

# Gym!

**Directions:** Access any of the suggested videos/apps and complete 3 workouts for the week. Complete the graphic organizer below based on each workout that you completed. This is an editable PDF doc. Please send to your 4<sup>th</sup> period teacher every Friday.

## Workout 1:

<b>Workout:</b> Provide the hyperlink to your workout / screenshot / explanation (whichever is best)	
<b>What type of exercise was this workout?</b>	
<b>What was your favorite part of the workout? (you cannot write "none")</b>	
<b>What was the most challenging part of your workout?</b>	
<b>How did you feel afterwards?</b>	

## Workout 2:

<b>Workout:</b> Provide the hyperlink to your workout / screenshot / explanation (whichever is best)	
<b>What type of exercise was this workout?</b>	
<b>What was your favorite part of the workout? (you cannot write "none")</b>	
<b>What was the most challenging part of your workout?</b>	
<b>How did you feel afterwards?</b>	

### Workout 3:

<b>Workout:</b> Provide the hyperlink to your workout / screenshot / explanation (whichever is best)	
<b>What type of exercise was this workout?</b>	
<b>What was your favorite part of the workout? (you cannot write "none")</b>	
<b>What was the most challenging part of your workout?</b>	
<b>How did you feel afterwards?</b>	