Workout links already used:

	Date Used	Title	Time	Website link	Description
1	3/23/20	7 in 7 Kids Full Body Strength & Core Workout	7:19	https://youtu.be/-0DuHnxnH14	7 minute full body workout
2	3/24/20	The Body Coach	9:00	https://youtu.be/YIB2SJnBHBQ	Active 8 minute workout with school kids
3	3/25/20	SH1FT HIIT for Kids	19:14	https://youtu.be/hKRR7_jgyLo	HIIT workout with kids
4	3/26/20	Avengers- Spider Man	3:41	https://youtu.be/YC_V8hnU2PY	Full Body 30 second rounds
5	3/26/20	Avengers- Captain America	3:43	https://youtu.be/QL2C0X3Gx1U	HIIT Workout
6	3/26/20	Avengers- Star Lord HIIT Workout	3:47	https://youtu.be/H186QQvWXKw	HIIT Workout
7	3/27/20	Yoga with Adriene	20:55	https://youtu.be/7kgZnJqzNaU	Yoga For Teens
8	3/27/20	Yoga lead by teens	30:02	https://youtu.be/-6erFaJZqP4	Yoga for Teens Energizing Flow Class
9	3/28/20	Dance workout- Justin Bieber- Sorry	3:22	https://youtu.be/sSkJZNY1D3Q	Dance Marshall
10	3/30/20	Ultimate 20 Minute Full Body Workout for Kids	21:04	https://youtu.be/WmGjxU3Ggko	20 minutes, dynamic warm-ups, cardio and body weight strength exercises
11	3/30/20	Beginner FAT Burning Morning Workout	16:38	https://youtu.be/1fDHrKRqy34	7 Exercises Full Body
12	3/31/20	The Body Coach	10:55	https://youtu.be/pLuM18p9zbM	Active 8 minute workout with school kids
13	4/1/20	Heather Robertson	30:38	https://youtu.be/aFBRopKNGfw	Low Impact Full Body HIIT workout
14	4/2/20	Harry Potter	3:21	https://youtu.be/oF3wu8mb8Yo	HIIT Workout
15	4/2/20	Harry Potter	4:01	https://youtu.be/TBGOZJZ2-DY	HIIT Workout
16	4/3/20	Pilates for Beginners	28:34	https://youtu.be/lCg_gh_fppI	Basic Pilates
17	4/4/20	Easy kids dancing video	3:36	https://youtu.be/t6PmB6tMBOc	Better when I'm Dancing
18	4/6/20	15 minute morning workout in your PJ's	18:30	https://youtu.be/07AuPx3laTY	No Jumping, no weights, boost your metabolism, increase strength and stamina
19	4/6/40	Home Exercises for Kids	13:41	https://youtu.be/aHVR2FnTpdk	Cardiovascular fitness, strength and flexibility, boost energy levels
20	4/7/20	Heather Robertson	13:22	https://youtu.be/kTvHJe6_h1c	12 Minute Tabata Full body workout
21	4/8/20	Fat Burning HIIT Workout	17:13	https://youtu.be/0LIT7MSKJBc	Full Body
22	4/9/20	Obi Wan Star Wars Workout	4:18	https://youtu.be/OHOTNEtC3Rc	Timed Fitness Full body 30 second rounds
23	4/14/20	Hip Hop Tabata	31:20	https://youtu.be/kwkXyHjgoDM	30 Minute Dance style tabata workout
24	4/14/20	The Body Coach - PE with Joe	29:40	https://youtu.be/88Ot2ReVHkw	PE Workout with Joe- Full body
25	4/15/20	Burn Fat At Home HIIT	6:45	https://youtu.be/3gi_IJpAJ34	HIIT Workout
26	4/16/20	This or That? ROBOLOX Fitness	7:09	https://youtu.be/G3y5rmgHBgs	Choose between two activities timed
27	4/17/20	Yoga for Anxiety	27:54	https://youtu.be/hJbRpHZr_d0	Yoga with Adriene
28	4/20/20	Exercises for Kids	10:55	https://youtu.be/TP2beWZE79E	Need a chair to complete these exercises
29	4/21/20	Total Body 4 Minute Tabata	4:23	https://youtu.be/4dH528sDhGA	Full body, but recommended to complete 3 times
30	4/22/20	HIIT Home workout for beginners	20:22	https://youtu.be/4lOmsqubmEI	Full body workout simple for newbies
31	4/23/20	Fortnite & Marshmello tabata	4:17	https://youtu.be/jUJ9wHWxTh4	Full body worktout with options- encouraged to do more than once
32	4/24/20	Yoga for Kids	25:04	https://youtu.be/X655B4ISakg	workout for all ages
33	4/27/20	Flappy Bird Workout Video	3:29	https://youtu.be/D7Ft8GKZ0JA	Instructional video for downloading game challenge Goal- high score w/squats or push-ups
