

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind

WORKOUT VIDEOS



CLICK FOR MORE!

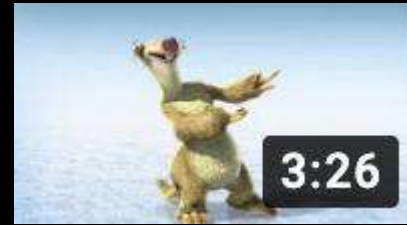


Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind

DANCE VIDEOS



CLICK HERE TO GO BACK TO BEGINNING!

**R
E
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NETFLEX

BEGINNERS



KIDS WORKOUT 1

**R
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NETFLEX

LET'S TRAIN IN:

1



**R
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NETFLEX

AVENGERS

FITNESS TRAINING



By: Mike Ginicola @PhysEdDepot

**R
E
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NETFLEX

Choose your favorite by going to that side of room to perform the activity!

By: Mica Olinick
@PhysEdDapt

Round ends in:

00:40

OR



**R
E
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NETFLEX

Choose your favorite by going to that side of room to perform the activity!

By: Mike Davala
@PhyEdCapet

Choose now:

4

OR



**RETURN
TO**

NETFLEX



RETURN
TO

NETFLEX

SPIDER- MAN WORKOUT



**R
E
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NETFLEX

**THE
BLACK
PANTHER
WORKOUT**

#GETKIDSMOVING



**R
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NETFLEX



**R
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NETFLEX



**R
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NETFLEX

TONY STARK

WORKOUT



**R
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NETFLEX



**R
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NETFLEX



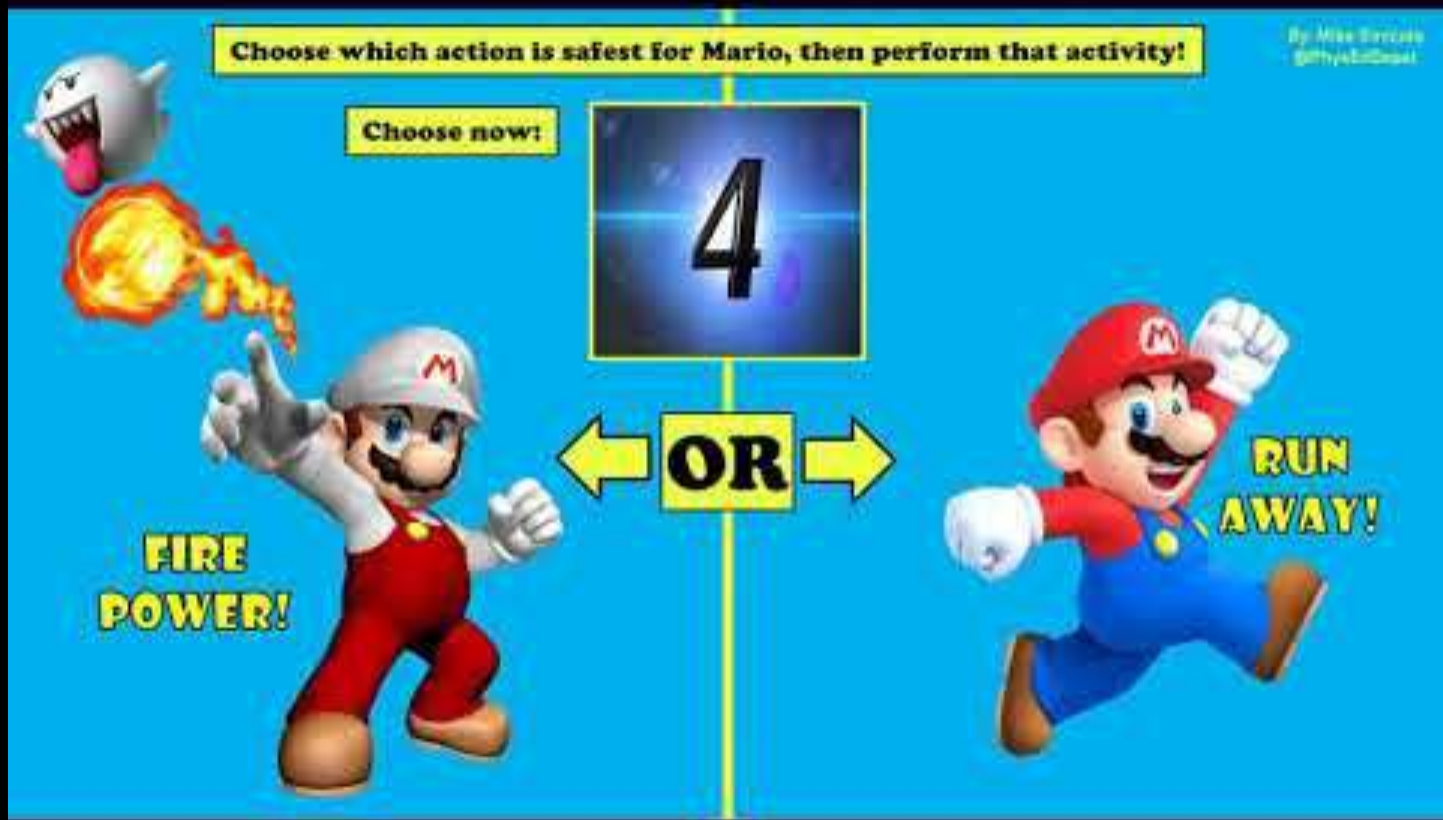
**R
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NETFLEX



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NETFLEX



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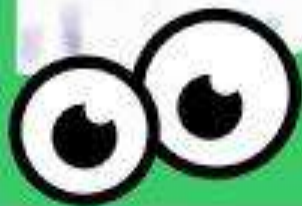
NETFLEX



RETURN
TO

NETFLEX

Can't
stop
the
Feeling!



GoNoOdie

**R
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NETFLEX



**R
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NETFLEX



**R
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NETFLEX



**R
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NETFLEX

RIGHT

LET'S

FOOT



RETURN
TO

NETFLEX



**R
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NETFLEX

