**Workouts for 5/11 and 5-12**

**Monday**

Introduction:

PLAN Your Hike: 3.0 Miles

OPTIONS 1- use [GMAP Pedometer](https://gmap-pedometer.com/) or similar internet mapping service: 2- 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 3 miles. Complete your hike while using your timing device to track how long it takes you to complete.

**Tuesday**

Introduction:

30 Min Hip Hop Tabata Various hip hop moves that you will perform for 20 seconds spurts with breaks. There is a participant in the video who modifies and one who amps the moves up! Pick which works best for you!

Activity:

Get ready to sweat! “This is my favorite dance cardio workout. “

-Ms. Bykonen

[Hip Hop Workout](https://www.youtube.com/watch?v=kwkXyHjgoDM&t=685s)

**Google Form:** <https://docs.google.com/forms/d/e/1FAIpQLSf2nInhpKIiFSd5Du9di2_j3H7SzyHUXz2Ypmz-hB9VzphxoQ/viewform?usp=sf_link>



Here is a photo of Mount Baker that I took over the weekend on my hike😊