

Week 4 lesson plans - April 13th - 17th

Please click on the link and read the article below - It will help you design your own workouts that you can do while you are quarantined.

<https://www.businessinsider.com/how-to-work-out-at-home-in-case-coronavirus-quarantine-2020-3>

After reading the article - come up with **four** 30-minute workouts of your choice and complete throughout the week. You can also use ideas from last week as well. Be creative!

Workout #1

Workout #2

Workout #3

Workout #4