**Workouts for 5-6, 5-7, and 5-8**

**Wednesday: Strength Training**

|  |
| --- |
| Watch [Backpack Day](https://www.instagram.com/tv/B_nwa-VlExW/)https://www.instagram.com/tv/B\_nwa-VlExW/ Prepare your backpack Prepare your chart to track reps If Possible, download **SmartWOD** app |
| Complete Backpack Day workout and record your reps |

**Thursday: Yoga**

****This is a full body flow with standing and seated postures. There is a little extra focus on the hamstring muscles, so remember to modify by bringing some bend to your knees.

If you want to keep workout at 25 minutes, skip final rest at end.

Yoga Routine

<https://www.youtube.com/watch?v=f3sQOoWx2Q4&feature=youtu.be>

Enjoy😊

**Friday: CrossFit**

Watch at least the first 2 minutes of this:

10! WOD

<https://www.instagram.com/tv/B_qWOcVF0eX/>

If needing a fuller example watch rest of video

\*Have a timing device

Complete the 10! WOD as fast as possible and track your time.

**Google Form (Due by Friday at 9:00 PM)** https://docs.google.com/forms/d/e/1FAIpQLSdJMzalcD\_YPBTF4nwECo\_4fXyklDoZ3eYWXikpMdssN\_hHIQ/viewform?usp=sf\_link