**Workouts for 5-13, 5-14, & 5-15**

**Wednesday**

*Introduction:*

View: [Exercise Demos](https://drive.google.com/file/d/1QKMvwgIwJ4fZQaGcSLKzYyyDCu2TTeP3/view?usp=sharing)

For Warm Up & Core exercise, complete in alternate fashion (Jumping Jacks, Hollow Hold, Jumping Jacks, etc) until all sets completed before advancing to upper body portion of workout.

*Activity:*

Complete:

[Warm Up, Core and Upper Body Workout](https://drive.google.com/file/d/1EVYnQoTMyTGoY-g9fHAJcdyuo9to1Ydn/view?usp=sharing)

\*Challenge: Complete the Bonus

**Thursday**

*Introduction:*

In yoga today we are focusing on balancing poses.

Grab a mat if you have it, and set up where you can see a screen and have a little room to move.

*Activity:*

Watch this [headstand tutorial](https://youtu.be/DZRCj-a8aVw) if you have not done yoga headstands before, or need a refresher.

[Yoga video](https://youtu.be/Lr5I-YcoiIM)

**Friday**

*Introduction:*

[“5/15” AMRAP](https://www.instagram.com/tv/B_-99-0FshB/)

Watch video using link above.

Download SmartWOD app or set up other means to time and track rounds

*Activity:*

Complete the

“5/!5” AMRAP

Google Form: Due by Friday at 9:00 PM

https://docs.google.com/forms/d/e/1FAIpQLSd76gbjU-MF6Jw5QAH7fmgBcHmunLHmARj3gACByocdNJlszQ/viewform?usp=sf\_link