

# 6<sup>TH</sup> - 8<sup>TH</sup> GRADE

## FITNESS ROUTINES AND ACTIVITY SUGGESTIONS

Here is a list of activities for you to choose from this week. We recommend you do at least one a day, in addition to the daily workout calendar.

1.	<b>RUN 4 CHANGE 20/20 CHALLENGE - 20 MINUTE WORKOUT FOR KIDS</b> <a href="https://www.youtube.com/watch?v=qzx-d1Z2bLY">https://www.youtube.com/watch?v=qzx-d1Z2bLY</a>
2.	<b>SPIDERMAN WORKOUT</b> <a href="https://www.youtube.com/watch?v=YC_V8hnU2PY">https://www.youtube.com/watch?v=YC_V8hnU2PY</a>
3.	<b>AVENGERS ENDGAME TABATA</b> <a href="https://www.youtube.com/watch?v=jyWyBern6q4">https://www.youtube.com/watch?v=jyWyBern6q4</a>
4.	<b>CUPID SHUFFLE CAPACITY WORKOUT</b> <a href="https://www.youtube.com/watch?v=5dtOHpnfl4w&amp;t=169s">https://www.youtube.com/watch?v=5dtOHpnfl4w&amp;t=169s</a>
5.	<b>PUSH UP AND SIT UP PRACTICE</b> <a href="https://www.youtube.com/watch?v=_PRWW8xDWQ">https://www.youtube.com/watch?v=_PRWW8xDWQ</a>
6.	<b>RELAXATION ROUTINE</b> <a href="https://darebee.com/workouts/serenity-workout.html">https://darebee.com/workouts/serenity-workout.html</a>
7.	<b>STAY HOME WORKOUT</b> <a href="https://darebee.com/workouts/stay-home-workout.html">https://darebee.com/workouts/stay-home-workout.html</a>
8.	<b>FORTNITE DANCE WORKOUT</b> <a href="https://www.youtube.com/watch?v=MnpxQr3KXNw">https://www.youtube.com/watch?v=MnpxQr3KXNw</a>
9.	<b>HOW TO GET STRONGER IN BASKETBALL WITHOUT WEIGHTS</b> <a href="https://www.youtube.com/watch?v=z-aanfOWfpY">https://www.youtube.com/watch?v=z-aanfOWfpY</a>
10.	<b>4 MINUTE WARMUP</b> <a href="https://darebee.com/workouts/4-minute-warmup-workout.html">https://darebee.com/workouts/4-minute-warmup-workout.html</a>

