

**WELCOME**





**WE BRING YOU A SELECTION OF  
WORKOUTS TO COMPLETE AT HOME.**



**SELECT A FITNESS TYPE, THEN SELECT  
YOUR WORKOUT.**

**#STAYSTRONG #STAYHEALTHY**

# THINGS TO REMEMBER...

- **REMEMBER TO WARM UP AND STRETCH BEFORE COMPLETING ANY PHYSICAL ACTIVE. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. – THIS HELPS TO PREPARE THE BODY FOR PHYSICAL ACTIVITY AND HELPS AVOID INJURY.**
- **KNOW YOUR LIMITS – IT'S IMPORTANT NOT TO OVER DO IT AND NOT TO INJURE YOURSELF!**
- **COOL DOWN AFTER ALL ACTIVE. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. – THIS HELPS TO REMOVE LACTIC ACID AND HELP PREVENT MUSCLE SORENESS.**
- **UNSURE OF ANY ACTIVITY ASK YOUR PE TEACHER. REMEMBER WE ARE HERE TO HELP!**
- **STAY HYDRATED BEFORE, DURING AND AFTER YOUR WORKOUT!**

**Finally, We want to see the progress you are making.**

**Keep a fitness log to keep track of all physical activity.**



CLICK ON THE TYPE OF EXERCISE YOU ARE  
LOOKING FOR. THIS WILL TAKE YOU TO A LINK  
TO ACCESS A NUMBER OF WORKOUTS...

WARM UPS

COOL DOWNS

STRETCHES

THE BODY COACH

HIIT

TABATA

CARDIO

FAT BURNERS

BOOTCAMP

SENIORS

CHALLENGES

LEGS, BUMS & TUMS

ABS

LEGS

ARMS

KETTLEBELL WORKOUTS

5 MINUTE MOVES

YOGA

PILATES

MEDITATION

MINDFULNESS



Next

**CLICK ON THE TYPE OF EXERCISE YOU ARE LOOKING FOR.  
THIS WILL TAKE YOU TO A LINK TO ACCESS A NUMBER OF  
WORKOUTS...**



**LADDER SETS**

**NEW FOOTBALL SKILLS**

**NEW NETBALL SKILLS**

**NEW BASKETBALL SKILLS**

**NEW CRAZY CATCH**





# WARM UP



CLICK THE PICTURE TO ACCESS THE VIDEO...



5-MINUTE WARM UP FOR AT-HOME WORKOUTS



ZUMBA WARM UP ROUTINE FOR BEGINNERS



10-MINUTE WARM UP FOR AT-HOME WORKOUTS



WARM UP BY LESSIER HERRERA – ZUMBA



HOW TO WARM UP BEFORE A HIIT SESSION – THE BODY COACH



BASIC YOGA WARM UP



5-MINUTE WARM UP FOR AT-HOME WORKOUTS



10 MIN PRE WORKOUT YOGA WARM UP

# COOL DOWN



CLICK THE PICTURE TO ACCESS THE VIDEO...



FAST 5 MINUTE COOL DOWN AND STRETCHING



ZUMBA FITNESS – COOL DOWN



HOW TO COOL DOWN AFTER A HIIT SESSION



5 MINUTE FOLLOW ALONG POST RUN COOL DOWN



HOW TO COOL DOWN AFTER EXERCISE



10 MIN COOL DOWN ROUTINE



TOTAL BODY COOL DOWN



10 MIN BASIC YOGA COOL DOWN



# STRETCHES



CLICK THE PICTURE TO ACCESS THE VIDEO...



