

YOUTUBE WARM UP LINKS

Dances: Avacado, Let's Get Ridiculous,
Pikachu, Calling all the Monsters, Space Jam

<https://www.youtube.com/watch?v=UJeH8gcjuj0>

<https://www.youtube.com/watch?v=U6NZLfxgjlo>

<https://www.youtube.com/watch?v=6pvtNxDiWdE>

<https://www.youtube.com/watch?v=NXAxWV8-4X4>

<https://www.youtube.com/watch?v=z0evAuWFIPs>

Avengers/Justice League HIIT Workouts

<https://www.youtube.com/watch?v=u8IZfNrA17w>

<https://www.youtube.com/watch?v=sqZFz44AB78>

Bop-It Fitness

[https://drive.google.com/file/d/1wt0FSB1ISxphMkC
K4qCaZxvOVnHZn2Xe/view](https://drive.google.com/file/d/1wt0FSB1ISxphMkC
K4qCaZxvOVnHZn2Xe/view)

Would You Rather Fitness Challenge?
(versions 1 and 2)

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

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

Glen Higgins Fitness Videos

<https://www.youtube.com/watch?v=jyWyBern6q4>

https://www.youtube.com/watch?v=YC_V8hnU2PY

<https://www.youtube.com/watch?v=c3oeoVsM95s>

<https://www.youtube.com/watch?v=QL2C0X3Gx1U>

“Old Town Road” Tabata Workout

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

“Fortnite Fitness” Tabata Workout

https://www.youtube.com/watch?v=4v6Zcc1_tR0