

Self-Directed PE Ideas and On-line Resources

Fitness Channels (Lots of different times/levels of workouts)

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

<https://www.youtube.com/channel/UCX32D3gKXENrhOXdZjWWtMA>

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

Climbing Specific Workouts

<https://www.climbing.com/skills/training-gym-free-climbing-exercises-you-can-do-anywhere/>

Yoga

<https://www.youtube.com/channel/UCX32D3gKXENrhOXdZjWWtMA>

<https://www.youtube.com/watch?v=OIE7FFX5utg>

Full Body Workout no Equipment

<https://www.youtube.com/watch?v=UBMk30rjy0o>

<https://www.youtube.com/watch?v=OUo0QofYx28&feature=youtu.be>

<https://www.youtube.com/watch?v=NYL1HaT9JfU>

<https://vimeo.com/398319201>

Cardio Kickboxing

<https://www.youtube.com/watch?v=6oLg5fFe5ww>

Abs/Core

<https://www.youtube.com/watch?v=HJV2MNzRiel>

<https://www.youtube.com/watch?v=3XVGDYuPay4>