

## Exercise

The videos listed are suggestions from the counseling department.

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