**Task:** Complete 1 workout as instructed for at least 3 sets (rounds).

For the folder of workouts click [**here**](https://drive.google.com/drive/folders/1KA3mr0H8nJrDzqFzAhF0Yo1v5g_zMbkG).

How will your teacher know you are completing the videos? **ALL 3** NEED TO BE INCLUDED:

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* In a doc:
  + What is the title of the workout performed?
  + Explain the purpose of each exercise performed in a document.