34	4/28/20	PE With Joe	32:35	https://youtu.be/XGqjVI6J5Ew	First few minutes he's talking, his arm is recovering still, so push-ups are modified
35	4/28/20	30 minute tabata workout	31:30	https://youtu.be/XIeCMhNWFQQ	30 minute full body workout (with modifications)
36	4/29/20	30 minute HIIT with warm-up	28:44	https://youtu.be/ml6cT4AZdqI	Pretty intense, just in the warm-up... video is good!
37	4/29/20	30 Minute HIIT Pop sugar	32:04	https://youtu.be/CBWQGb4LyAM	A little kinder than the one above, gave kids two options today
38	4/30/20	Joker Workout Theme	3:35	https://youtu.be/BUZBLM0T6pI	30 sec work, 10 sec rest
39	4/30/20	Batman Workout Theme	4:09	https://youtu.be/6QEVmcgkWMA	30 sec work, 10 sec rest
40	5/1/20	Yoga for Teens	30:00	https://youtu.be/9XBnftTBmAk	Less than 30 minutes, but has lots of explaining throughout video w/PE standards
41	5/4/20	Star Wars Training	11:18	https://youtu.be/yDrVooYXnl8	10 minute workout with choices
42	5/5/20	Tabata for beginners	4:19	https://youtu.be/kPwA8TFXO64	Some lower intensity exercises to help boost confidence
43	5/6/20	Low Impact 20 Minute HIIT	22:14	https://youtu.be/Rizij3icAOU	👍🏼
44	5/7/20	Sally Tabata Workout	4:13	https://youtu.be/ac2_y3N75OM	Short workout with squats and push-ups!
45	5/8/20	Yoga with Adriene	17:00	https://youtu.be/F47hdaNXwT4	Movement medicine- Energy Practice
46	5/11/20	Family Fun Cardio Workout	13:08	https://youtu.be/5if4cjO5nxo	Cardio full body workout
47	5/11/20	Sally Squat Challenge	4:56	https://youtu.be/INtegLI-9-0	Squat challenge
48	5/12/20	Sally Push-Up Challenge	3:53	https://youtu.be/41N6bKQ-NVI	Push-Up Challenge
49	5/13/20	Sally Glute LIft Challenge	3:30	https://youtu.be/wZA2B768gOs	Glute Lift Challenge
50	5/13/20	Sally Leg Lift Challenge	3:35	https://youtu.be/Q9cnrvL4Apc	Leg Lift Challenge
51	5/14/20	Sally Lunge Challenge	3:41	https://youtu.be/rULLHE41UtM	Lunge Challenge
52	5/15/20	Sally Ab Challenge	5:15	https://youtu.be/CwgcXC-28EU	Ab Challenge
53	5/18/20	20 Minute Heart-Pumping Cardio Workout	30:00	https://youtu.be/vncKnAPhgtg	No weights, warm-up and cool down included.
54	5/19/20	Heather Robertson	13:01	https://youtu.be/caKKIShoywA	Fierce Tabata - stand alone or finisher workout
55	5/20/20	The Body Coach	21:45	https://youtu.be/TGyxNeS8e8k	Let the Coin Decide
56	5/21/20	Black Panther Avengers Workout	4:31	https://youtu.be/9SDWArXm4mA	Short workout, complete more than once
57	5/22/20	Pilates for Beginners	13:29	https://youtu.be/bgzPkvRQnro	Short full body Pilates
58	5/25/20	Heather Robertson	13:23	https://youtu.be/LCQy-6BcRkI	10 minute Power Cardio Workout
59	5/26/20	The Body Coach	23:05	https://youtu.be/i134sTtWHlI	Low Impact HIIT beginners
60	5/27/20	Thor Workout	4:17	https://youtu.be/c3oeoVsM95s	Short Tabata workout
61	5/28/20	Tony Stark Workout	3:47	https://youtu.be/udK_PRSeVPI	Short Tabata workout
62	5/29/20	Yoga with Adriene	28:44	https://youtu.be/JUP_YdYyfQw	Text Neck Yoga
63	6/1/20	Body Project	30:00	https://youtu.be/50kH47ZztHs	Low Impact 30 minute workout
64	6/2/20	Tabata Songs	9:09	https://youtu.be/nF0uWCiKs30	7 MInute Workout Songs
65	6/4/20	Star Wars	4:00	https://youtu.be/2eI9BoQLTfo	Kylo Ren
66	6/4/20	Star Wars	4:00	https://youtu.be/Q9pB8I_vqCw	Jedi Training
67	6/4/20	Star Wars	4:00	https://youtu.be/3h9am97W4Rc	Tabata
68	6/4/20	Star Wars	4:00	https://youtu.be/2Qfwpt59eQU	Sith training

Additional Helpful Workouts

67	6/18/20	Technique workout (Bowflex) Burpee	5:16	https://youtu.be/Sc9vrYH6Jv8	This workout applies the burpee, lunge and push-up techniques performed and explained in the Edpuzzle videos