

# Virtual PE

Week 14: A

With Mr. Adrian

tanner\_adrian@ddsd40.org

## Schedule:

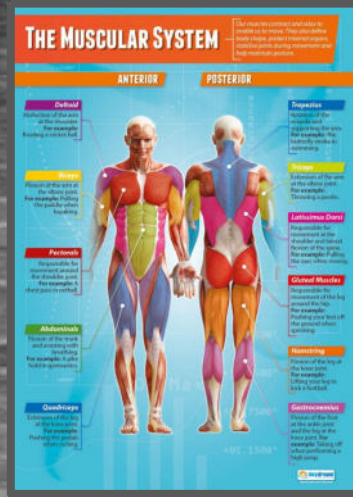
1. Muscle Review
2. Kahoot
3. Healthy living Tip

\*If videos aren't working,  
double check you are using  
DD email while viewing



Click  
"Present"

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Muscle of the Week:

# Bicep



How to workout Biceps:

- Push Ups
- Pull Ups
- Bicep Curls

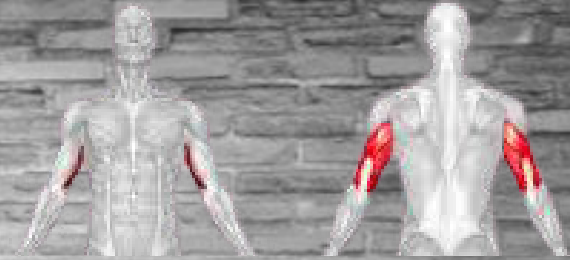
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Muscle of the Week:

# Triceps

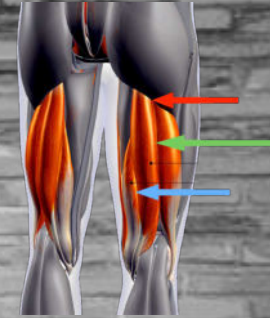
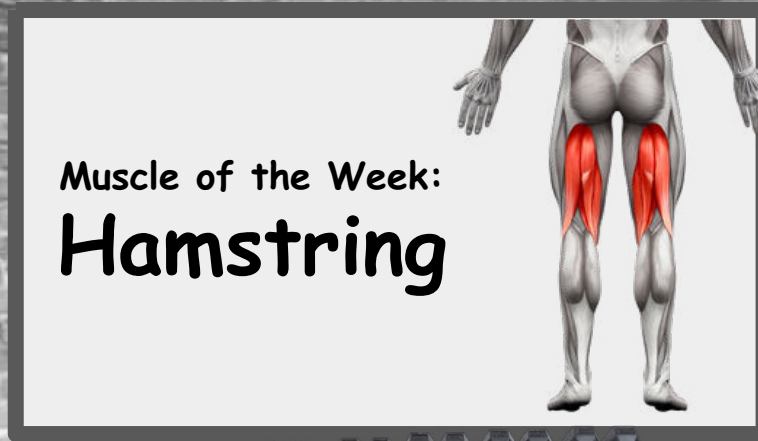
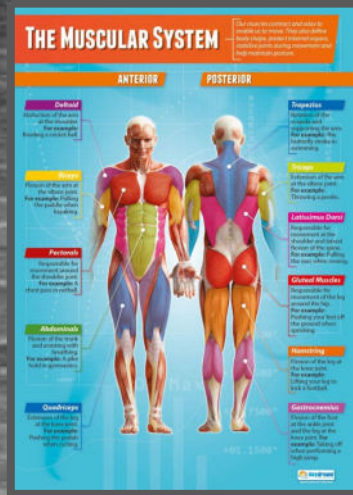


How to workout Triceps:

- Tricep Dips
- Push Ups



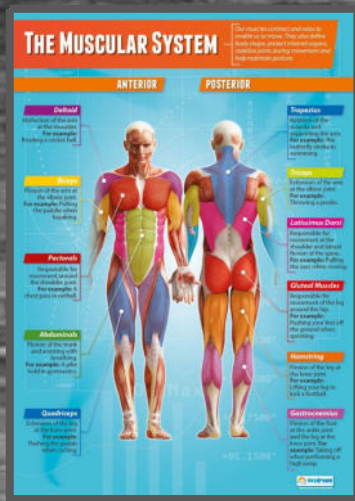
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- How to workout Hamstrings:**
- Crabwalk
  - Bridge
  - Reverse Plank





