

Home Workout Videos

Here is a list of workouts that you can do at home and are easy to follow. These workouts are beneficial for **children and adults!** Make sure you put the effort in and are working hard enough to raise your heartbeat and breathing significantly because you will get more benefits if you work out more intensely. **If you become dizzy or unwell then stop exercising, rehydrate and consult a doctor.**

Monitor your children if you are not doing it with them to be sure they do not click onto any inappropriate videos and be careful with the ads on YouTube!

- 1) https://www.youtube.com/watch?v=L_A_HjHZxfI
- 2) <https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>
- 3) <https://www.youtube.com/watch?v=qzx-d1Z2bLY>
- 4) <https://www.youtube.com/watch?v=WmGjxU3Ggko>
- 5) <https://www.youtube.com/watch?v=aHVR2FnTpdk>
- 6) <https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-18-4-5-carpenter-lennox>
- 7) <https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-18-4-5-vacation>
- 8) <https://www.nhs.uk/live-well/exercise/gym-free-exercises/>
- 9) <https://www.youtube.com/watch?v=5if4cjO5nxo>
- 10) <https://www.youtube.com/watch?v=L-8wW40jTzc>
- 11) <https://www.youtube.com/watch?v=HauE2uyOHJY>
- 12) https://www.youtube.com/watch?v=6u9dtrZ_cxs
- 13) <https://www.youtube.com/watch?v=X7OzRLb2aKY>
- 14) <https://www.youtube.com/watch?v=mhHY8mOQ5eo>
- 15) <https://www.youtube.com/watch?v=QseYFhYnxmU>

Yoga for children

<https://www.youtube.com/watch?v=coC0eUSm-pc>

<https://www.youtube.com/watch?v=X655B4ISakg>

https://www.youtube.com/watch?v=5y3gCrL_XIM

https://www.youtube.com/watch?v=aJzj_b7G7i8

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