



Metro Families,

With the extended time away from school and sports, we want to encourage all Metro athletes to continue to do what they can during this time to work out on their own. Coach Bearden is putting together workouts that are home-based and require almost no equipment to complete. They will be located on <https://mcapatriots.com/AthleticPortal/Main/Default.aspx> under the Information tab and I've included a direct link to them below. These workouts will be updated weekly, and beginning next week, will start to include workouts for those that have access to some equipment (dumbbells, rack, bar, or a home gym system). Also, next week we will begin to utilize some daily or weekly challenges that we will encourage individuals to post on social media to inspire others.

We highly encourage everyone to participate in these workouts as we feel they are beneficial, both physically and emotionally. If you have access to a more complete home gym, have questions or comments, please email Coach Bearden ([mbearden@metroca.com](mailto:mbearden@metroca.com)) and he will answer those questions or put together a more complex workout to best utilize the equipment that you have on hand.

We are praying for everyone during this time. Please let me know if you have any questions!

Link to workout download:

<https://mcapatriots.com/AthleticPortal/Main/About.aspx?l=6617>

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