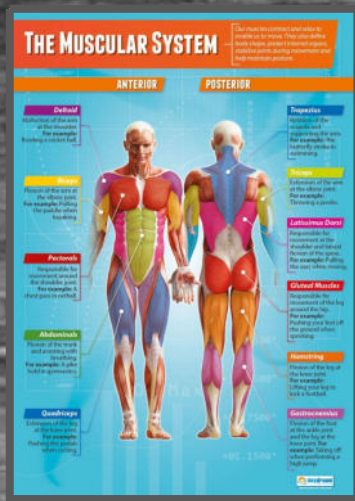


## Muscle of the Week: Quadriceps (Quads)



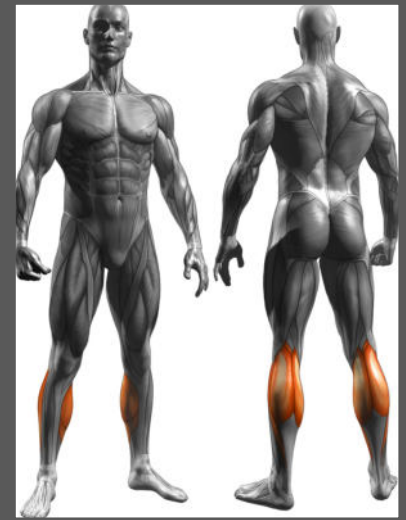
- How to workout Quadriceps:
- Frog Jumps
  - Squats
  - Lunges





Muscle of the Week:

# Calf



When do you use your calf:

- Walking
- Running
- Jumping

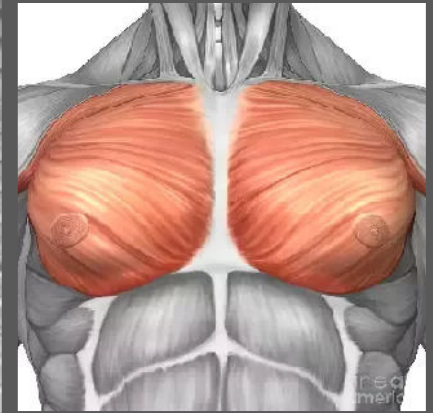
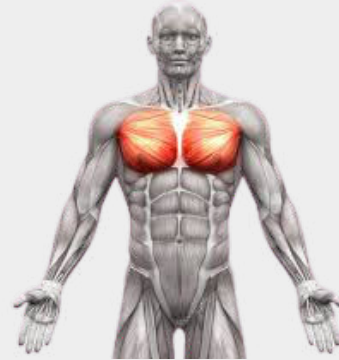


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# Muscle of the Week: Pectoral (Pecs)

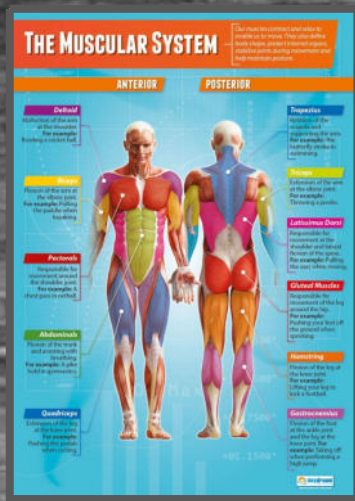


When do you use your Pec:

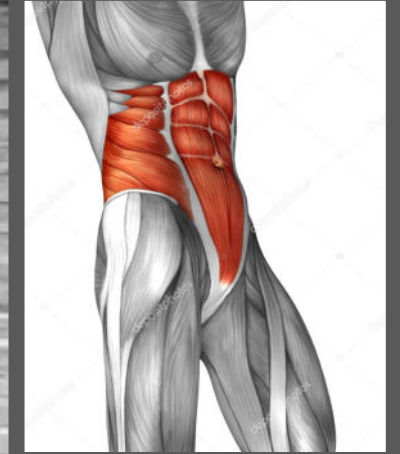
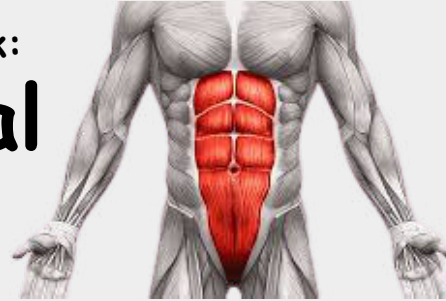
- Push Ups
- Should Touches



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# Muscle of the Week: Abdominal (Abs)



