

cardio choice Board #1

How This Choice Board Works

On the next slide, you will see 6 different workout choices.
You will need to choose 1 workout to do today.

You can click on each of the 6 workout titles, and it will take you to the slide that gives you directions and a link to click to take you to a video or workout

Take a minute to see what each workout is like – by clicking on the links.

Decide which workout to complete for today.

Zumba

10 10 10

This or That

Disney Dance Party

Last Life

Yoga and Meditation

Let's workout!

Zumba

Choice 1 **Zumba Workout**

GO
BACK

This is a 34 minute
Kidz Bop Dance Video

Find a little space to move, grab some water,
then play this video and follow along to it!

**Go to
Workout**

[GO
BACK](#)

Choice 2

10 10 10 Workout

This is not an easy one! It's only 10 minutes long
- but it's tough, grueling, and will make you sweat!



10 10 10

Watch the Video Below and complete the exercise the best that
you can safely.

Popsugar Fitness

Have fun!

GO

This or That

Choice 3

This or That Workout

GO
BACK

This is an easier, fun workout!

For this workout - you will have 5 seconds to choose one of the emojis on the video.

When to exercises are revealed, do the exercise that was behind the emoji you choose.

Find a space to workout then click on the link and get ready to begin!

[Click here to start video](#)

[GO
BACK](#)

Choice 4

Disney Dance Party

This is a 10 minute workout that you can follow along with. You do not need any equipment - You pick your favorite person and dance away!

Click on the link to take you to the video, and get ready to start!

10 Minute Dance Party Montage

Disney Dance Party

Last Life

Choice 5

Last Life Workout and Star Wars Fitness

GO
BACK

Option 1: This work is to be repeated 5 times in total.
You can rest up to 2 minutes in between.
If you would like, play some music while you workout.
Click below to take you to the workout!

GO

Option 1

GO

Option 2

GO
BACK

Choice 6

Yoga and Meditation

Here is a 20 minute gentle yoga and meditation
Meditation
Gentle flow

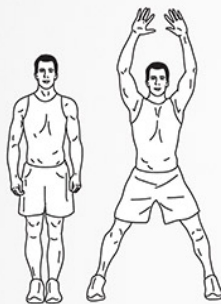
Enjoy and Feel the Calm

Yoga and Meditation

LAST LIFE

DAREBEE WORKOUT  @ darebee.com

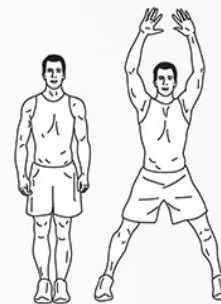
Repeat 5 times in total up to 2 minutes rest between sets



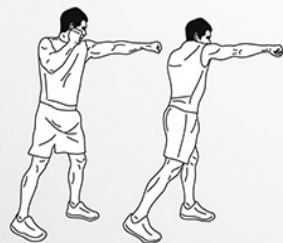
10 jumping jacks



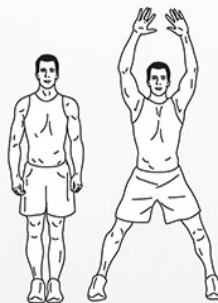
20 overhead punches



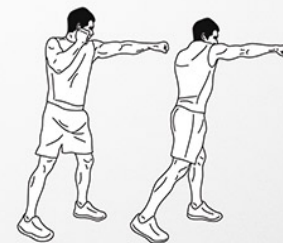
10 jumping jacks



20 punches



10 jumping jacks



20 punches

GO
BACK