**Workouts for 4-29, 4-30, and 5-1**

**A cat sitting on a table

Description automatically generated**My cat Lyla has loved practicing yoga with me at home😊 Please send me photos of your pets getting in on the at home exercise routine😊

Wednesday 4-29

Instruction:

View Body Weight Exercise Workouts:

10 min Lower Body: <https://www.youtube.com/watch?v=erKJOb51bCI>

10 min Upper Body: <https://www.youtube.com/watch?v=1RbdiqZHg3s>

Activity:

Using both links, follow along to complete workout. If you have any questions on ways to modify an exercise, please shoot me an email and I can help😊

Thursday 4-30

Instruction:

Prepare a space to complete a Yoga workout. If you don’t have a mat, feel free to use a beach towel or just set up on the floor.

Make sure you are set up to view the video below so you can follow along.

Activity:

<https://www.youtube.com/watch?v=WnFFxnr0pHk&feature=youtu.be>

“Not great at the video editing… I’ll work on it.” -Mrs Gratias

Friday 5-1

Instruction:

View at least the first 2:15 of this video: <https://www.instagram.com/tv/B_Vh6knFS65/>

\*Watch more of video if you need further example

Find needed equipment (including timing device), set-up your area and practices any exercise as needed

Activity:

Complete your own Reverse Waterfall Workout while using your timing device to track how long it takes.

**Alternative Workout for Friday: Yoga with Ms. Bykonen (Total time – 35 minutes)**

\*This yoga routine can be used as an alternative to the Waterfall Workout or you can do both! I highly recommend both😊

**Please see next page for login information!**

Google form: Due by Friday at 9:00 PM!

https://docs.google.com/forms/d/e/1FAIpQLSfbGmZ57YYJ8H4JvGBLaef5hPV40dyxnbgK-cn9zO1py7cmYQ/viewform?usp=sf\_link

Topic: Yoga Session with Ms. Bykonen

Time: May 1, 2020 11:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

https://us02web.zoom.us/j/6110847840?pwd=Y0tWZFh4NnNZc3JZekhOalVsRGpNdz09

Meeting ID: 611 084 7840

Password: 498181

One tap mobile

+12532158782,,6110847840#,,1#,498181# US (Tacoma)

+13462487799,,6110847840#,,1#,498181# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 611 084 7840

Password: 498181

Find your local number: https://us02web.zoom.us/u/kcfftqsFDS