Workout of the Day

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*MusicWorkout app*-best timing app ever! Set your intervals for working and rest; can be silent on rest or beep to rest/change activity; add your own music in from your library.

*Fitness partners* -students work in partners around perimeter of floor; post WOD (3-5 exercises) on white boards in middle gym; one person jogs on the “track” while the other performs first exercise; then switch jobs after 30 seconds; work through all exercises taking turns; use Music Workout app for timing/music.