

Zoom Exercise Workout YouTube

Mary Lou Baranowski – My PE Sharing Wall

<https://padlet.com/mbaranowski/r6k9yjomkz7x>

Richard Simmons Workout Videos on YouTube

<https://video.search.yahoo.com/search/video?fr=mcafee&p=richard+simmons+workout+video+on+youtube#id=1&vid=2c828c44b315cab7e8344876d974c7d7&action=click>

YouTube Workouts

<https://video.search.yahoo.com/search/video; ylt=Aw9IIlXaixhgg3kANepXNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMTM4MV8xBHNIYwNzYw--?p=youtube+workout&fr=mcafee>

25-Minute Hip-Hop Tabata Workout (24:32) [Nicole Alvarez Mar 29, 2021] -

<https://video.search.yahoo.com/search/video; ylt=Aw9IIlXaixhgg3kANepXNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMTM4MV8xBHNIYwNzYw--?p=youtube+workout&fr=mcafee#id=27&vid=ece6aae55e16f86f6aabb10cdc2b9bfb&action=view>

Jack LaLanne Exercise Workouts

Jack LaLanne Show Episode 1 Part 2 (4:06) –

<https://video.search.yahoo.com/search/video; ylt=Aw9BNaNIx1g2LEArnJXNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=youtube+jack+lalanne&fr=mcafee#id=5&vid=d96c435cf1320f5497019b711b25792c&action=view>

YouTube Yoga Workouts

<https://video.search.yahoo.com/search/video; ylt=Aw9S32EnzxRgO3gABDz7w8QF; ylu=c2VjA3NIYXJjaAR2dGlkAw--; ylc=X1MDOTY3ODEzMDcEX3IDMgRhY3RuA2NsawRjc3JjcHZpZANla1A0YkRFd0xqSmVadnMuWF9TMFhRRXdOekF1TVFBQUFBQ0Y2a2IUBGZyA21jYWZlZQRmcjIDc2EtZ3AEZ3ByaWQDcUVMY3IxsSkdUaUNPeIk4N2NZMTVKQRuX3JzbHQDNjAEbl9zdWdnAzEwBG9yaWdpbgN2aWRlby5zZWYy2gueWFob28uY29tBHBvcwMwBHBxc3RyAwRwcXN0cmwDBHFzdHJsAzl0BHF1ZXJ5A3lvdXR1YmUIMjB5b2dhJTlwd29ya291dAR0X3N0bXADMtYxMTk3NzA3OA--?p=youtube+yoga+workout&ei=UTF-8&fr2=p%3As%2Cv%3Av%2Cm%3Asa&fr=mcafee#id=1&vid=1a90b8a9bc6e0b35160175290e485576&action=view>

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Men Without Hats Safety Dance

Official Music Video (2:54) –

<https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#action=view&id=1&vid=00e0e430eff7db149bc0f7307ad7d885>

Glee (2:23) - [https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=3&vid=115c08960e9988ae91fbd4685039d785&action=view)

[8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=3&vid=115c08960e9988ae91fbd4685039d785&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=3&vid=115c08960e9988ae91fbd4685039d785&action=view)

2008 (4:16) - [https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=16&vid=fdd1214ffefe538c5671bfa5a26875f4&action=view)

[8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=16&vid=fdd1214ffefe538c5671bfa5a26875f4&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=16&vid=fdd1214ffefe538c5671bfa5a26875f4&action=view)

Extended Club Mix (4:33) - [https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=17&vid=d2d4d5a6fc28c9663caf251321bae63&action=view)

[8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=17&vid=d2d4d5a6fc28c9663caf251321bae63&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+video+men+without+hats&type=E211US105G0#id=17&vid=d2d4d5a6fc28c9663caf251321bae63&action=view)

Jimmy Fallon (1:12) - [https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+jimmy+fallon&type=E211US105G0#id=1&vid=9f559aab9950a2596850a8cd6266a25f&action=click)

[8&p=safety+dance+jimmy+fallon&type=E211US105G0#id=1&vid=9f559aab9950a2596850a8cd6266a25f&action=click](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=safety+dance+jimmy+fallon&type=E211US105G0#id=1&vid=9f559aab9950a2596850a8cd6266a25f&action=click)

Jane Fonda

Lower Body Stretch Primetime Health (7:38) -

[https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=65&vid=14e87a7a3fd1da82c9cfda67a23609dd&action=view)

[8&p=youtube+jane+fonda+workout&type=E211US105G0#id=65&vid=14e87a7a3fd1da82c9cfda67a23609dd&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=65&vid=14e87a7a3fd1da82c9cfda67a23609dd&action=view)

Fit & Strong Workout Level 1 – use soup can for weights (26 minutes) -

[https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=53&vid=113ef9e7bd2e86c0775d9832b21cc37c&action=view)

