

# ALTERNATIVE PHYSICAL EDUCATION CLASS

AIM: MUSCULAR STRENGTH LOWER BODY ONLY

		
<b>LINK:</b> <a href="https://youtu.be/3WHiONLTP1E">https://youtu.be/3WHiONLTP1E</a>	<b>LINK:</b> <a href="https://youtu.be/EWoxVdAd-HI">https://youtu.be/EWoxVdAd-HI</a>	<b>LINK:</b> <a href="https://youtu.be/Ea6o73uwVYM">https://youtu.be/Ea6o73uwVYM</a>
<b>Quality:</b> 	<b>Quality:</b> 	<b>Quality:</b> 
		
<b>LINK:</b> <a href="https://youtu.be/DbjMVBeB-BdQ">https://youtu.be/DbjMVBeB-BdQ</a>	<b>LINK:</b> <a href="https://youtu.be/j-kLtTJ5ri8">https://youtu.be/j-kLtTJ5ri8</a>	<b>LINK:</b> <a href="https://youtu.be/2AuLqYh4irI">https://youtu.be/2AuLqYh4irI</a>
<b>Quality:</b> 	<b>Quality:</b> 	<b>Quality:</b> 