












ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: LOW INTENSITY CARDIO WORKOUT

		
LINK: https://youtu.be/8A6Uai5sQVw	LINK: https://youtu.be/uNrqrk2xcAo	LINK: https://youtu.be/YaJryQEsT94
Quality: 	Quality: 	Quality: 
		
LINK: https://youtu.be/Y_uRyVxb2k	LINK: https://youtu.be/A1DzlOC2a8k	LINK: https://youtu.be/4k6ukunDwd8
Quality: 	Quality: 	Quality: 

ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: MUSCULAR STRENGTH LOWER BODY ONLY

		
LINK: https://youtu.be/3WHiONLTP1E	LINK: https://youtu.be/EWoxVdAd-HI	LINK: https://youtu.be/Ea6o73uwVYM
Quality: 	Quality: 	Quality: 
		
LINK: https://youtu.be/DbjMVBeB-BdQ	LINK: https://youtu.be/j-kLtTJ5ri8	LINK: https://youtu.be/2AuLqYh4irI
Quality: 	Quality: 	Quality: 

ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: MUSCULAR STRENGTH UPPER BODY ONLY

		
<p>LINK: https://www.youtube.com/watch?v=mGSBbizjLMg</p>	<p>LINK: https://youtu.be/X3TcVT-g1-w</p>	<p>LINK: https://www.youtube.com/watch?v=TSDS8KixaQ0</p>
<p>Quality: </p>	<p>Quality: </p>	<p>Quality: </p>
		
<p>LINK: https://youtu.be/ptQXsJfgPAY</p>	<p>LINK: https://youtu.be/0RGd8_DRmzY</p>	<p>LINK: https://youtu.be/j7HnFtNmDl4</p>
<p>Quality: </p>	<p>Quality: </p>	<p>Quality: </p>

ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: MUSCLE STRENGTH / MUSCULAR ENDURANCE WHOLE BODY



LINK:
<https://www.youtube.com/watch?v=enDvMxuT6EVg>

Quality: ★★★★★



LINK:
<https://youtu.be/SnIoKvaYSRQ>

Quality: ★★★★★



LINK:
<https://youtu.be/bgyebWom3fY>

Quality: ★★★★★



LINK:
<https://youtu.be/RRDtQ7Zmp6c>

Quality: ★★★★★



LINK:
<https://youtu.be/pNZe01hqMW8>

Quality: ★★★★★



LINK:
<https://youtu.be/oIHsny-iSA8>

Quality: ★★★★★

ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: CARDIO VASCULAR ENDURANCE

		
LINK: https://youtu.be/2rzhohF5w3c	LINK: https://youtu.be/fcN37TxBE_s	LINK: https://youtu.be/_Ov-ISkpOyI
Quality: 	Quality: 	Quality: 
		
LINK: https://youtu.be/qWy_aOIB45Y	LINK: https://youtu.be/nDvMxuT6EVg	LINK: https://youtu.be/Ea6o73uwVYM
Quality: 	Quality: 	Quality: 