

Home Workout #12

Today's workout is one that the whole family can do! I posted links to the videos they will show you what to do and how long to do them. These are HIIT workouts(High intensity interval training), so the goal is to try and work as hard as you can during each exercise, then you have a short break. The videos have timers and start stop sounds, so you might want to have some music to play during these workouts. 3 things to remember with this workout: 1) stretch first, do not skip stretching!!! 2) keep your intensity through the workout, if you need a short break between videos keep it to 5 minutes or less 3) have fun and try to get your whole family involved, this workout was intended to get everyone active!

Basic Workout Avengers and 1 Hiit Video; Challenge all videos

<https://youtu.be/jyWyBern6q4> - 4 minute Avenger

https://youtu.be/YC_V8hnU2PY - 4 minute Spiderman

<https://youtu.be/c3oeoVsM95s> - 4 minute Thor

HIIT Videos

<https://youtu.be/-0DuHnxnH14> - 7 in 7 Kids Full Body Strength & Core Workout

<https://youtu.be/wzJelmXNTDA> - 7 min Exercise for Kids - Full Body Tone with Glutes & Core - No Equipment

Wrestling Video of the Day

<https://youtu.be/wnzsOYamJqY> - Men's Greco Roman 85kg Gold Medal

Technique Video of the Day

https://youtu.be/sfu1ikO_-s - takedown drill

Fun Video of the Day

<https://youtu.be/GwWo3tsRZOo>