

Physical Education - 15 minute Workouts

<u>Type of Workout</u>	<u>Links</u>	<u>Links</u>	<u>Links</u>	<u>Links</u>
<u>Tabata</u>	Workout	Workout	Workout	Workout
<u>HIIT Workout</u>	Workout	Workout	Workout	Low Impact
<u>Body Toning</u>	Workout	Workout	Workout	Workout
<u>YOGA</u>	Beginning Yoga	Power Yoga	Neck & Shoulder	Morning Yoga
<u>Kickboxing</u>	Workout	Workout	Workout	Workout
<u>Cardio Dance</u>	Workout	Workout	Dance Sculpting	Workout
<u>Walk Workout</u>	Disco Workout	Country Walk	Workout	Workout
<u>Interval Workout</u>	Workout	Workout	Workout	Workout
<u>Workout with Weights</u>	Workout	Workout	Arms Workout	Workout
<u>Stretching</u>	Workout	Workout	Workout	Workout
<u>Pilates</u>	Workout	Workout	Workout	Workout
<u>Abdominal</u>	Workout	Workout	Workout	Workout
<u>Zumba</u>	Workout	Workout	Workout	Workout