

Exercise

The videos listed are suggestions from the counseling department.

Ages	Title	Web Address
K-5	Full Speed	https://www.youtube.com/embed/g3L556EpRuo
K-5	Frozen, Make Your Move	https://www.youtube.com/embed/W387m-ved6o
K-5	Virtual Gymnastics	https://www.youtube.com/embed/I9x1fgIIOUE
All	Family workout	https://www.youtube.com/embed/5if4cjO5nxo
All	HIIT- Cardio	https://www.youtube.com/embed/kAXg3cM0UCw
6-12	Total Body Workout	https://www.youtube.com/embed/Jru5B044HOs
6-12	10 min upper body	https://www.youtube.com/embed/OHWMwYUPwfg
K-5	Fun HIIT for kids	https://www.youtube.com/embed/xj7TQ6xTjnU
K-5	Kids Circuit	https://www.youtube.com/embed/_97QFX3w1E4
K-5	Kids HIIT	https://www.youtube.com/watch?v=lc1Ag9m7XQo&feature=emb_rel_err
K-5	Aquatic Kids Yoga	https://www.youtube.com/watch?v=z2UQ5-cVHjs
6-12	27 min HIIT Cardio	https://www.youtube.com/watch?v=fvlnJpt9FDU&list