

SUMMARY SHEET OF YEOFIT EXERCISE VIDEOS RELEASED BY EMAIL SO FAR 28th June 20

Most of these can only be opened by using these links and are unique to Yeofit and Lynne Joyner classes

Barre – ask for the separate sheet with the videos of Toning work plus the performance track themed dances

Cardio

Step Workout 1 (Onedrive): <https://1drv.ms/v/s!AnxDGZ44g7cd3FPno5g1edN66-bl?e=zBwaUP>

Step Workout 2 (Onedrive): <https://1drv.ms/v/s!AnxDGZ44g7cd3FT-119DTzt9-1Ek?e=d4J7ko>

Zumba – (Youtube Public): https://youtu.be/f4AkIA2_W4E

Slow Zumba – ask for separate playlist sheet or I have it on a DVD for sale £5

Dance Aerobics May 20 Pt1, then Pt 2 below then Strength and Tone in Part 3

<https://drive.google.com/file/d/1bQvEpA7YgVrwybFcsjBp5ao-tBU40zyr/view?usp=sharing>

https://drive.google.com/file/d/1daTnKHNIqfsbruzHG5EMGoYzrEcCrtK_/view?usp=sharing

https://drive.google.com/file/d/1gm6LH_bB0ympGSFCEpGvp5Uq9UGqTxEH/view?usp=sharing

Dance Aerobics June Part 1, Part 2, Then strength and Tone in Part 3 – all Youtube links

Pt1 <https://youtu.be/Bn5XI-gQZzA>, Pt2 https://youtu.be/_cXjoaPfkys, Pt3 <https://youtu.be/NSk9oglEmjo>

Circuits/Bootcamp

Garden Workout! Lynne	https://youtu.be/j4liRFcguSE	simple whole body workout
Bootcamp Pt1 –Lou	https://youtu.be/iR4gZKqX3d8	3 circuits – 5 exercises per circuit
Bootcamp Pt2 – Lou	https://youtu.be/7fpM5CEip6U	- above continued!
Dumbbell W/O – Lou	https://youtu.be/34fFWNBQedg	With dumbbells (or tins/water bottles/KB)
Dumbbell W/O – Lou	https://youtu.be/l8sui-aH3og	With dumbbells etc
Bootcamp No 3 – Lou	https://youtu.be/_ilu40nbfV0	With dumbbells etc
Bootcamp No 4 – Lou	https://youtu.be/WIOOpW30lrU	Accumulator
Bootcamp No 5 - Lou	https://youtu.be/ciXwZN-1kAc	AMRAP
Bootcamp No 6 – Lou	https://youtu.be/emKCERTXBnQ	Ladder exercises
Bootcamp No 7 - Lou	https://youtu.be/XNcEdZrAFi8	Pyramids
Bootcamp No 8 - Lou	https://youtu.be/zYBzpeYvtyU	Add on
Bootcamp No 9 - Lou	https://youtu.be/UvvO_-c2kVs	Rest and recuperation
Bootcamp No 10 – Lou	https://youtu.be/UKuu0KB_J4	2.6 Challenge
Bootcamp No 11 – Lou	https://youtu.be/d5vVk83_1ic	There and back
Bootcamp No 12 – Lou	https://youtu.be/7v8E208ZXzg	Ladder
Bootcamp No 13 – Lou	https://youtu.be/AW2tMkdMOFs	Pyramids
Bootcamp No 14 – Lou	https://youtu.be/EE7MagKJxvo	Crazy 8's!!
Bootcamp No 15 – Lou	https://youtu.be/YkF2APuutN4	Holy Trinity
Bootcamp No 16 – Lou	https://youtu.be/DZZpZCieXts	Heart Action and Muscle Builder
Bootcamp No 17 – Lou	https://youtu.be/4W90h0j8358	Muscle Builder – great for fat loss!
Bootcamp No 18 – Lou	https://youtu.be/be8c2izAXvs	Cardio Weighted Mix up
Bootcamp No 19 – Lou	https://youtu.be/_lZbiB5ywps	Upper Body and Core
Bootcamp No 20 – Lou	https://youtu.be/VgHHjeCu-m4	Lower Body Mash-up
Bootcamp No 21 part 1 Lou	https://youtu.be/02_4ww1Vll	Full Body Challenge part 1
Bootcamp No 21 part 2 Lou	https://youtu.be/Nbso2UuNOBE	Full Body Challenge part 2
Bootcamp No 22 – Lou	https://youtu.be/CtEKad9Yifw	Upper Body work-out
Bootcamp No 23 – Lou	https://youtu.be/53dZ4xSoYBo	Ramp it up
Bootcamp No 24 – Lou	https://youtu.be/R7khqxE5m0A	Cardio and Strength
Bootcamp No 25 – Lou	https://youtu.be/p2Jo7_s1Z34	Pairings

Boxercise

Part 1 – no equipment req'd <https://youtu.be/QhgQYEvaO18>

Part 2 – no equipment req'd <https://youtu.be/aRbfyQBOjJU>

Shadow Boxercise-no eq't <https://youtu.be/rX6q-NSO-3Q>

Paul Bunce

Bodyweight Strength - Paul: <https://youtu.be/RuUWfrFPnQQ>

Band-a-ram workout – Paul <https://youtu.be/fsfRp3BZMd0>

Dumbbell workout – Paul <https://youtu.be/9JoTFimnF48>

Kettlebell workout – Paul <https://youtu.be/5mCYY8pmaB4>

Body Weight W/O No 1 Paul <https://youtu.be/iF2NblfwHJ8>

Body Weight W/O No 2 Paul <https://youtu.be/Ev9O6VJHm4M>

Body Weight W/O No 3 Paul https://youtu.be/JCZZEa_abl4 **New!**

Spinning by Dan Edney For those with an indoor bike <https://youtu.be/bfFqg-yd96A>