# **18 Minute Fat Burner Workout**

**Student Instructions:**

* Watch the video to complete the workout. Mirror the moves in the video.
  + Video Hyperlink: <https://youtu.be/ge55KlczwHc>
  + Follow the channel for more at home workouts by clicking [here](https://youtube.com/channel/UCDiPkOrxBV-rOiHPVUZhuWQ?sub_confirmation=1.).
  + Upload this Google Doc to ManageBac in the Dropbox.
* After completing the video, complete the assessment sheet below.
  + **Place your initials in each box to verify that you have completed the exercise.**
  + **Enter your Heart Rate at the end of the assessment sheet.** 
    - **Find your pulse, and count your heart beats for 6o seconds.**

[](https://youtu.be/ge55KlczwHc)

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| **Students, please place your initials in each box below to verify that you have completed the exercise for each set** | | | | |
| **Exercise** | **Set 1** | **Set 2** | **Set 3** | **Set 4** |
| 1️⃣Touchdown Squat Jacks  **Modification**: Touchdown Squat w/low impact jumping jack. |  |  |  |  |
| 2️⃣Rowboat Crunches  **Modification**: Rowboat Crunches w/hands on ground for stabilization |  |  |  |  |
| 3️⃣Forward Lunge to Glute Kick  **Modification**: Lunge Hold w/Glute Kick | Set 1 - Left | Set 1 - Right | Set 2 - Left | Set 2 - Right |
| 4️⃣Long Arm Plank w/Glute Kick  **Modification**: Standard Prone Glute Kick | Set 1 - Left & Right | Set 2 - Left & Right | Set 3 - Left & Right | Set 4 - Left & Right |
| 5️⃣Wide Stance Squat w/Elbow to High Knee Reach  **Modification**: Standing Elbow to High Knee Reach |  |  |  |  |
| 6️⃣Bear Jacks  **Modification**: Bear Hold w/Lateral Toe Tap |  |  |  |  |

* **Immediately after completing the 10 exercises above, please calculate your Heart Rate. Use a timer for 60 seconds to count your beats per minute.**

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| **Heart Rate:** | **Student Signature (just type your name):** | **Parent/Guardian Signature (just type your name):** |