

CORE Relaxation **Legs**

WORKOUTS



Arms **Stress Relief** **Yoga**



No equipment is
required
It will be beneficial
if you mix it up

- Copy the people in the video to ensure you are using the correct technique

ENJOY!

ALSO EVERYDAY CHECK:

- The body coach
- Monday – Friday he will be doing a live workout 9am
- Start a couch to 5k
- There are also other home workouts on his channel



Core Workouts

- 10 minute quick core workout
<https://youtu.be/dNEZKqopc2I>
- 10 minute home ab workout
▪ <https://youtu.be/uUKAYkQZXko>
 - 10 minutes abs workout
<https://youtu.be/1919eTCoES0>
- 20 minute total core workout
▪ <https://youtu.be/-b2lNLq3EaA>
 - 30 minute intense core workout
https://youtu.be/N5ViYeGJOC_A
 - 30 minute core at home workout
https://youtu.be/FLp_bvf0W60



Leg Workouts

- 10 minute leg workout - <https://youtu.be/N5PN7G06pKg>
- 10 minute bodyweight leg workout - <https://youtu.be/1JjuaKI1W-U>
- 15 minute at home leg workout - <https://youtu.be/aCa8R9II8F0>
- 20 minute leg workout - <https://youtu.be/GfUpbhaCK7Y>
- 35 minute at home leg workout - <https://youtu.be/z4yo9R6e7WU>



Arm Workouts

- 4 minutes no weight arm toning workout - <https://youtu.be/PJO1hQSMPT4>
- 5 minute arm workout - <https://youtu.be/RTF4ADblouI>
- 7 minutes tone your arms workout - <https://youtu.be/UyTR2EjTAXU>
- 15 minutes upper body workout - <https://youtu.be/liMn9L6SIsw>
- 30 minutes upper body workout <https://youtu.be/NYL1HaT9JfU>



Cardio/ HITT

- 30 minute no-equipment cardio and HITT - <https://youtu.be/CBWQGb4LyAM>
- 30 minute tabata session - <https://youtu.be/XIeCMhNWFQQ>
 - 30 minute les mills gritt cardo - https://youtu.be/ZMO_XC9w7Lw
 - 40 minute HITT cardio workout - <https://youtu.be/5Yz9odanXN4>
 - 45 minute tabata cardio HITT workout- <https://youtu.be/Pe0INYxAHuW>



Yoga

- 10 minute morning yoga stretch –
<https://youtu.be/4pKly2JojMw>
- 20 minute beginners yoga workout -
<https://youtu.be/v7AYKMP6rOE>
- 30 minute power yoga for core -
<https://youtu.be/PIT7G8gOyAU>
- 40 minute yoga for strength -
<https://youtu.be/9kOCY0KNByw>



Stress Relief and Relaxation Techniques

- 15 minute calming yoga for stress relief and anxiety - <https://youtu.be/Nw2oBIrQGLo>
- Relaxing music for stress relief - <https://youtu.be/lFcSrYw-ARY>
- How to reduce stress with progressive muscle relaxation - <https://youtu.be/kdLTOurS2lA>
 - Yoga for anxiety and stress - https://youtu.be/hJbRpHZr_d0
- Guided relaxation exercise for anxiety - <https://youtu.be/6KLhMGiSmHs>