POST – WORKOUT  
STRETCHING



AB STRETCHES



AFTER WORKOUT  
STRETCH ROUTINE



QUAD STRETCHES



8 MINUTE AFTER  
WORKOUT  
STRETCHING VIDEO



LOWER BACK  
STRETCHES



10 MIN MORNING  
YOGA FULL BODY  
STRETCH



25 STATIC STRETCHES

# FAT BURNERS



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MINUTE INTENSE FAT BURNER



7 MINUTE FAT BURNING MORNING ROUTINE



15 MINUTE FAT BURNING HIIT WORKOUT



KILLER 10 MINUTE FAT BURNING BODYWEIGHT WORKOUT



15 MINUTE HOME FAT BURNER



15 MIN FAT BURNER



INTENSE 25 MIN FULL BODY FAT BURNING WORKOUT



FULL BODY FAT BURNING WORKOUT



# CARDIO



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN CARDIO  
WORKOUT AT HOME



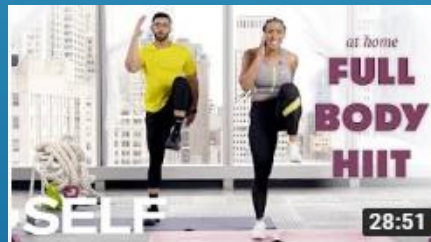
25 MINUTE INTERVAL  
CARDIO WORKOUT  
FROM HOME



30 MINUTE  
STANDING CARDIO  
WORKOUT



LOW IMPACT 30  
MINUTE CARDIO  
WORKOUT -  
BEGINNERS



30 MINUTE HIIT  
CARDIO WORKOUT



AT HOME CARDIO -  
NO RUNNING



KILLER HIIT CARDIO  
WORKOUT



LOW IMPACT HIIT  
CARDIO + LEGS  
WORKOUT

# LEGS, BUMS & TUMS



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MINUTE LEGS,  
BUMS & TUMS  
WORKOUT



LEGS, BUMS & TUMS  
FULL CLASS



25 MINUTE LEGS &  
BUM WORKOUT



15 MINUTE LEGS,  
BUMS & TUMS HIIT  
WORKOUT



LEGS, BUMS & TUMS  
WORKOUT



LIFE LEISURE HOME  
WORKOUT – 30 MINS  
LEGS, BUMS & TUMS



DANCE FITNESS  
WORKOUT – LEGS,  
BUMS & TUMS



8 MINUTE LEGS,  
BUMS & TUMS  
WORKOUT



# ABS



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN LOWER ABS



7 MINUTE ABS WORKOUT



10 MINUTE ABS BLASTER



8 MINUTE ABS WORKOUT



5 MINUTE ABS



5 MINUTE ABS BLASTER



6 MINUTE ABS



20 MINUTE ABS WORKOUT

# HIIT



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MIN FULL BODY  
BEGINNER HIIT  
WORKOUT



10 MIN HIT CARDIO  
WORKOUT FROM  
HOME



35 MINUTE FULL  
BODY HOME HIIT



20 MINUTE HOME HIT  
WORKOUT WITH BEN  
DAVIE



LOW IMPACT FULL  
BODY HIT WORKOUT



BEGINNER HIIT - 10  
MINUTES



20 MINUTE FULL  
BODY HOME HIIT



FULL BODY FAT BURN  
HIT



# 5 MINUTE MOVE



CLICK THE PICTURE TO ACCESS THE VIDEO...



