

Virtual PE

Week 2: A

With Mr. Adrian

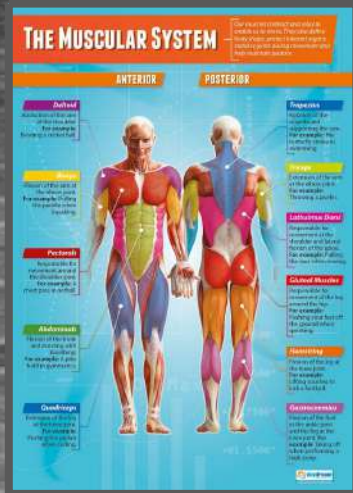
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Schedule:

1. Muscle of the Week
2. Yoshi Warm Up
3. Would You Rather
4. Healthy Living Tip



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Muscle of the Week:

Triceps



How to workout Triceps:

- Tricep Dips
- Push Ups



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1 Jog
2 High
3 Jump
4 Side
5 Leg
6
7 Squat
8 Push

P.E.

5
4
3
2
1



Legs Spread - Reach

Yoshi
Warmup



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Would You Rather?

RÖBLOX

OR



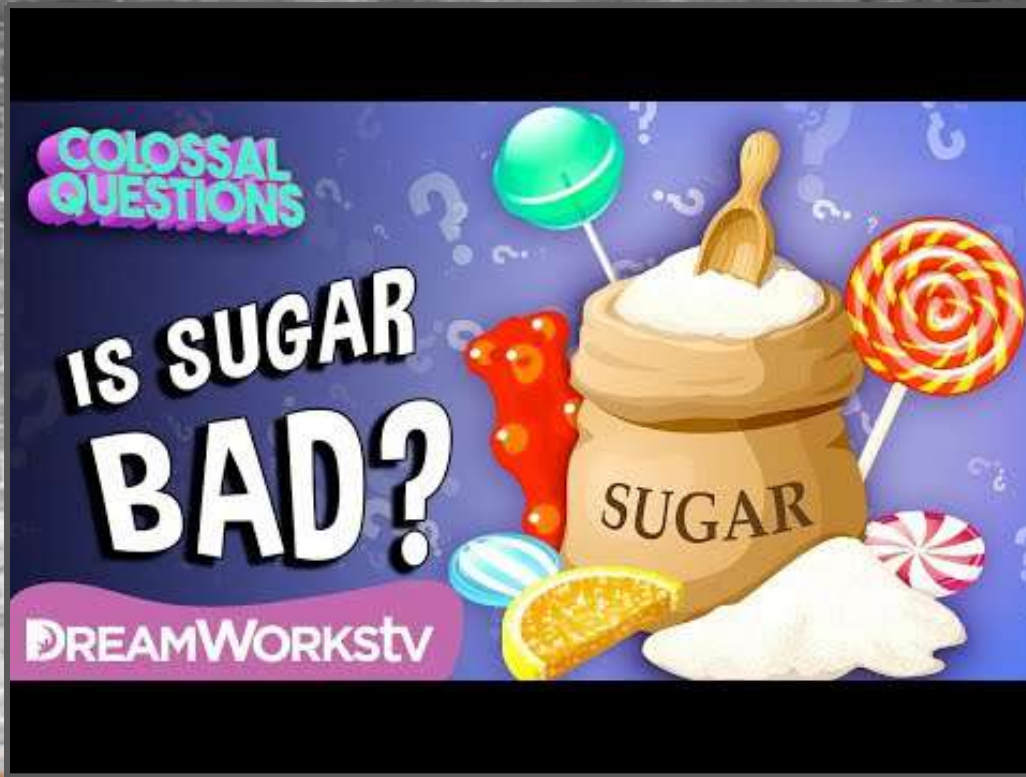
Fun Fitness

All Exercises

Would You Rather



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Healthy Living Tip:

Limit Your Sugar