**Workouts for 4-27, 4-28**

(Link for Google form on page 2)

**Monday**

**Instruction:**

PLAN your HIKE: 3.0 Miles HIKE/POWER WALK

 OPTIONS

1. use GMAP Pedometer or similar internet mapping service:
2. use a treadmill (if you have access/ must stay inside)

***Please email me if you need another option to complete this workout.***

 *Use a TIMING DEVICE and note in the google form how long the hike/powerwalk takes.*

**Activity:**

Complete your three-mile hike and use your timing device to track how long it takes you to complete.

*Ideas of places to hike:*

Remember to check conditions before you set out on a hike!

<https://www.wta.org/>

Here are a few photos from the Poo Poo Point Trail that I took this month. Hiking from the Chirico Trail will be closer to four miles but offers a great view of Mount Rainier on a clear day. The second photo is from the main viewpoint at sunset. Early morning or sunset offers a great time to hike with less people. The main lot at the Chirico Trail is closed, but there are spots along Hobart to park. Hiking the trails near our school is a great option for this workout too. Lots of places to park in the main lot😊

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**Tuesday**

**Introduction:**

Cardio Dance Workout

View first two minutes of each workout to help you choose what workout you would like to do.

Workout 1: <https://www.youtube.com/watch?v=lDA8QqF5gtM>

Workout 2: <https://www.youtube.com/watch?v=EcqYeThduWk>

NOTE: #2 is faster paced includes elements of kickboxing

**Activity:**

Choose one of the above videos to follow along and complete Dance Workout.

**Google form: Due by Tuesday at 9:00 PM!**

https://docs.google.com/forms/d/e/1FAIpQLSdTAurptWeovi\_U6j2MJmbBO5nxqEOifx8LUOQ6NmqGZ67O-g/viewform?usp=sf\_link