TJS Workout of the Week (WOW)

This is for all students, parents/guardians, as well as teachers.

These workouts can be done at home, in a yard, in a garage, etc.

All of these workouts can be scaled or adjusted to the individual.

For movements, feel free to Google the movement if you are unfamiliar with it.

WOW # 1	Burpee Challenge	Mr. G's Video	Directions
WOW # 2	Push-ups, Squats, and Lunges!	Video Part 1 Video Part 2	Directions
WOW # 3	5 Rounds for Time	Video	Directions
WOW # 4	Core - Planks	Video	Directions
WOW # 5	12 Minute AMRAP	Video	Directions
WOW # 6	2 Rounds for Time	Video	Directions