

3rd Period - Marco Blanco - Week 1 Assignment

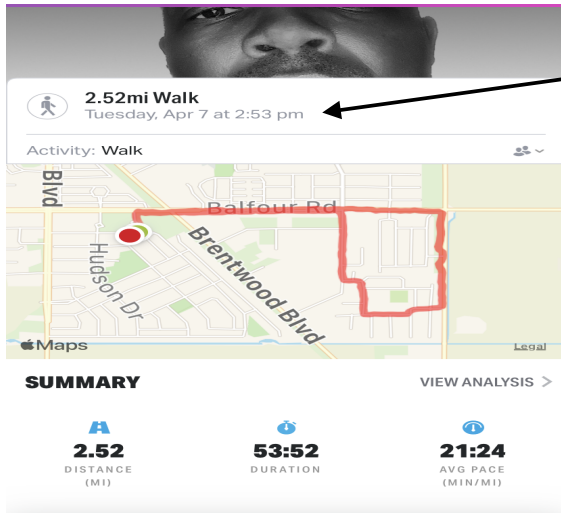
EXAMPLE

Monday - April 6th

Total Time: 51 Minutes

Cardio - Walk

MapMyWalk

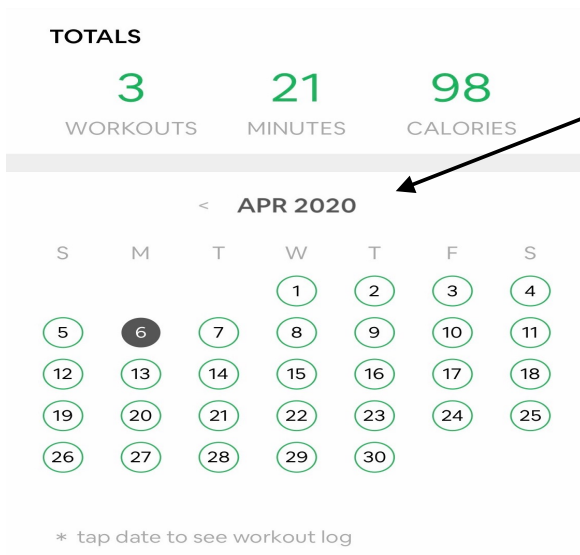


Make sure to include the dates with your screenshots

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

Strength

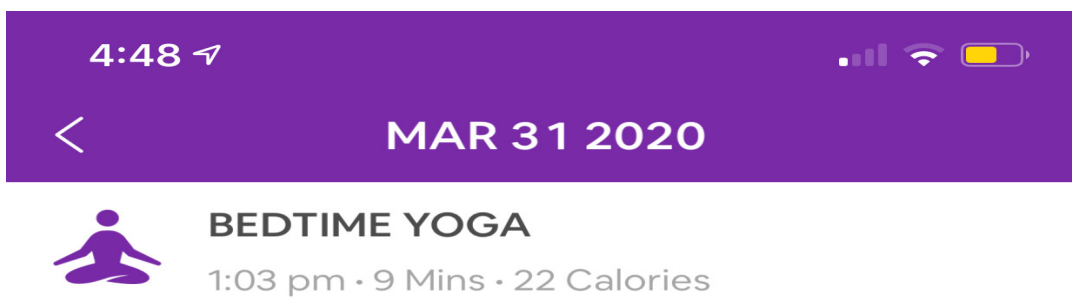
7m Workout App



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

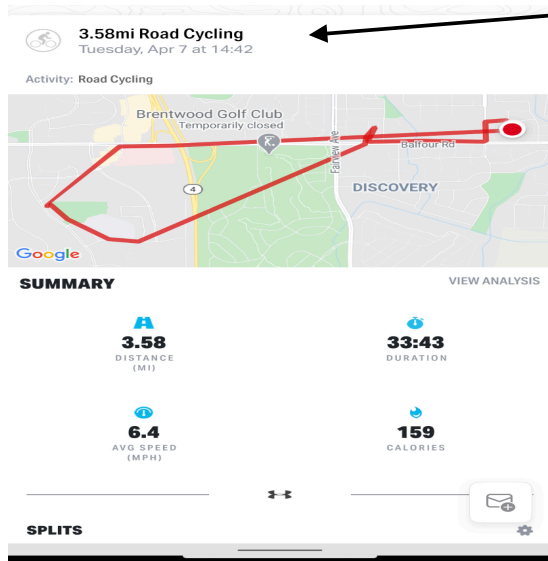
Total Time: 66 Minutes

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