***Additional Workouts***

Here you will find useful videos and posters of additional workouts. You can use these as supplemental workouts to do for your Fitness Log.

If you are doing this as an absence make up, be sure to write it on your fitness log **and email me the name of the workout** on the day you missed, to be counted as present. If you choose to do multiple Fitness Blender videos that add up to 20 minutes, please name all the videos in your email.

* **Darebee Workouts**

Click the link below to find multiple workout pages that you can perform. <https://darebee.com/workouts.html>

* **Fitness Blender**

Click the link below to be directed to a workout site where you can choose multiple workouts to do outside of class.

<https://www.fitnessblender.com/videos>

* **OPEN**

Click the link below to be directed to the OPEN PhysEd website. Here you can go to the Secondary Content Packets and choose the different workouts within the packet.

<https://openphysed.org/activeschools/activehome>