

HOPE Workout (TUESDAY-THURSDAY-FRIDAY)

Directions: When absent make- up workouts are posted on <https://darebee.com/>

- Click on the workout tab and choose a workout
- Perform the workout
- After completion of the workout DOCUMENT below on the day you were absent 😊

***TUESDAY**

Date –
Work-out Title:
Focus -
Type -
Difficulty -
Reflection -

***THURSDAY**

Date –
Work-out Title
Focus -
Type -
Difficulty -
Reflection -

***FRIDAY**

Date –
Work-out Title
Focus -
Type -
Difficulty -
Reflection -

