

Exercise Videos

9 minute exercise

<https://www.youtube.com/watch?v=oc4QS2USKmk>

Home exercises

<https://www.youtube.com/watch?v=L-8wW40jTzc>

Improve posture

https://www.youtube.com/watch?v=8r7oLTJIZ_o

Superhero exercises

<https://www.youtube.com/watch?v=ZKaawxjN3yM>

Star wars exercises

https://www.youtube.com/watch?v=_we8Z5mFBnI

Christmas exercises

<https://www.youtube.com/watch?v=YFsPVd6UVdo>

Video game exercises

https://www.youtube.com/watch?v=DO-R5EfG_N4

Disney music exercises

<https://www.youtube.com/watch?v=CxgD9P-kMjE>

Exercise adventure

<https://www.youtube.com/watch?v=h9tka2Rtd3g>