**TASK:** Complete the following workout according to your full name. (First & Last Name)



**QUESTIONS:**

1. What was your full workout?
2. What was your favorite exercise?
3. What was your least favorite exercise?
4. Would you do this again? What would you change, if you would change anything? (Answer BOTH PARTS of this question)

**How will your teacher know you are completing the task?**

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Answer the questions in a doc and submit