



Get yourself active with these workouts



- Here is a selection of YouTube videos that work on different areas of the body as well as full body workouts
- Abdominals - <https://www.youtube.com/watch?v=voV6nmNDITs>
- Biceps - <https://www.youtube.com/watch?v=wwKb-wZCEjs>
- Triceps - https://www.youtube.com/watch?v=z8_fSUc7MTw
- Hamstrings - https://www.youtube.com/watch?v=9N3kVU_tj7s
- Quadriceps - <https://www.youtube.com/watch?v=C5aHk9mrLv8>
- Full body workout - https://www.youtube.com/watch?v=Og_f0_QO_Ko
- Full body workout - <https://www.youtube.com/watch?v=UltWltVZZmE>
- Full body workout - <https://www.youtube.com/watch?v=0zSP73ioumo>

Staying active is important through this difficult period of isolation.