

#BeActive



Online Activity Classes for the Whole Family



# Workouts Online for All

Whether you're young, old and everything in between there is a workout for you

## What have you to do

- Pick a workout you would like to do
- Click the link below the workout, it will bring you there
- Have **Fun & Enjoy**
- Send us your feedback to the email below

## What we will do

- Every Monday we will put up another weeks suggested workouts on our website & our Facebook page from a variety of instructors & providers
- **NOTE -With any form of activity please be careful, stay within your comfort zone and listen to your body**

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Follow us on our YouTube Chanel  
<https://tinyurl.com/DLRSP-YouTube>



## Week 4

# Workout Sessions

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### KIDS

- MON** **Improve Coordination**  
<https://tinyurl.com/y76cdelm>
- WED** **At home PE**  
<https://tinyurl.com/yazklb3a>
- FRI** **Brain Breaks**  
<https://tinyurl.com/j3xpo68>

### TEENS

- MON** **TinyWaist 10 Mins**  
<https://tinyurl.com/yb7s25pf>
- WED** **Body Combat 55**  
<https://tinyurl.com/yagxn462>  
**Bring Sally Up Squat challenge**  
<https://tinyurl.com/zvgu3xj>
- FRI** **Full Body Fat Burn**  
<https://tinyurl.com/y6ul59f7>  
**Cross Fit**  
<https://tinyurl.com/wfu4xhs>

### ADULTS

- MON** **Body Pump**  
<https://tinyurl.com/yc4w4wlk>
- WED** **Latin Dance Workout**  
<https://tinyurl.com/smjeqdk>
- FRI** **Pilates for Beginners**  
<https://tinyurl.com/y9q5k6m5>
- TaeBo Chair Workout**  
<https://tinyurl.com/ycqznse4>

### INCLUSIVE & OLDER ADULTS

- MON** **Sarah's Chair Aerobics**  
<https://tinyurl.com/y8p3bn2l>  
**Balance Exercise**  
<https://tinyurl.com/y9w86upf>
- WED** **Chair Dance**  
<https://tinyurl.com/y9qdtmec>
- FRI** **Seated Exercises**  
<https://tinyurl.com/yb7kzbq4>  
**Sarah's Seated Stretch**  
<https://tinyurl.com/ydfjspts>



## Week 3

## Workout Sessions

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### KIDS

- MON** Kids Workout 20 mins  
<https://tinyurl.com/w7bzfgj>
- WED** Frozen Yoga  
<https://tinyurl.com/y556b6pn>
- FRI** Brain Breaks  
<https://tinyurl.com/j3xpo68>

### TEENS

- MON** Bodycombat #5  
<https://tinyurl.com/wugce5h>
- WED** Katie Taylor 16 step workout  
<https://tinyurl.com/ubywqsu>  
Bring Sally Up Squat challenge  
<https://tinyurl.com/zvgu3xj>
- FRI** Core Workout  
<https://tinyurl.com/owzzylf>  
Cross Fit  
<https://tinyurl.com/wfu4xhs>

### ADULTS

- MON** Cafe Mon Cardio  
<https://tinyurl.com/acyjxhw>
- WED** HIIT Abs  
<https://tinyurl.com/tkmvdpz>
- FRI** Pilates for Beginners  
<https://tinyurl.com/y9q5k6m5>  
Circuit HIIT 60 min  
<https://tinyurl.com/yalsqazc>

### INCLUSIVE & OLDER ADULTS

- MON** Sarah's Chair Aerobics  
<https://tinyurl.com/y8p3bn2l>
- WED** 20 min Workout  
<https://tinyurl.com/wfbgs8g>
- FRI** Sarah's Seated Stretch  
<https://tinyurl.com/ydfjspts>  
Chair Dance  
<https://tinyurl.com/t2nadb6>



## Week 2

## Workout Sessions

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### KIDS

- MON** Kids Workout 25 mins  
<https://tinyurl.com/y5vfqr8y>
- WED** Mini Rugby Skill 1 & 2  
<https://tinyurl.com/spb6crh>
- FRI** Family fun Cardio  
<https://tinyurl.com/r9dv8ac>

### TEENS

- MON** Bodycombat Technique #4  
<https://tinyurl.com/utcyh23>  
**BodyCombat 4**  
<https://tinyurl.com/r9b54as>
- WED** Doja cat dance workout  
<https://tinyurl.com/u2epbxc>  
**Bring Sally Up Squat challenge**  
<https://tinyurl.com/zvgu3xj>
- FRI** Tabata  
<https://tinyurl.com/vuf3ua7>  
**Bring Sally up Ab Challenge**  
<https://tinyurl.com/s9gk7sz>

### ADULTS

- MON** HIIT Cardio 30 min  
<https://tinyurl.com/vp64jlk>
- WED** Pilates Introduction  
<https://tinyurl.com/tnngnxc>
- FRI** HIIT Warm up  
<https://tinyurl.com/rloanun>  
HIIT Intermediate  
<https://tinyurl.com/tu6d2kq>  
HIIT Cooldown  
<https://tinyurl.com/wn4zmk6>

### INCLUSIVE & OLDER ADULTS

- MON** Warm Up  
<https://tinyurl.com/t94xdzl>  
Chair Dance  
<https://tinyurl.com/ubaxche>
- WED** Chair Warm up/ Strength  
<https://tinyurl.com/wb8k2xl>
- FRI** Chair Warm up  
<https://tinyurl.com/w6s58a5>  
Chair Dance  
<https://tinyurl.com/t2nadb6>



**Week 1**

**Workout Sessions**

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**KIDS**

- MON** BodyCoach -Active 8  
<https://tinyurl.com/vsuwa8j>
- WED** Kid learn to Dance  
<https://tinyurl.com/y6lshk67>
- FRI** BodyCoach - Active 8  
<https://tinyurl.com/y6lshk67>

**TEENS**

- MON** BodyCombat # 1  
<https://tinyurl.com/whf7869>  
Bodycombat Technique1  
<https://tinyurl.com/vzenw9v>
- WED** Cardio Kickboxing  
<https://tinyurl.com/rbrflur>  
Bring Sally Up Squat challenge  
<https://tinyurl.com/zvgu3xj>
- FRI** Bodycombat Technique 4  
<https://tinyurl.com/utcyh23>  
BodyCombat 4  
<https://tinyurl.com/r9b54as>

**ADULTS**

- MON** HIIT Warm up  
<https://tinyurl.com/sjqmalw>  
HIIT Beginners  
<https://tinyurl.com/guxecey>
- WED** HIIT Warm up  
<https://tinyurl.com/sjqmalw>  
HIIT Low impact  
<https://tinyurl.com/r7blz82>
- FRI** Pilates Quick Morning routine  
<https://tinyurl.com/vthsn9l>

**INCLUSIVE & OLDER ADULTS**

- MON** Warm Up  
<https://tinyurl.com/sy6n2ek>  
15 min Workout  
<https://tinyurl.com/va2erjn>  
Chair Cool Down  
<https://tinyurl.com/qtpg5g9>
- WED** Chair Yoga Dance 1  
<https://tinyurl.com/vlsy229>
- FRI** Warm up  
<https://tinyurl.com/sy6n2ek>  
20 min Workout  
<https://tinyurl.com/wfbgs8g>  
Chair Cooldown-same as above