Hey Folks, for Activity 1)



Activity 2) Let’s get that heart up! Do these 3 exercises A-C 4 times with a 1 minute break between each set of A-C: A) 10 Jumping Jacks, B) 10 Crunches, C) 10 Burpees (Hop up, Drop down to a low squat with hands on ground, kick your legs back, bring your legs back to a low squat and then hop straight up) Repeat! Have a great weekend! -Mr. Mackinnon