



# MGSC FITNESS AT HOME

Below are links to a range of online fitness resources that you can complete at home. It is so important that we are looking after our physical & mental health by scheduling some exercise everyday!

***\*PLEASE ensure you do a warm up and cool down before and after exercise: examples below***

TYPE	LINK
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>● Workout attire</li> <li>● Runners</li> <li>● Drink Bottle &amp; Towel</li> <li>● A couple of metres of space</li> <li>● Please make sure your device is in a safe space.</li> <li>● Mat (Not essential)</li> </ul>
<b>WARM UP/ COOL DOWN</b>	<p><b><u>WARM UP:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">The Body Coach 4min Warm Up</a></li> <li>● <a href="#">The Body Coach 6min Mobility Warm Up</a></li> <li>● <a href="#">MadFit 5min Warm up</a></li> <li>● <a href="#">MadFit 10min Warm Up</a></li> <li>● <a href="#">Lean Machine 4min Warm Up</a></li> </ul> <p><b><u>COOL DOWN:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">The Body Coach- How To Cool Down After A HIIT Session</a></li> <li>● <a href="#">The Body Coach- Stretch and Warm Down</a></li> <li>● <a href="#">Fitness Blender- 5min Cool Down and Stretch</a></li> <li>● <a href="#">Vitality UK- 4min Cool Down and Stretch</a></li> <li>● <a href="#">Full Body Stretch - Warm Up &amp; Cool Down</a></li> </ul>
<b>BODY WEIGHT/ HIIT TRAINING</b>	<p><b><u>THE BODY COACH TV:</u></b> <a href="#">Youtube channel</a></p> <p><b><u>Daily P.E at Home:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">Week 1</a></li> <li>● <a href="#">Week 2</a></li> <li>● <a href="#">Week 3</a></li> <li>● <a href="#">Week 4</a></li> </ul> <p><b><u>Workouts:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">The Body Coach 20min HIIT</a></li> <li>● <a href="#">The Body Coach 20min HIIT</a></li> <li>● <a href="#">The Body Coach 20min HIIT</a></li> <li>● <a href="#">The Body Coach 25min Low impact HIIT</a></li> <li>● <a href="#">The Body Coach 20min HIIT</a></li> <li>● <a href="#">The Body Coach 25min 25 exercises HIIT</a></li> <li>● <a href="#">The Body Coach 30min Cardio and Abs HIIT</a></li> </ul>

**GROUP HIT:**

[Youtube channel](#)

**Workouts:**

- [7min- 7 in 7 Kids Full Body Strength & Core Workout](#)
- [7 min Family & Kids Workout - Full Body Strength & Cardio](#)
- [10 min HIIT Cardio Workout for Home](#)
- [10 min Kids Cardio Workout - HIIT](#)
- [10min Fun HIIT Circuit for Kids](#)
- [20min Cardio & Abs Workout - Level 3](#)
- [20 minute Arms, Shoulders & Core HIIT - Beginner](#)
- [20min Beginner HIIT + Glutes & Calves Strength](#)
- [20min Beginner Lower Body & Cardio HIIT Workout](#)
- [20min Beginner Cardio & Core Workout with Medium Pace](#)

**SELF:**

[Youtube Channel](#)

**Workouts:**

- [30-Minute HIIT Cardio Workout with Warm Up - SELF](#)
- [20 Minute HIIT Bodyweight Workout - No Equipment at Home | SELF](#)
- [20 Minute HIIT Cardio Workout Glutes & Abs - SELF](#)
- [30-Minute HIIT Cardio Workout With AMRAP Burnout](#)
- [20 Minute HIIT Abs Focused Bodyweight Workout](#)
- [30 Minute HIIT Cardio Workout With EMOM Burnout - SELF](#)
- [30 Minute HIIT Cardio Workout + Abs At Home - SELF](#)
- [20-Minute HIIT Full Body Bodyweight Workout | SELF](#)
- [30-Minute Cardio Workout With Tabata Burnout | SELF](#)
- [30 Minute Strength/Core Workout - SELF](#)

**POP SUGAR FITNESS:**

[Youtube Channel](#)

