



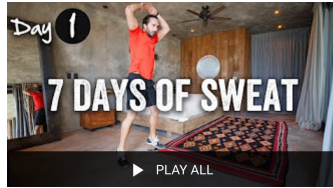
Dunottar School

Easter Home Exercise Workouts 1/2

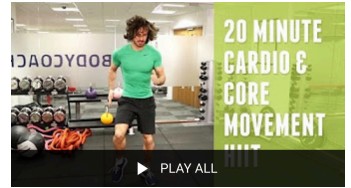
Joe Wicks @thebodycoach



PE with Joe

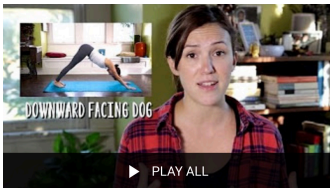


7 Days of Sweat



20 Minute Workouts

Yoga with Adriene



Yoga for beginners



20-30 Mins Yoga Exercises



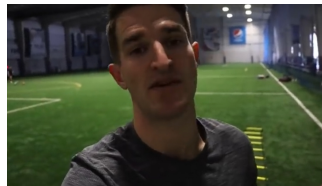
30 Days of Yoga

ESPH London



esphLondon
71 subscribers
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Speed, Agility & Quickness

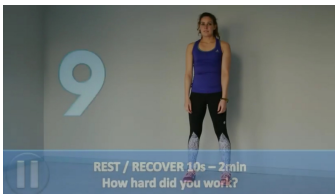


15 Fast Footwork Exercises



Speed Workout

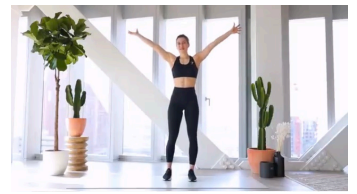
30 Mins Plyometrics



Stretching



20 Min HIIT



Many of these YouTube channels have a wealth of other exercise videos, so we encourage a bit of sensible exploration around these general themes of exercise. We will look to update this work out list fortnightly too. Stay Safe. Stay Active.



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Easter Home Exercise Workouts 2/2



Dance Based Workouts



Home Workouts for Swimmers



Adidas Women



lululemon
116K subscribers
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FitnessBlender
6.03M subscribers
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