

### **Stretch/Warmup/Recovery:**

Static Stretch Series: <https://www.youtube.com/watch?v=7FCNFuyyWTA>  
Dynamic Stretch Series: <https://www.youtube.com/watch?v=nPHfEnZD1Wk>  
Hip Mobility Series: <https://www.youtube.com/watch?v=1DCHTHo7SxE>  
Shoulder Mobility Series: <https://www.youtube.com/watch?v=1DSgcuKstL8>  
Foam Roll Upper Body: <https://www.youtube.com/watch?v=HZxVq61bLQQ>  
Foam Roll Lower Body: <https://www.youtube.com/watch?v=L76rNnryzUg>  
Arm Circles: [https://www.youtube.com/watch?v=nlls1d\\_6bWU](https://www.youtube.com/watch?v=nlls1d_6bWU)  
Phelps: <https://www.youtube.com/watch?v=LSb3qrrlNKQ>  
J-Band Series: [https://www.youtube.com/watch?v=TWGb7k\\_PAAo](https://www.youtube.com/watch?v=TWGb7k_PAAo)  
Jobs: <https://www.youtube.com/watch?v=UZEAhb-Sj2c>  
Yoga: <https://www.youtube.com/watch?v=1DQqwdol4PU>

### **Bodyweight Exercises:**

Full Gallery: <https://www.youtube.com/playlist?list=PLEEf0bBzyZW9f75d4pMDtksp48DKi8Do0>  
Upper Body: <https://www.youtube.com/watch?v=yGJZTK257k0>  
Back: <https://www.youtube.com/watch?v=BSyMZyN4JHI>  
Core/Hips/Glutes: <https://www.youtube.com/watch?v=hX7Uurl8Pz0w>  
[https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)  
Lower Body: <https://www.youtube.com/watch?v=qLf4ig8iOOo>  
[https://www.youtube.com/watch?v=TBF32PgR\\_6M](https://www.youtube.com/watch?v=TBF32PgR_6M)

### **Resistance Band Exercises:**

Upper Body: <https://www.youtube.com/watch?v=5IDOjnGhxfk>  
Core: [https://www.youtube.com/watch?v=gcXhlmYKQ\\_c](https://www.youtube.com/watch?v=gcXhlmYKQ_c)  
Lower Body: <https://www.youtube.com/watch?v=76VpyX5AHEI>

### **Kettlebell Exercises:**

Upper Body: [https://www.youtube.com/watch?v=D\\_bFJA8Gsmw](https://www.youtube.com/watch?v=D_bFJA8Gsmw)  
Core: <https://www.youtube.com/watch?v=409bjxFQyac>  
Lower Body: <https://www.youtube.com/watch?v=QiuurOktD6o>

### **Plyometric Exercises**

<https://www.youtube.com/watch?v=dvggf9hPwtM>  
<https://www.youtube.com/watch?v=vb0quyqbZkE>  
<https://www.youtube.com/watch?v=gDdrDBIN9T8>

### **Speed/Agility:**

Ladder Circuit: <https://www.youtube.com/watch?v=67XP-AekUoA>  
Cone Drills: <https://www.youtube.com/watch?v=a2sCgSIOFIg>  
Footwork Drills: <https://www.youtube.com/watch?v=zc0wqDQ4wPs>  
Lower Body Balance: <https://www.youtube.com/watch?v=Eck8btsPN9Q>

### **Cardio:**

Cardio/Core Workout: <https://www.youtube.com/watch?v=oVOQjuELKpA>  
Low Impact Cardio: <https://www.youtube.com/watch?v=joQOYAHF6tA>  
Bodyweight HIIT: <https://www.youtube.com/watch?v=9SKCuFslvzQ>

### **Pain Management:**

Shoulder: <https://www.youtube.com/watch?v=t7l0OeGyk6c>  
Wrist/Elbow: [https://www.youtube.com/watch?v=V\\_T9bO4gd3U](https://www.youtube.com/watch?v=V_T9bO4gd3U)  
Elbow: <https://www.youtube.com/watch?v=CdXGlvoyqV0>  
Lower Back: <https://www.youtube.com/watch?v=xpxJ3d5qaVM>  
Knee: <https://www.youtube.com/watch?v=oh8HOUz0Mqo>