
WORKOUT AT HOME 2nd ESO (<https://www.youtube.com/watch?v=VZtNM6AICtg>)

You should do the provided workout at home, 2 days/week, for the next 15 days (4 days in total). It is not necessary to lift weights; you can use your own body weight.

- Day 1: 3 rounds, 10 reps per exercise, rest 60 seconds between rounds.
- Day 2: 3 rounds, 12 reps per exercise, rest 60 seconds between rounds.
- Day 3: 4 rounds, 10 reps per exercise, rest 60 seconds between rounds.
- Day 4: 4 rounds, 12 reps per exercise, rest 60 seconds between rounds.

Every time you do the workout, you must record you in a video doing the workout (4 workouts, 4 different videos showing that you have done the provided workout). **You will have to show the 4 different videos in your phone to the PE Teacher on the back to school date.**

*Exercises:

- Step up using a chair.
- Inverted row using a table.
- Push up on the floor.