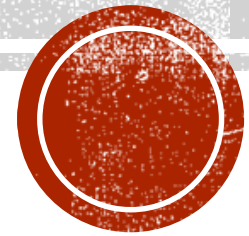


**CORE** Relaxation **Legs**

**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**
- **Download Home Workout App**
- **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](https://youtu.be/N5ViYeGJOC_A)
  - 30 minute core at home workout  
[https://youtu.be/FLp\\_bvf0W60](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](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/kdLT0urs2lA>
  - Yoga for anxiety and stress - [https://youtu.be/hJbRpHZr\\_d0](https://youtu.be/hJbRpHZr_d0)
  - Guided relaxation exercise for anxiety - <https://youtu.be/6KLhMGiSmHs>

