

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/olHsny-iSA8>

Quality: ★★★★★