Body Coach School Work Outs –

 5 Minute Move

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.youtube.com/watch?v=SbFqQarDM50>

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

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

<https://www.youtube.com/watch?v=rN0h6EZd6TM>

<https://www.youtube.com/watch?v=u0_1QBQ8Syk>

<https://www.youtube.com/watch?v=5MBEyQIlrfo>

There are a range of school work outs available on You Tube