

EXERCISE VIDEOS YOUTUBE

Younger Ages

Head, Shoulders, Knees & Toes- Exercise Song for Kids

Exercises for different parts of the body, Jumping, Stretching, Aerobics, Funny Game for Kids

Ridiculously Fun Dance Exercise For Kids

Kids Yoga- Kids Exercise Video

Fitness Blender Kids Workout- 25 Minute Fun Workout for Kids at Home

Frozen I A Cosmic Kids Yoga Adventure!

Betsy the Banana I A cosmic Kids Yoga Adventure!

Just Dance Kids 2 – The Gummy Bear Song (Wii Rip)

Just Dance Kids Mickey

Older Kids

Kids Workout Video- Moe Jones

Kids Workout 2- Moe Jones

Whip/Nae Nae Elementary Cardio Workout

Latin Dance Fitness, Beginners 1

Zumba Workout for Beginners

Easy on the Knees Kickboxing Blend - Low Impact Cardio Workout for Beginners

Home Upper Body Workout without Weights - Bodyweight Upper Body Workout for Beginners

The Most Effective Squat Challenge: 100 Rep Fitness Blender Squat Challenge

Feel Good Stretching Routine – Fitness Blender's Relaxing Cool Down Stretch Workout