- Info about abs:
- Balance/Support
  - "Core" exercises
  - Protect Spine



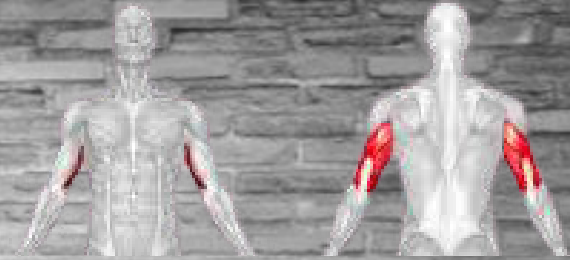
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Muscle of the Week:

# Triceps

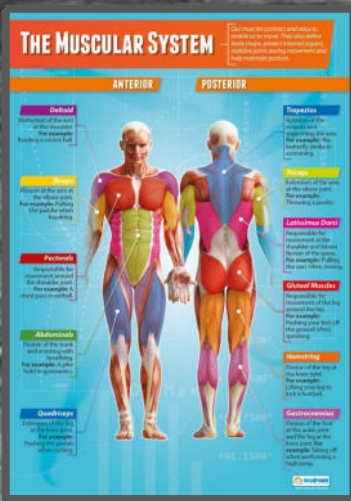


How to workout Triceps:

- Tricep Dips
- Push Ups

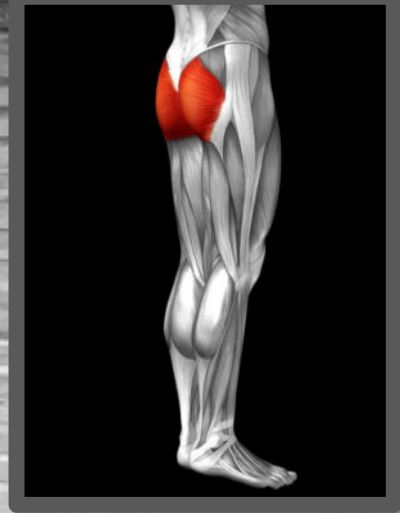


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Muscle of the Week:

# Gluteus (Glutes)



How to workout Glutes?

- Squats
- Lunges

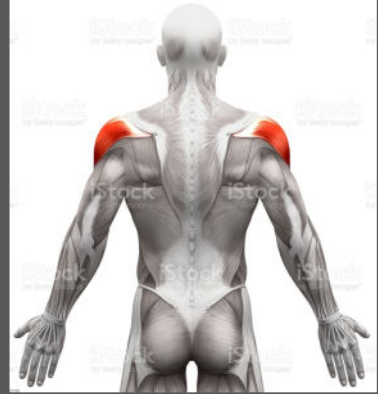


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## Muscle of the Week: Deltoid



- How to workout our Deltoid?
- Shoulder Touches
  - Planks



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# Kahoot!

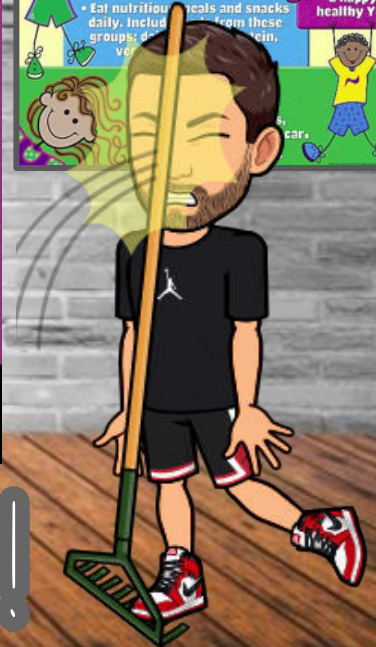
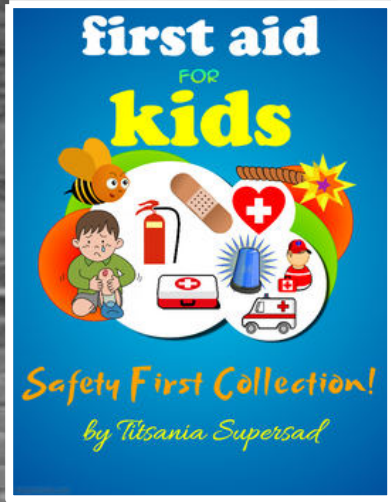
Click here!

## Expectations of Game:

- Click on the word "Kahoot" above
- Open up the Kahoot and complete the quiz
- Click the answer you think is correct, perform the exercise after the question if it is about exercise







Healthy Living Tip:

Take care of yourself!