Sick / Injury Work

1. Go to www.darebee.com
2. Search workouts and find one to do
   * You can filter by body part, workout type, and level of difficulty
   * Choose something that won’t aggravate your illness or injury
3. Do 5 sets if you can (3 minimum)
4. Write down the workout you did, how many sets completed, and how long it took you
5. Turn in to Coach Mack for credit