

# PE Weekly Record – Core Workout

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Plank Knee Taps					
Sumo Squat					
Froggers					
Crab Toe Touches					
Superman Plank					
Full Extension					
Plank Jack					
Surrenders					
Crab Walks					
Burpees					