**LINKS:**

Abs workout:

<https://www.youtube.com/watch?v=2pLT-olgUJs>

<https://www.youtube.com/watch?v=m5DJMRYDSc0&t=787s>

<https://www.youtube.com/watch?v=bD61Mss2qx8>

<https://www.youtube.com/watch?v=-1wOKgtrT-w&t=1654s>

<https://www.youtube.com/watch?v=lr5oEBVUevs>

<https://www.youtube.com/watch?v=3p8EBPVZ2Iw>

upper body

<https://www.youtube.com/watch?v=Y346900i9qE&list=PLSCcAGyv98icWAjrUD29TYLhJtRAGABp2>

<https://www.youtube.com/watch?v=lEvL80oCJQY&list=PLSCcAGyv98icWAjrUD29TYLhJtRAGABp2&index=2>

<https://www.youtube.com/watch?v=x6eyr0wxlmk&list=PLSCcAGyv98icWAjrUD29TYLhJtRAGABp2&index=7>

legs

<https://www.youtube.com/watch?v=Jbvb_MMGc8s>

<https://www.youtube.com/watch?v=Smim7-qG8Ls>

<https://www.youtube.com/watch?v=yU5uWAMed7k>

<https://www.youtube.com/watch?v=3Vti3KctPe4>

https://www.youtube.com/watch?v=mO7jBtyl9XE

full body

<https://www.youtube.com/watch?v=ph1NjaXvOvg>

<https://www.youtube.com/watch?v=aE4j3KR5m54>

<https://www.youtube.com/watch?v=Y2eOW7XYWxc>

<https://www.youtube.com/watch?v=-YpRYNREDV8>

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

7 day challenge

<https://www.youtube.com/watch?v=KpCPgNer_Oo&list=PLSCcAGyv98idrEo-k0LeLFt0zdczptKqh>

<https://www.youtube.com/watch?v=Zq9uQyt3BG0&list=PLSCcAGyv98idsr2mlwrjr9w9vrQeC2uxh>

<https://www.youtube.com/watch?v=Zq9uQyt3BG0&list=PLSCcAGyv98idsr2mlwrjr9w9vrQeC2uxh>

<https://www.youtube.com/watch?v=LzYAgCw-_B0&list=PLSCcAGyv98ieXOSyUaEhhVUyXxYRsgmVs>