

WIS Phys Ed Remote Learning Assignment

Week 3 - "SUPER" FUN WORKOUTS

It's the moment you've all been waiting for...SUPER HERO TRAINING!!

Grab someone or everyone that is in the house with you, get a water bottle, and GET MOVING TOGETHER!!

PLEASE DO EACH WORKOUT TWICE!! (They are short)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPERHERO of the day	<i>Avengers Tabata Workout</i>	<i>Spider-Man HIIT Workout</i>	<i>Black Panther HIIT Workout</i>	<i>Thor HIIT Workout</i>	
Click the link to start your workout! (Complete each 2 times)	https://www.youtube.com/watch?v=jyWyBern6q4	https://www.youtube.com/watch?v=YC_V8hnU2PY&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=25	https://www.youtube.com/watch?v=9SDWARXm4mA&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=6	https://www.youtube.com/watch?v=c3oeoVsM95s&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=15	Your choice!! Choose one or two workouts from the menu to the right of the videos. Fill in the top box with the workout name!
Who worked out with you today?					
What was your favorite SUPERHERO workout "move"					
DAILY QUESTION Type your answer in the chart.	<i>If you were a superhero, what would your name be?</i>	<i>What would be your superpower?</i>	<i>What would your superhero suit look like?</i>	<i>What would be the name of the villian you would battle?</i>	<i>Which real superhero would be your super bestie?</i>