

## **PE Task 2**

### ***Zumba Cardio HIIT workout***

Click on the link below and have a go at this Zumba Cardio HIIT workout:

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

Challenge task:

Find another HIIT workout and complete it during the same week.

Take a HEALTHY SELFIE and email it to [emma.camp@nobel.herts.sch.uk](mailto:emma.camp@nobel.herts.sch.uk)