Hello students,

I hope you have had a great weekend and are ready for another week of workouts😊 Here are the workouts for Monday and Tuesday. Please submit the google form by Tuesday at 9:00 PM. I have been spending some time out in North Bend taking photos of an elk herd. Here are a few photos😊 I miss you all!

**A group of sheep standing on top of a lush green field

Description automatically generated**

A picture containing grass, outdoor, mammal, animal

Description automatically generated

**Monday 5-4**

**PLAN Your Jog: 2.0 Miles**

**OPTIONS**

**1- use** [**GMAP Pedometer**](https://gmap-pedometer.com/) https://gmap-pedometer.com/

**or similar internet mapping service:**

**2- use a treadmill (if you have access/ must stay inside)**

**\*Have a TIMING device**

**Complete your 2 - mile jog and keep track of how long it takes using your TMING DEVICE**

**Tuesday 5-5**

Video is 30-minute boxing inspired workout.

-Take note of instruction on how to punch a *JAB* and *CROSS*.

- Practice both punches during the workout.

Have fun and enjoy!

[**Boxing Workout**](https://www.youtube.com/watch?v=jCTEVKRTuS8)

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***Google Form: Due by Tuesday at 9:00 PM***

<https://docs.google.com/forms/d/e/1FAIpQLSfLNZsGUmmuOR_w8J-QvyGoGtJ_8lcJhDeSS-Dx935z_ImlvA/viewform?usp=sf_link>