

**Name/Title:** Post Thanksgiving Cardio Workout (No Equipment Needed)

**Purpose of Event:** To do some cardio exercises to get back in shape after the Thanksgiving Holiday.

**Suggested Grade Level:** 3-12

**Materials Needed:** Jump rope optional.

### Description of Idea

This is a video of some exercises you can do with me to work off that Holiday meal!

Directions are in the video and description under the video.

[Video \(opens new window to YouTube\)](#)

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Submitted by **Idrissa Gandega** in New York, NY. Thanks for contributing to PE Central! **Posted on PEC: 12/2/2020.**

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