

Core Conditioning	https://darebee.com/pdf/workouts/core-conditioning-workout.pdf
Warrior Queen Workout	https://darebee.com/pdf/workouts/warrior-queen-workout.pdf
Easy Abs	https://darebee.com/pdf/workouts/easy-abs-workout.pdf
8 min. Abs workout	https://www.youtube.com/watch?v=W-9L0J_9qag
4 minute Tabata	https://youtu.be/kPwA8TFXO64
Avengers warm up	https://youtu.be/sqZFz44AB78
Perfect 10 Full Body Workout	https://darebee.com/pdf/workouts/perfect-10-workout.pdf
Locomotor movements	https://youtu.be/rCg-MkVkxyU
Jumping	https://youtu.be/rlbzgyfFeaU
Jump rope routine	Jump rope routine
Zumba warm-up	https://www.youtube.com/watch?v=xfmHPW-AfQs
Zumba warm-up	https://www.youtube.com/watch?v=93TSCBpIEM8&t=303s
Zumba warm-up	https://www.youtube.com/watch?v=IZk_fcxr38g
30 days of Yoga for beginners	https://www.youtube.com/watch?v=oBu-pQG6sTY
30 Minute Bodyweight HIIT Workout	https://youtu.be/ml6cT4AZdql