5 MINUTE MOVE –  
KIDS WORKOUT 1



5 MINUTE MOVE –  
KIDS WORKOUT 5



5 MINUTE MOVE –  
KIDS WORKOUT 2



5 MINUTE MOVE  
FEATURING OLIVER



5 MINUTE MOVE –  
KIDS WORKOUT 3



5 MINUTE MOVE  
FEATURING NOAH &  
JESSIE



5 MINUTE MOVE –  
KIDS WORKOUT 4



5 MINUTE MOVE  
FEATURING BETSY

# MEDITATION



**CLICK THE PICTURE TO ACCESS THE VIDEO...**



**MEDITATION FOR INNER PEACE**



**DAILY CALM – BE PRESENT**



**MEDITATION FOR ANXIETY**



**DAILY CALM – SELF SOOTHING**



**7 MIN MEDITATION TO START YOUR DAY**



**DAILY CALM – LETTING GO**



**5 MINUTE MEDITATION**



**DAILY CALM – FORGETTING TIME**



# PILATES



**CLICK THE PICTURE TO ACCESS THE VIDEO...**



**TOTAL BODY PILATES**



**LEVEL 1 PILATES MAT CLASS**



**MORNING PILATES ROUTINE**



**RESTFUL NIGHTS SLEEP PILATES ROUTINE**



**PILATES FULL BODY WORKOUT 45 MINS**



**8 MIN GENTAL PILATES FLOW WITH ISA-WELLY**



**10 MINUTE TOTAL BODY PILATES**



**10 MIN PILATES WORKOUT WITH LOTTIE MURPHY**

# TABATA



**CLICK THE PICTURE TO ACCESS THE VIDEO...**



**15 MINUTES FAT BURNING  
TABATA WORKOUT**



**TABATA FOR BEGINNERS –  
LOW IMPACT**



**30 MINUTE TABATA  
SESSION**



**10 MINUTE TABATA  
WORKOUT TO SWEAT  
AWAY STRESS**



**12 MINUTE FULL BODY  
TABATA**



**BODYWEIGHT TABATA  
WORKOUT**



**BEGINNER TABATA  
WORKOUT**



**HOME TABATA WORKOUT  
– MMA WORKOUT**

# BOOTCAMP



CLICK THE PICTURE TO ACCESS THE VIDEO...



30 MINUTE NO –  
EQUIPMENT  
BODYWEIGHT  
BOOTCAMP



8 MINUTE  
BOOTCAMP  
WORKOUT



15 MINUTE BEGINNER  
BOOTCAMP



MILITARY  
BOOTCAMP



15 MINUTE  
BOOTCAMP STYLE  
WORKOUT



45 MINUTE NIKE  
BOOTCAMP  
WORKOUT



15 MINUTE  
BOOTCAMP  
WORKOUT



15 MINUTE TOTAL  
BODY BOOTCAMP



# KETTLEBELL WORKOUTS



CLICK THE PICTURE TO ACCESS THE VIDEO...



BEGINNERS  
KETTLEBELL  
WORKOUT



10 MINUTE  
KETTLEBELL  
WORKOUT



20 MINUTE  
KETTLEBELL  
WORKOUT



20 MINUTE  
KETTLEBELL  
WORKOUT



25 MINUTE  
KETTLEBELL  
WORKOUT



15 MINUTE FULL  
BODY KETTLEBELL FAT  
BURNER



15 MIN FULL BODY  
KETTLEBELL  
WORKOUT



KETTLEBELL ARM  
WORKOUT



# THE BODY COACH

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



7 DAYS OF SWEAT –  
DAY 1



7 DAYS OF SWEAT –  
DAY 5



7 DAYS OF SWEAT –  
DAY 2



7 DAYS OF SWEAT –  
DAY 6



7 DAYS OF SWEAT –  
DAY 3



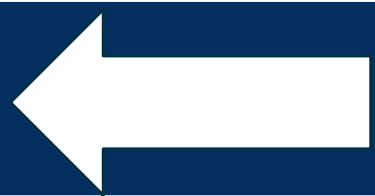
7 DAYS OF SWEAT –  
DAY 7



7 DAYS OF SWEAT –  
DAY 4



20 MINUTE HIT  
WORKOUT



# THE BODY COACH



CLICK THE PICTURE TO ACCESS THE VIDEO...



**7 DAYS OF SWEAT 2 – DAY 1**



**7 DAYS OF SWEAT 2 – DAY 5**



**7 DAYS OF SWEAT 2 - DAY 2**



**7 DAYS OF SWEAT 2 – DAY 6**



**7 DAYS OF SWEAT 2 – DAY 3**



**7 DAYS OF SWEAT 2 – DAY 7**



**7 DAYS OF SWEAT 2 – DAY 4**



**30 MINUTE HIIT – NO EQUIPMENT**



# ARMS



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN TONED ARMS  
WORKOUT



ARM TONING &  
STRENGTH WORKOUT



TONE YOUR ARMS  
WORKOUT



5 MINUTE ARM  
WORKOUT



5 MINUTE ARM  
WORKOUT



BARRE ARM  
WORKOUT



12 MINUTE BEGINNER  
ARM WORKOUT



BARRE FITNESS – ARM  
WORKOUT

# LEGS



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MIN AT HOME LEG WORKOUT



AT HOME LEG DAY WORKOUT



HOME LEG WORKOUT – FOLLOW ALONG



17 MIN HOME LEG WORKOUT ROUTINE



10 MINUTE LEG WORKOUT



10 MINUTE BODYWEIGHT LEG ROUTINE



LEG WORKOUT WITHOUT WEIGHTS



LEG & GLUTE WORKOUT

# SENIORS



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MINUTE HOME WORKOUT FOR SENIORS



