**Workouts for 5-20, 5-21, and 5-22**

**Wednesday**

**Instruction:**

View following links to review/learn exercises:

1. [Bicycle Crunch](https://www.verywellfit.com/bicycle-crunch-exercise-3120058)
2. [Plank Rows](https://www.instagram.com/tv/B_Vh6knFS65/)

\*scroll to 0:20

1. DB-[Lateral Raise](https://www.verywellfit.com/side-lateral-raise-4588211)
2. DB-[OH Press](https://www.verywellfit.com/how-to-do-the-dumbbell-overhead-press-3498298)
3. [Headstand](https://www.verywellfit.com/how-to-do-a-headstand-3567150)

\*If needed view [Modifications](https://www.verywellfit.com/how-to-do-a-headstand-3567150#modifications-and-variations)

**Activity:**

Complete today’s [Upper Body Workout with Headstand/Handstand Challenge!](https://drive.google.com/file/d/1mkNH_Rn38uYqiK_ccLXlWto3XimoLO8h/view?usp=sharing)

**Thursday**

**Instruction:**

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

**Activity:**

Follow along and complete today’s

[Yoga video](https://youtu.be/sVyadC2Bwm8)

**Friday**

**Instruction:**

[Blake’s Dice](https://www.instagram.com/tv/B_OBlfMlcue/)

Use link above to watch ENTIRE video to get full picture of workout.

Find dice (you need 4)

(or download “Dice Dice” App)

Select your 6 exercises and prepare chart to track reps

**Activity:**

Complete your dice workout. Reminder that each round you will complete each exercise! Make sure to chart your reps.

Google Form: Due by Friday at 9:00 PM

**https://docs.google.com/forms/d/e/1FAIpQLSedaCCb1Vuxcm4-WB40A4YVzBJfQlENan4vEdlV72UBGqoyvA/viewform?usp=sf\_link**