**Tasks:** Perform a workout/ fitness activity at home for the specified amount of time indicated with the coordinating point value.

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| **Task:** | **TIme:** | **Point Value:** |
| Workout 10 | At least 10-15 minutes | 10 |
| Workout 15 | At least 20-30 minutes | 15 |
| Workout 25 | At least 35-45 minutes | 25 |
| Workout 50 | At least 50-60 minutes | 50 |

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

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Share a document/screen capture of the workout performed (if your workout was cardio- fill out the other task indicated for cardio)
* Explain the purpose of each exercise performed in a document.

Free step app recommendations for workouts: (not required to use)

* Home Workout- No Equipment
* 30 Day Fitness Challenge
* Daily Workouts- Exercise Fitness Workouts

(\*If you play a sport and you are doing conditioning- can use as well\*)