

Tara Jacobson Channel - <https://www.youtube.com/user/tarapotee>

Foot/ankle mobility and control - https://youtu.be/xTUmZcxf_tl

Mini Core workout <https://www.youtube.com/watch?v=JnJso8ykyFw>

Cardio with strength <https://www.youtube.com/watch?v=N0sURvVLuOI>

Stretching <https://www.youtube.com/watch?v=N0sURvVLuOI>

Squat Challenge https://www.youtube.com/watch?v=mGvzVjuY8SY&feature=emb_logo

Strength and HIIT Workout - Intense Lower Body Workout
https://www.youtube.com/watch?v=f5qCnMhqs18&feature=emb_logo

Lower Body Active Static Strength Workout - Strength and Endurance Burnout
https://www.youtube.com/watch?v=WibZDP3VYDo&feature=emb_logo

Bodyweight Only Upper Body Workout - Killer Arms, Shoulders, and Upper Back Workout
https://www.youtube.com/watch?v=X3TcVT-g1-w&feature=emb_logo

No Equipment Upper Body and Cardio Workout with Warm Up and Cool Down
https://www.youtube.com/watch?v=n-gj7ZOHrU0&feature=emb_logo

37 Minute HIIT Cardio and Core Workout - Total Body HIIT and Abs Workout
https://www.youtube.com/watch?v=3Sdh0LdajlU&feature=emb_logo

Bodyweight circuit - Eric Cressey
<https://www.instagram.com/p/B-XcE5ugQmK/>