



Workouts

Note the Save button under each video and form your own Workout Video Library.

Do This Every Morning for 5 Minutes

<https://www.youtube.com/watch?v=O5JS03KeYt8>

Cardio Workout Low Impact

<https://www.youtube.com/watch?v=8MlmdWV2Wfl>

30 Minute Barre Sculpting No Equipment

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

Aerobics for Over 50

<https://www.youtube.com/watch?v=7aHK2sgjBCM>

Beginner Home Workout Light to No Weights

<https://www.youtube.com/watch?v=7ax2BFBS6wk>