

# ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: CARDIO VASCULAR ENDURANCE

		
LINK: <a href="https://youtu.be/2rzhohF5w3c">https://youtu.be/2rzhohF5w3c</a>	LINK: <a href="https://youtu.be/fcN37TxBE_s">https://youtu.be/fcN37TxBE_s</a>	LINK: <a href="https://youtu.be/_Ov-ISkpOyI">https://youtu.be/_Ov-ISkpOyI</a>
Quality: 	Quality: 	Quality: 
		
LINK: <a href="https://youtu.be/qWy_aOIB45Y">https://youtu.be/qWy_aOIB45Y</a>	LINK: <a href="https://youtu.be/nDvMxuT6EVg">https://youtu.be/nDvMxuT6EVg</a>	LINK: <a href="https://youtu.be/Ea6o73uwVYM">https://youtu.be/Ea6o73uwVYM</a>
Quality: 	Quality: 	Quality: 