[8&p=youtube+jane+fonda+workout&type=E211US105G0#id=53&vid=113ef9e7bd2e86c0775d9832b21cc37c&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=53&vid=113ef9e7bd2e86c0775d9832b21cc37c&action=view)

Yoga Abs & Back Workout (15:39) - [https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=8&vid=7939afc2764e1c8ba198bc365b7a580d&action=view)

[8&p=youtube+jane+fonda+workout&type=E211US105G0#id=8&vid=7939afc2764e1c8ba198bc365b7a580d&action=view](https://video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=youtube+jane+fonda+workout&type=E211US105G0#id=8&vid=7939afc2764e1c8ba198bc365b7a580d&action=view)

Zumba

The Best 20 Minute Beginner Workout/Aerobic Reduction of Body Fat Quickly (20:50) -

<https://video.search.yahoo.com/search/video; ylt=Aw9DuvawUZg.9wAUZJXNyoA; ylu=Y29sbwNncT EEcG9zAzEEdnRpZAMEc2VjA3Nj?p=youtube+videos+zumba&fr=mcafee#id=8&vid=fd9dcff3ba4cf5ffe383766637b4c86c&action=view>

30-Minute Cardio Latin Dance Workout (30:37) [Walter Jackson Mar 22, 2021] -

<https://video.search.yahoo.com/search/video; ylt=Aw9DuvawUZg.9wAUZJXNyoA; ylu=Y29sbwNncT EEcG9zAzEEdnRpZAMEc2VjA3Nj?p=youtube+videos+zumba&fr=mcafee#id=14&vid=024ca4b2617b8e941dfca85eca35d91f&action=view>

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Valentine's Day Workout 7:41 <https://www.youtube.com/watch?v=OpkKIOWGR-8>

GoNoodle Get Moving

<https://www.youtube.com/user/GoNoodleGames>

GoNoodle Winter Sports Exercises

https://www.youtube.com/results?search_query=GoNoodle+winter+sports+exercises

Yes! I Want to Build a Snowman 3:27 <https://www.youtube.com/watch?v=jTQrR1UIBRY>

Small Foot-Do the Yeti 3:28 https://www.youtube.com/watch?v=T9T5fJDy_ig

Go Noodle NFL Play 60 Football 2:33

<https://www.youtube.com/watch?v=QppEQT9vps8>

Chicken Fat – University of Evansville Football Cheerleaders 6:30

[https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=8&vid=364abb6a2c3b15402c168f1c12f2e208&action=view)

[?p=chicken+fat&fr=mcafee#id=8&vid=364abb6a2c3b15402c168f1c12f2e208&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=8&vid=364abb6a2c3b15402c168f1c12f2e208&action=view)

[?p=chicken+fat&fr=mcafee#id=8&vid=364abb6a2c3b15402c168f1c12f2e208&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=8&vid=364abb6a2c3b15402c168f1c12f2e208&action=view)

Chicken Fat – JFK – An Ode to Coach Jim Davis

[https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=10&vid=8de1a63b445c894cb5871ef35c673064&action=view)

[?p=chicken+fat&fr=mcafee#id=10&vid=8de1a63b445c894cb5871ef35c673064&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=10&vid=8de1a63b445c894cb5871ef35c673064&action=view)

[?p=chicken+fat&fr=mcafee#id=10&vid=8de1a63b445c894cb5871ef35c673064&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=10&vid=8de1a63b445c894cb5871ef35c673064&action=view)

Chicken Fat – West Family During Pandemic

[https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=5&vid=408d6029aafb0082da5cf26b6cdb25c4&action=view)

[?p=chicken+fat&fr=mcafee#id=5&vid=408d6029aafb0082da5cf26b6cdb25c4&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=5&vid=408d6029aafb0082da5cf26b6cdb25c4&action=view)

[?p=chicken+fat&fr=mcafee#id=5&vid=408d6029aafb0082da5cf26b6cdb25c4&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=5&vid=408d6029aafb0082da5cf26b6cdb25c4&action=view)

Chicken Fat 2020 Version

[https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=7&vid=93680b3231278f250934860cb6be1ddf&action=view)

[?p=chicken+fat&fr=mcafee#id=7&vid=93680b3231278f250934860cb6be1ddf&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=7&vid=93680b3231278f250934860cb6be1ddf&action=view)

[?p=chicken+fat&fr=mcafee#id=7&vid=93680b3231278f250934860cb6be1ddf&action=view](https://video.search.yahoo.com/search/video; ylt=Aw9DszvmR1gWYAA8a1XNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZANDMDkzNF8xBHNIYwNzYw--?p=chicken+fat&fr=mcafee#id=7&vid=93680b3231278f250934860cb6be1ddf&action=view)