



Do More of What Makes You Healthy

Remember to start slowly and work your way up to your exercise goals. Always consult with your doctor if you have any health issues, or if any issues arise after beginning an exercise program.

Beachbody Website - www.beachbodycoach.com/createyourritual

Free Exercise Links from Beachbody Trainers:

<https://www.youtube.com/watch?v=xfpMD4-KmlA&t=437s> - Shaun T & Dr. Oz 15 min workout

https://www.youtube.com/watch?v=lZOgJqg_YoA - Shaun T 15 min 4th of July workout

<https://www.youtube.com/watch?v=58PbGF2T-Ws> - Tony Horton & Dr. Oz 12 min workout

<https://www.youtube.com/watch?v=-kQpTMkQo3Y> - Shaun T - Dr. Oz 5 min fat blast workout

<https://www.youtube.com/watch?v=4zpd4OPTfos> - Shaun T - Dr. Oz 5 min butt blast workout

<https://www.youtube.com/watch?v=JxsDdiz5t78> - Longer Shaun T workout from Insanity MAX 30 program. There is a full program available, but you are watching him at home.

<https://www.youtube.com/watch?v=iXaBif2T1H4> - LIIFT4 Free Workout with Joel Freeman

https://www.youtube.com/watch?v=_yxPu-8Hbz8 - Quick Total Body Warm Up with Tony Horton

Free Workouts From My Favorite Yoga Instructor:

http://traviseliot.com/travis_eliot_online/trifecta-living-the-good-life/?mc_cid=0e6e59b80c&mc_eid=8bbdebbe50 - Power Yoga "Living the Good Life" with Travis Eliot

http://traviseliot.com/travis_eliot_online/trifecta-yin-yoga-healthy-hips/?mc_cid=0e6e59b80c&mc_eid=8bbdebbe50 - Yin Yoga "Healthy Hips" with Travis Eliot

https://www.youtube.com/watch?v=_Y5o5x0WLQ0 - Yin Yoga 30 min with Travis Eliot

<https://www.youtube.com/watch?v=uxe9mXOpOno> - Yoga Cross Train with Travis Eliot