

30-30-30 Workouts (7 weeks)

Week One:

1)Stretch: Video link
<https://youtu.be/Dly67nvLGqU>

2)Core: Video link
<https://youtu.be/PnjLv8kxrZ0>

3)Total Body:
Video link
https://youtu.be/_gTMaEQu5UI

Week Two:

Stretch: Note: I say “week three” in the intro of the video, but it is week two!
Video link
https://youtu.be/9UC1_aKySVA

Core: Video link
<https://youtu.be/cXjW-5jzWXI>

Total Body:
Video link
<https://youtu.be/RhXxl33n5IM>

Week Three;

Stretch:
Video link
<https://youtu.be/8Q7hvs11-l8>

Core:
Video link
<https://youtu.be/e03orlxVbDM>

Total Body:
Video link
<https://youtu.be/TySWjLn7rsM>

Week Four:

Yoga Stretch and Strength with Amy:



Core;

Video link

<https://youtu.be/OlmdRjJf2tc>

Total Body Training:

Video link

<https://youtu.be/mHbkqSwPJIM>

Week Five:

Stretch:

Video link

<https://youtu.be/hbS9FS8rbcs>

Core:

Video link

<https://youtu.be/cJOT17-4lk0>

Total Body Training:

Video link

<https://youtu.be/6fDO9tdlGOI>

Week Six:

Core

Video link

<https://youtu.be/k86gjWURlyI>

Stretch

Stretch: Says Week Seven but its week 6

Video link

<https://youtu.be/Vtc1GIWHUv0>

Total Body

Video link

<https://youtu.be/2f8b-eMd1O8>

Week Seven:

Core:

Video link

<https://youtu.be/f1XFzwIYaPg>

Stretch:

Video link

<https://youtu.be/6D8t-KgVzB8>

Total Body

Video link

<https://youtu.be/rf22gw1PX9k>