**Workouts:**

- [15-Minute Beginner's At-Home Cardio Workout](#)
- [10-Minute Cardio Jump Workout](#)
- [20min Bodyweight Workout](#)
- [20-Minute Tabata Workout](#)
- [20-Minute HIIT Workout](#)
- [30min Low-Impact Cardio Workout](#)
- [30-Minute No-Equipment Bodyweight Bootcamp](#)
- [30-Minute No-Equipment HIIT Workout](#)
- [30-Minute Bodyweight Workout](#)
- [30-Minute Cardio-Boxing and Core Workout](#)
- [30-Minute Full-Body Cardio](#)

**SYDNEY CUMMINGS:**

[Youtube Channel](#)

**Workouts:**

- [30 Minute Cardio Sweat Challenge Workout](#)
- [30 MINUTE- Full Body HIIT Workout](#)
- [30 Minute HIIT Legs and Cardio Workout](#)
- [30 Minute Cardio and Abs Workout](#)
- [30 Minute Sports Cardio Workout](#)
- [30 Minute- Low Impact HIIT Cardio Workout](#)
- [30 Minute Full Body HIIT Bootcamp Workout](#)
- [30 Minute HIIT Workout](#)
- [30 Minute- Cardio and Abs Tabata Workout](#)
- [30 Minute HIIT Full Body Bodyweight Workout](#)
- [30 Minute- HIIT Bodyweight Workout](#)

**MADFIT:**

[Youtube Channel](#)

**Workouts:**

- [12min- Full Body HIIT - No Jumping](#)
- [15min- Low Impact CARDIO ABS Workout](#)
- [15min- FULL BODY HIIT](#)
- [20min- Low Impact FULL BODY HIIT Workout](#)
- [20min- FULL BODY WORKOUT](#)
- [20min- FULL BODY WORKOUT](#)
- [20min - TOTAL CORE WORKOUT](#)
- [20min- FULL BODY WORKOUT](#)
- [30min- Low Impact FULL BODY HIIT Workout](#)

**HEATHER ROBERTSON:**

[Youtube Channel](#)

**30min workouts:**

- [15 minute FULL BODY HIIT Workout](#)
- [30min- Full Body Workout - No Equipment](#)
- [30min HIIT Cardio Workout + Abs](#)
- [30min- Low Impact FULL BODY HIIT Workout](#)
- [30min - Total Body Workout](#)
- [30min- Full Body HIIT + Abs Workout](#)
- [30 Min- FULL BODY HIIT Workout](#)
- [50min Crazy HIIT CARDIO + ABS Workout](#)

**LULULEMON:**

[Youtube Channel](#)

**Workouts:**

- [15 Minute Full Body Workout](#)
- [25 Minute Stretch & Strengthen Workout](#)
- [45 Minute Bodyweight Workout](#)

