

# 3rd Period - Marco Blanco - Week 1 Assignment

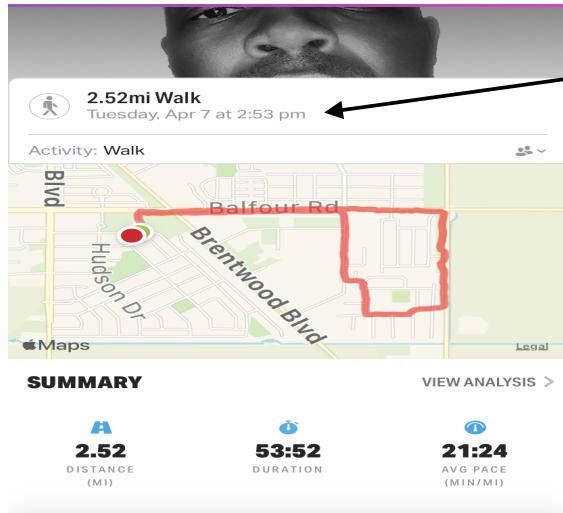
**EXAMPLE**

**Monday - April 6th**

Total Time: 51 Minutes

## Cardio - Walk

MapMyWalk

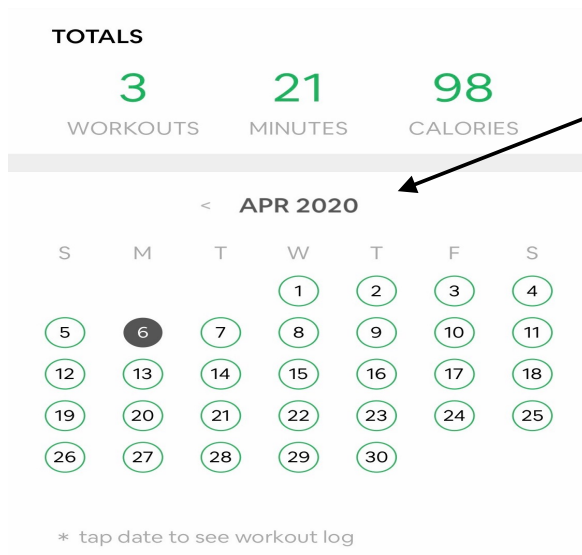


Make sure to include the dates with your screenshots

**7m App and MapMyWalk**  
You can get a summary of the week/day

## Strength

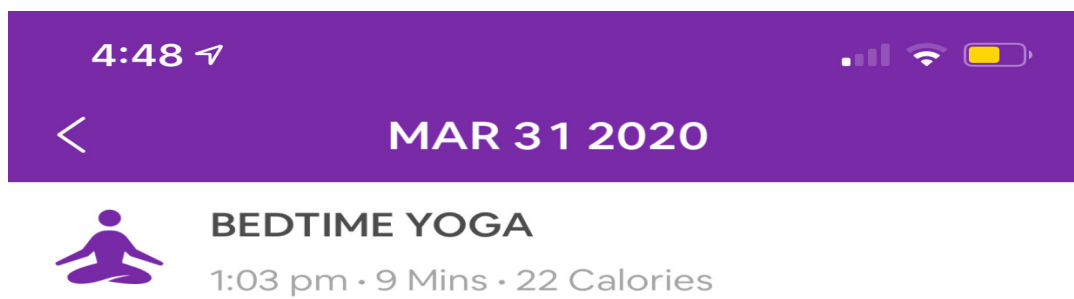
7m Workout App



Make sure to include the dates with your screenshots

## Yoga - Flexibility

Yoga App



Make sure to include the dates with your screenshots

**Wednesday - April 8**

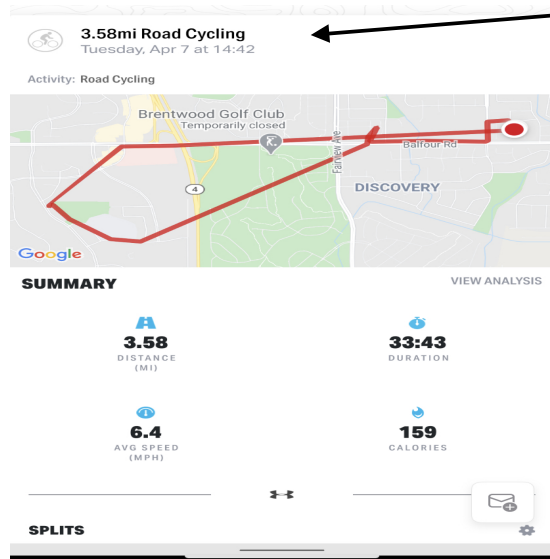
*Total Time: 66 Minutes*

**EXAMPLE**

**Cardio - Bike Ride**

WalkMyWalk App

You can also choose your activity in MapMyWalk  
Ex. Treadmill, Stationary bike, Gym Workout...



**Strength**

*Home Gym Workout - 25 Minutes*

**Dumbbell Bench Press**

3 sets/ 8 reps

**Dumbbell Squats**

3 sets / 12 reps

**Standing Dumbbell Curl**

3 sets / 10 reps

**Flexibility**

*Before Workout - 7 minutes*

Hamstring Stretches - 20 seconds

Quad Stretches - 20 seconds each leg

Shoulder Circles - 20 Seconds

Arm Circles - 10 reps forward / 10 backward

Walking Knee Hugs - 20 reps