

Exercise Skill Test

1. Film yourself doing the exercises below with proper form.
2. Once an exercise is filmed, record a voiceover saying whether the exercise was done with correct form or not. If your form in the video is perfect, you explain what you did, and if it is not perfect, you need to explain what you did wrong and how you can fix it.
3. Overlay the voiceover with your video so that while watching the exercise, you can hear your description.
4. Once all exercises are done with voiceover, combine them all into one video.
5. You are graded on your ability to perform each exercise with proper form. If you can't do an exercise correctly, you will still get full credit for it if you can explain how to perform it with proper form.
6. Once a video is complete with the voiceover, put the video into your Drive account. Then put the link below. Make sure you give me access to watch the video. This assignment is worth 10% of your final grade.

1. Squats
2. Squat Jumps
3. Static Squat
4. Lunges
5. Burpees/Squat Thrusts
6. Push-ups
7. Modified Push-ups
8. Plank