20 MIN EXERCISE FOR SENIORS



10 MINUTE CHAIR WORKOUT FOR SENIORS



30 MINUTE SENIOR ZUMBA



7 MINUTE YOGA FOR OLDER ADULTS



DAILY STRETCHES FOR SENIORS



15 MINUTE SENIOR WORKOUT



15 MINUTE SENIOR WORKOUT



# MINDFULNESS



CLICK THE PICTURE TO ACCESS THE VIDEO...



MINDFUL BREATHING



MINDFULNESS  
MEDITATION FOR  
KIDS



3 MIN MINDFUL  
BREATHING



2 MINUTE  
MINDFULNESS



QUICK STRESS &  
ANXIETY REDUCTION



SIMPLE MINDFULNESS  
EXERCISE



MINDFUL BREATHING



5 MINUTE  
MINDFULNESS  
BREATHING



# CHALLENGES



CLICK THE PICTURE TO ACCESS THE VIDEO...



BABY SHARK ABS CHALLENGE



BRING SALLY UP - LUNGE CHALLENGE



CHA CHA SLIDE PLANK CHALLENGE



BRING SALLY UP - LEG RAISES CHALLENGE



BRING SALLY UP - PUSH UP CHALLENGE



BRING SALLY UP - ABS CHALLENGE



BRING SALLY UP - SQUAT CHALLENGE



BRING SALLY UP - GLUTE BRIDGE CHALLENGE

# LADDER SETS



CLICK THE PICTURE TO ACCESS THE VIDEO...



**TOTAL BODY NO  
EQUIPMENT LADDER  
CIRCUIT**



**HIIT WORKOUT GAME. FAT  
BURNING LADDER**



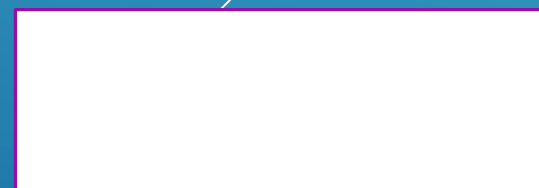
**BRUTAL HOME HIIT  
WORKOUT LADDER  
WORKOUT**



**25 MINUTE LADDER HIIT**



**20 MINUTE LADDER  
WORKOUT**



# FOOTBALL SKILLS



**CLICK THE PICTURE TO ACCESS THE VIDEO...**



**AT HOME: BALL CONTROL, FOOTWORK AND PASSING DRILL**



**CLOSE CONTROL DRILL**



**SMALL SPACE DRILLING DRILLS**



**SHOOTING DRILLS**



**FREESTYLE SKILLS**



**5 SHOOTING DRILLS**



**FAST FEET DRILLS**



**HOW TO TRAIN ON YOUR OWN**



# BASKETBALL SKILLS



CLICK THE PICTURE TO ACCESS THE VIDEO...



HANDLING, SHOOTING AND FOOTWORK



DAILY DRIBBLING DRILLS



HOME BASKETBALL DRILLS



INDIVIDUAL DRILLS



SHOOTING DRILLS



SHOOTING DRILLS WITHOUT A HOOP



DRIBBLING DRILLS



IMPROVE YOUR LAYUPS WITHOUT A HOOP

# CRAZY CATCH



**CLICK THE PICTURE TO ACCESS THE VIDEO...**



**NETBALL HAND REACTIONS & SPEED DRILLS**



**NETBALL DRILLS**



**CRICKET FIELDING DRILLS**



**HOCKEY DRILLS**



**FOOTBALL GOALKEEPING DRILLS**



**FOOTBALL DRILLS**



**RUGBY DRILLS**



**VISON & EYE DRILLS**