Tips for HIIT workouts:

1. Back up Butterfly/Breaststroke - 45 seconds
   - This exercise focuses on the upper body and back, improving strength and endurance.

2. Side Lying Tricep Push-ups - 45 seconds per arm
   - The goal is to target the upper body, specifically the triceps and shoulders.

3. Push-ups - 45 seconds
   - This exercise targets the upper body and core, enhancing overall strength.

4. Tricep Dips - 1 minute
   - Aimed at developing the triceps and improving arm strength.

5. Inchworms - 1 minute
   - A compound exercise that focuses on the core and upper body.

6. Rest 2 minutes
   - Active rest is crucial to prevent injury and allow recovery.

7. Set up
   - Position yourself correctly to avoid injury and maximize effectiveness.

8. Materials needed
   - Yoyo, bean bag, rope, balance beam, gymnastic rings, mat, and medicine balls.

9. Zoom Charades
   - Instructions: Choose a book title, famous person, character, movie, or song. Then the player acts out the item they picked without using words.

10. Other players watch on Zoom and place their guesses in the zoom chat. The first person to guess correctly wins.

11. The player or team with the most points at the end of the game wins!

12. Play as many rounds as you would like

13. How to set up
   - Choose which team will go first.
   - If you choose to do teams, separate into at least two teams and decide which team will go first.
   - Decide if you are going to play in teams or solo.

14. How to play
   - The player chooses a book title, famous person, character, movie, or song. Then the player acts out the item they picked without using words.
   - The other players watch on Zoom and place their guesses in the zoom chat. The first person to guess correctly wins.

15. How to win
   - The player or team with the most points at the end of the game wins!

16. Practice your best acting skills!

Active rest: Glute kickers - 1 minute

Forrest Gump

DH Rainey

How to win:

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13. How to set up
14. How to play
15. How to win
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