

Links

Moving on the spot	https://docs.google.com/presentation/d/1a2oVgdO1K8ckEJ4n4-MVBP5V_JvqnnSuvM_poXoq37U/edit?usp=sharing
Agility Ladder Diagrams	https://nebula.wsimg.com/6b3a6eb9e3dc5cc006c86218cb1ec051?AccessKeyId=291C33F51C97573D3DDE&disposition=0&alloworigin=1
Agility Ladder Patterns	https://docs.google.com/presentation/d/1jE5UabbFYP_QFpcj3IDE90L133OoZyPHrHQJAAgustl/edit#slide=id.p
Penalty Box Grid	https://docs.google.com/presentation/d/1wN4FUqWuwu-7DRBoXncabtX5qQ7eAuK mipRuO1bnDck/edit?usp=sharing
Dice Fitness	https://www.yout-ube.com/watch?v=IS5OIT7eMYc
Chair Yoga Poses	https://docs.google.com/presentation/d/1QiMUeg0W3q4wcsy1VMA9iWtsnkScnwOA9s2eKJacd6s/edit?usp=sharing
Scarf Juggling	https://www.yout-ube.com/watch?v=sQ8TKt5H2uc
Eskimo Stick Pull	https://www.yout-ube.com/watch?v=v1kl9mEuEAE&list=PLU21QARPQ52dayEP_Z4BUVXiL6uo5aTyp&index=5
Indian Stick Pull	https://www.yout-ube.com/watch?v=WqTzD9nIRFM&list=PLU21QARPQ52dayEP_Z4BUVXiL6uo5aTyp&index=6
Back Push	https://www.yout-ube.com/shorts/bAw3Cu4zOV0
Leg Wrestling	https://www.yout-ube.com/shorts/FitrBHN0uBk
Kneel Jump	https://www.yout-ube.com/watch?v=gW8qyJJrtdA&list=PLU21QARPQ52dayEP_Z4BUVXiL6uo5aTyp&index=7
Pow Wow Sweat	https://www.yout-ube.com/playlist?list=PL6bNa81aVS4S3dl7Iii2QSK0BShDRUS8P

Links

Full Stretch	https://darebee.com/images/workouts/full-stretch-workout.jpg
One Angry Bird	https://darebee.com/images/workouts/one-angry-bird-workout.jpg
Perseverance	https://darebee.com/images/workouts/perseverance-workout.jpg
I Am Enough	https://darebee.com/images/workouts/i-am-enough-workout.jpg
Roamer	https://darebee.com/images/workouts/roamer-workout.jpg
Bring Sally Up - Squats	https://www.youtube.com/watch?v=bql6sIU2A7k&t=3s
Bring Sally Up - Lunges	https://www.youtube.com/watch?v=rULLHE41UtM
Bring Sally Up - Push ups	https://www.youtube.com/watch?v=8_vqTETrvO4
Bring Sally Up - Planks	https://www.youtube.com/watch?v=rACy-0g1CuY
Captain America	https://www.youtube.com/watch?v=Zm9qhyh4TJk
Black Panther	https://www.youtube.com/watch?v=9SDWARXm4mA
Batman	https://www.youtube.com/watch?v=MU7StZxAwJO
Avengers	https://www.youtube.com/watch?v=jyWyBern6q4
Spiderman	https://www.youtube.com/watch?v=cSSzY-fIFGU
Star Wars Jedi	https://www.youtube.com/watch?v=kAUMHws2ap0