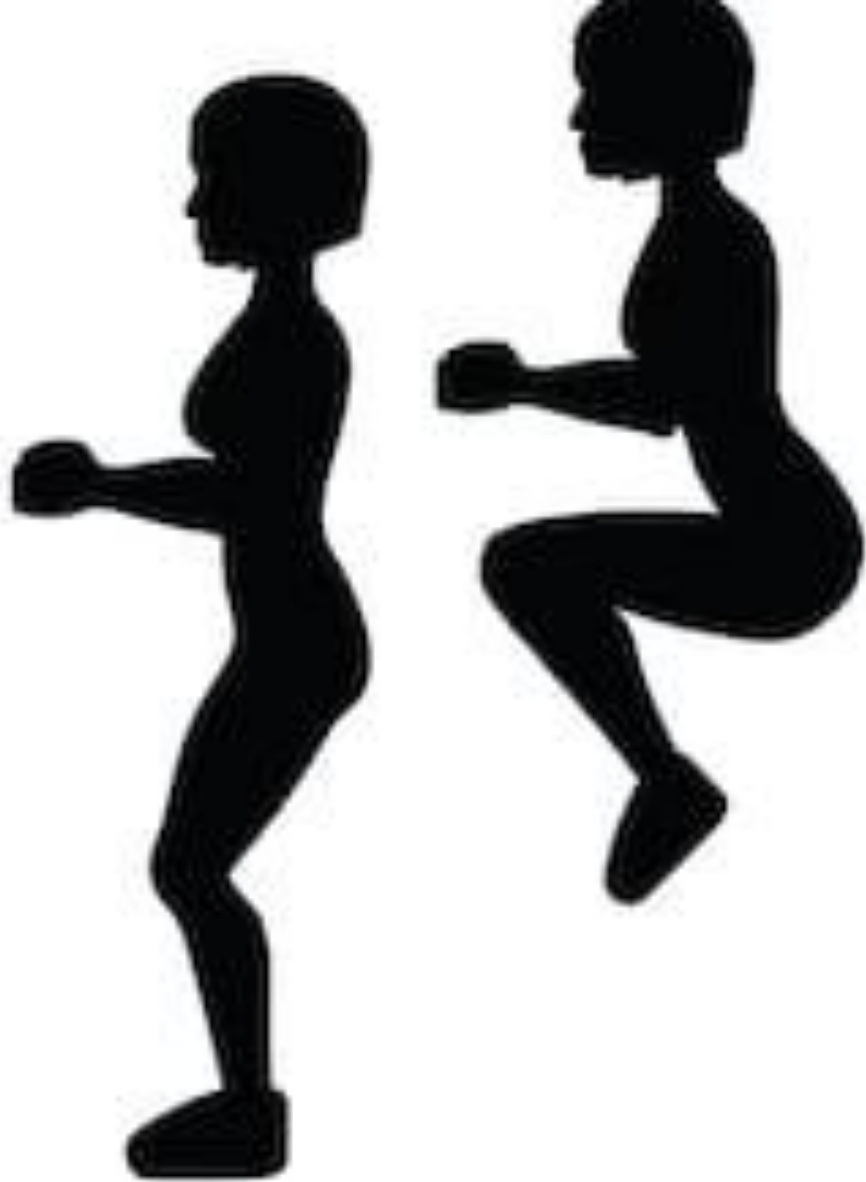
First up we going to
start off nice and
easy . Running on
the spot

Next up we
going to do some
bicycle crunches





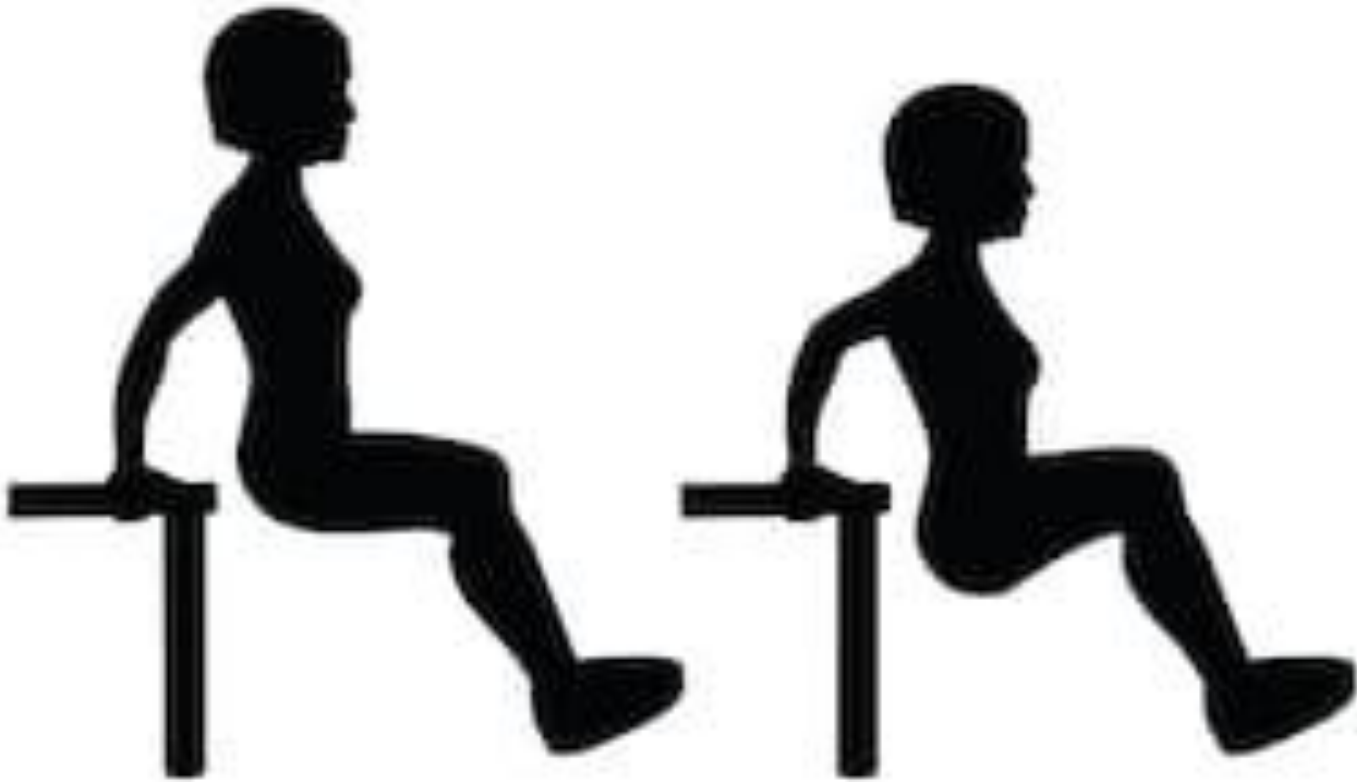
It's time for some lateral jumps



TUCK JUMPS

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Getting harder.
This time tuck
jumps



BENCH TRICEP DIPS

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We're going to
end it off with
some Tricep dips



Thanks for watching! It's
important that you have a drink
of water after these exercises
Bye for now!