

## **VIRTUAL CLASSROOM LINKS**

### **WARM UP**

[https://www.youtube.com/watch?v=z\\_Sv7IQwBGo](https://www.youtube.com/watch?v=z_Sv7IQwBGo) girls

[https://www.youtube.com/watch?v=zilmCvv6V\\_4](https://www.youtube.com/watch?v=zilmCvv6V_4)

### **ZUMBA**

<https://www.youtube.com/watch?v=J2yOv9I5SbU&list=PL-csGQNrapTNwxtYuwBcm95GaPF-pr9NN&index=2&t=0s>

<https://www.youtube.com/watch?v=yN3GgCUmmXw>

[https://www.youtube.com/watch?v=SoRmqE7A\\_IE](https://www.youtube.com/watch?v=SoRmqE7A_IE)

<https://www.youtube.com/watch?v=IWB0V3GSH7w> 3 MINUTES

<https://www.youtube.com/watch?v=s9R8gxKLPEo>

[https://www.youtube.com/watch?v=-dm3q\\_NvuZo](https://www.youtube.com/watch?v=-dm3q_NvuZo)

[https://www.youtube.com/watch?v=SoRmqE7A\\_IE&t=300s](https://www.youtube.com/watch?v=SoRmqE7A_IE&t=300s)

### **SOCCER**

<https://www.youtube.com/watch?v=kPceREd3RMQ>

<https://www.youtube.com/watch?v=xvaD2AamMpU>

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

<https://www.youtube.com/watch?v=uCwSLF6f5y8>

[https://www.youtube.com/watch?v=\\_\\_kbC4hzcTo](https://www.youtube.com/watch?v=__kbC4hzcTo)

<https://www.youtube.com/watch?v=tcoRi1OxFmo>

## **FOOTBALL**

<https://www.youtube.com/watch?v=Z0hRB1IyIk>

<https://www.youtube.com/watch?v=gV8Gq9GZbSk&list=TLPQMDkwOTlwMjAFhCQM1iz92Q&index=1>

[https://www.youtube.com/watch?v=\\_oJRFrj\\_gVc](https://www.youtube.com/watch?v=_oJRFrj_gVc) agility drills

<https://www.youtube.com/watch?v=uNhPDIJOQBw> agility drills

## **VOLLEYBALL**

[https://www.youtube.com/watch?v=m-wtwOERx\\_Q](https://www.youtube.com/watch?v=m-wtwOERx_Q)

<https://www.youtube.com/watch?v=Foj6A4WWgCg>

<https://www.youtube.com/watch?v=hsTAXPYw2e8>

<https://www.youtube.com/watch?v=3YvYi68Bkkk> ??

<https://www.youtube.com/watch?v=-6PZpEjnbiY> tapp's video

<https://www.youtube.com/watch?v=6RvFE3OLChI>

## **YOGA /STRENGTH/TONING/HIIT**

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

[https://www.youtube.com/watch?v=\\_loYLhrTBqY](https://www.youtube.com/watch?v=_loYLhrTBqY) daily stretch

<https://www.youtube.com/watch?v=Dj4kxxzp7fl> cardio / strength

<https://www.youtube.com/watch?v=1f8yoFFdkcY> toning

<https://www.youtube.com/watch?v=IDA8QqF5gtM> HIIT

## **BASKETBALL VIDEOS**

<https://www.youtube.com/watch?v=MRrNi7uHmaY>

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

## **Would You Rather Exercise Videos**

<https://youtu.be/G3y5rmgHBgs>

<https://youtu.be/W35TSS3OauU>

<https://youtu.be/M-C-4uQhn10>

<https://youtu.be/8ZG-Da13NmQ>

## **Cool down videos**

[https://www.youtube.com/watch?v=Ufmhww\\_7XNo](https://www.youtube.com/watch?v=Ufmhww_7XNo) 4 min