<b>YOGA</b>	<p><b><u>POP SUGAR FITNESS:</u></b>  <a href="#">Youtube Channel</a></p> <p><b>YOGA:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">30-Minute Power Yoga Flow</a></li> <li>• <a href="#">30-Minute Power Yoga For a Sculpted Core</a></li> </ul>
	<p><b><u>LULULEMON:</u></b>  <a href="#">Youtube Channel</a></p> <p><b>YOGA:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">20 Minute Grounding Yoga Flow</a></li> <li>• <a href="#">30 minute - Yoga for Beginners</a></li> <li>• <a href="#">45 Minute Power Yoga Class</a></li> <li>• <a href="#">45 Minute Everyday Vinyasa Flow Yoga Class</a></li> <li>• <a href="#">60 Minute Class- Yoga for Beginners</a></li> </ul>
	<p><b><u>YOGA WITH ADRIENE:</u></b>  <a href="#">Youtube Channel</a></p> <p><b>YOGA:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Home - Day 1 - Recognize   30 Days of Yoga</a></li> <li>• <a href="#">Home - Day 2 - Intend   30 Days of Yoga</a></li> <li>• <a href="#">Home - Day 3 - Awaken   30 Days of Yoga</a></li> <li>• <a href="#">Home - Day 4 - Activate   30 Days of Yoga</a></li> <li>• <a href="#">Home - Day 5 - Soften   30 Days of Yoga</a></li> <li>• <a href="#">Home - Day 6 - Ignite   30 Days of Yoga</a></li> </ul>
	<p><b><u>YOGA WITH KASSANDRA:</u></b>  <a href="#">Youtube Channel</a></p> <p><b>YOGA:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">30 min Beginner Yoga - Full Body Yoga for Strength and Flexibility</a></li> <li>• <a href="#">30 min Full Body Yoga - Intermediate Vinyasa Yoga</a></li> <li>• <a href="#">30 min Yin Yoga- for Neck, Shoulder &amp; Upper Back Tension Relief</a></li> <li>• <a href="#">30 min Vinyasa Flow For Flexibility - Slow Flow Yoga Stretch</a></li> </ul>
<b>PILATES</b>	<p><b>PILATES:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">30min - Strength, Cardio, and Pilates Core- Pop Sugar</a></li> <li>• <a href="#">30min- Full Body Pilates Workout- Trifecta Pilates</a></li> <li>• <a href="#">30min - Pilates Workout for Lower Body- Fitness Blender</a></li> <li>• <a href="#">30 Min Total Body Pilates - Juliette Wooten</a></li> <li>• <a href="#">40 minute At Home Pilates Workout- Trifecta Pilates</a></li> </ul>
<b>BARRE</b>	<p><b>BARRE:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">25 Minutes- BODYWEIGHT BARRE WORKOUT</a></li> <li>• <a href="#">30-Minute - Barre Sculpting Workout</a></li> <li>• <a href="#">30 Minutes- BODYWEIGHT BARRE WORKOUT</a></li> <li>• <a href="#">40-Minute Cardio and Barre Workout</a></li> <li>• <a href="#">45-Minute- Barre Workout That Fuses Cardio</a></li> </ul>

<p><b>DANCE</b></p>	<p><b><u>CARDIO DANCE:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">20-Minute Dance Cardio &amp; Sculpting Workout</a></li> <li>● <a href="#">30 Minute Cardio Dance - Pop Sugar</a></li> <li>● <a href="#">30-Minute Cardio Latin Dance Workout</a></li> <li>● <a href="#">30-Minute Feel Good Dance Cardio Workout To Burn Calories</a></li> <li>● <a href="#">30-Minute All-Levels Cardio Dance Workout</a></li> <li>● <a href="#">30-Minute Dance and Cardio Kickboxing Workout</a></li> <li>● <a href="#">30-Minute Cardio Dance and Barre Toning Workout</a></li> <li>● <a href="#">30-Minute Cardio Dance Workout</a></li> <li>● <a href="#">40min - Dance Cardio Workout-Sweaty Betty</a></li> <li>● <a href="#">45-Minute Cardio Dance Workout Mashup</a></li> <li>● </li> </ul> <p><b><u>HIP HOP:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">20 Minute Hip Hop Dance- Lucie Fink</a></li> <li>● <a href="#">20-Minute Hip-Hop Dance Class- Lucie Fink</a></li> <li>● <a href="#">30-Minute Hip-Hop Tabata</a></li> <li>● <a href="#">30-Minute Hip-Hop Fit Workout</a></li> </ul> <p><b><u>BALLET:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">The Australian Ballet</a></li> <li>● <a href="#">40min- Ballet Bootcamp Workout- Sweaty Betty</a></li> <li>● <a href="#">40min- Sweaty Betty Ballet Bootcamp</a></li> </ul>
<p><b>STRETCHES</b></p>	<p><b><u>STRETCHES FOR SITTING ALL DAY:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#">3 Stretches for People Who Sit All Day</a></li> <li>● <a href="#">Easy At-Work Stretches for Neck Pain and Back Pain</a></li> <li>● <a href="#">9 Easy Stretches That Eliminate the Damage of Sitting</a></li> <li>● <a href="#">Stretches for People Who Sit All Day</a></li> <li>● <a href="#">Exercise and Stretching Tips for People Who Sit at Desk All Day</a></li> <li>● <a href="#">Yoga at Your Desk</a></li> <li>● <a href="#">Yoga For Daily Neck Relief</a></li> <li>● <a href="#">10min- Yoga For Neck, Shoulders, Upper Back</a></li> <li>● <a href="#">Office Break Yoga   14 Min. Yoga Practice   Yoga With Adriene</a></li> </ul>