Group Workout Assignment

Instructions:

Each breakout room will develop a workout that must include the following:

* Duration ~40 minutes
* Must have a warm-up
* Must have a cooldown
* Modifications to make certain exercises easier/harder
* Written document that can be screenshared via my screen
  + Please include all names at the top of the document for my records
  + Please include the class name, date, and time
  + Please include your breakout room number

Exercises, rest periods, sets, and reps can all be creative! Take inspiration from workouts I have created, ones I have screenshared, and topics you have read via Fusionetics. Anything is fair game as long as it encompasses the above criteria.