**Workouts for 5-18 and 5-19**

Hello students,

I hope you all had a great weekend! I included a photo I took from Teneriffe Falls. This is a great day hike at 5.6 miles. Elevation gain is at 1,585 feet. Not super strenuous but gets a little tougher as you start climbing towards the falls. Be careful on the ridgeline as it gets rocky! If you are looking for an outing, check it out!

<https://www.wta.org/go-hiking/hikes/teneriffe-falls>

**Monday 5-18**

**Introduction:**

PLAN Your JOG: 2.0 Miles

OPTIONS

\*Use [GMAP Pedometer](https://gmap-pedometer.com/)

https://gmap-pedometer.com/

or similar internet mapping service:

\*Use a treadmill with incline setting (if you have access/ must stay inside)

\*Have a TIMING device

**Activity:**

Reminder your distance must be at least 2 miles.

Complete your JOG while using your timing device to track how long it takes you to complete.

**Tuesday 5-19**

**Introduction:**

1. Make sure you have a place to move around

2. When performing kicks and strikes be careful of hyperextensions. Go light!

**Activity:**

Follow along and complete this

[**Krav Maga Cardio Workout**](https://www.youtube.com/watch?v=oKi2Vh9rqt0&t=1286s)

<https://www.youtube.com/watch?v=oKi2Vh9rqt0&t=1286s>

(Here is the address if the link is not working)

**Google Form: Due by Tuesday at 9:00 PM**

**https://docs.google.com/forms/d/e/1FAIpQLSe2HpFSuTPba7\_BIOm2D2a2AuKop44FJQT1ZT6BDPNh-kuqog/viewform?usp=sf\_link**