











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: 