

## HOME WORK-OUT GUIDE

Coach to 5K – Follow each workout and build the endurance to run 5K!

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

### Just Dance Links

[https://www.youtube.com/watch?v=gCzgc\\_ReIBA](https://www.youtube.com/watch?v=gCzgc_ReIBA)

<https://www.youtube.com/watch?v=eughyYPoExk>

<https://www.youtube.com/watch?v=9QAdPjMqHKE>

<https://www.youtube.com/watch?v=dx6wHNOVsJo>

<https://www.youtube.com/watch?v=cVaH36NTgtQ>

<https://www.youtube.com/watch?v=sOfNRdQtY-A>

<https://www.youtube.com/watch?v=lblq5SmHPYU>

### Beginner Home Work Outs

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.youtube.com/watch?v=SbFqQarDM50>

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

<https://www.youtube.com/watch?v=rN0h6EZd6TM&list=RDCMUCAxW1XT0iEJo0TYIRfn6rYQ&index=6>

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

<https://www.youtube.com/watch?v=q20pLhdoEoY>

### Intermediate Home Work Outs

<https://www.youtube.com/watch?v=Ba3qZjzPonI>

<https://www.youtube.com/watch?v=wLYeRlyyncY>

<https://www.youtube.com/watch?v=W3xemVqcGJo>

<https://www.youtube.com/watch?v=B73nGbdj2uc>

<https://www.youtube.com/watch?v=ocBCgWtukn4>

### Advanced Home Work Outs

<https://www.youtube.com/watch?v=9lZuslMXpkl>

<https://www.youtube.com/watch?v=E2zZdogSL1M>

<https://www.youtube.com/watch?v=MNFPRAPOXwY>

<https://www.youtube.com/watch?v=GILm8HRRkkg>

<https://www.youtube.com/watch?v=4Utjc2vZYRg>

<https://www.youtube.com/watch?v=xvn3HISxYdM>

## Yoga

### Yoga With Adrienne Channel

<https://www.youtube.com/user/yogawithadriene>

[https://www.youtube.com/watch?v=K-lna\\_WW4Yc](https://www.youtube.com/watch?v=K-lna_WW4Yc)

[https://www.youtube.com/watch?v=b1H3xO3x\\_Js&list=RDCMUCFKE7WVJfvaHW5q283SxchA&index=7](https://www.youtube.com/watch?v=b1H3xO3x_Js&list=RDCMUCFKE7WVJfvaHW5q283SxchA&index=7)

<https://www.youtube.com/watch?v=CqnWMPuyTOg&list=RDCMUCFKE7WVJfvaHW5q283SxchA&index=11>

[https://www.youtube.com/watch?v=hJbRpHZr\\_d0&list=RDCMUCFKE7WVJfvaHW5q283SxchA&index=14](https://www.youtube.com/watch?v=hJbRpHZr_d0&list=RDCMUCFKE7WVJfvaHW5q283SxchA&index=14)

## Abs/Core

<https://www.youtube.com/watch?v=i9tucuNBJUw>

<https://www.youtube.com/watch?v=rptV4dEJUx4>

[https://www.youtube.com/watch?v=qErmw\\_CeRlo](https://www.youtube.com/watch?v=qErmw_CeRlo)

<https://www.youtube.com/watch?v=glxrwC9zsHY>