**VIRTUAL LEARNING WORKOUTS**

**ACCEPTABLE WORKOUTS**

* Work out structure (order of exercises)
* Reps, Sets, Weight used, rest time between each set
* Duration of workout
* Must list a minimum of 6 different exercises
* Must do a minimum of 3 sets of each exercise
* Be Creative
* EXAMPLE LISTED BELOW

**LEGS**

Squat: 3 sets / 10 reps / 135 weight used

Deadlift: 3 sets / 10 reps / 135 weight used

**PUSH**

Bench: 3 sets / 10 reps / 135 weight used

Military Press: 3 sets / 10 reps / 135 weight used

**PULL**

Bent Row: 3 sets / 10 reps / 135 weight used

1 Arm Rows: 3 sets / 10 reps / 70 weight used

**BODY WEIGHT WORKOUTS IF HAVE NO EQUIPMENT**

* 6 Rounds For Time / Make sure to post how long takes to complete
* 24 Air Squats
* 24 Push-Ups
* 24 Walking Lunges

**UNACCEPTABLE WORKOUTS!!!!!!!!!!!!!!**

I ran 3 miles / Walked 15 minutes

Sport practice: Football, Baseball, Club, Soccer, Basketball, etc…….

Rest Day

Garage Workout

Legs/Back