



DRUM FIT

Drum Fit Routines





What is DrumFIT

DrumFIT is the most popular PE Program in schools. Non-competitive program that allows everyone to get **fit** together. Play N' Go video curriculum makes lesson planning quick & easy for teachers. New streaming videos delivered quarterly & set to music that students love!

Baby Shark DrumFit - Maresa Martinez

https://www.youtube.com/watch?v=R_Hyx1WOLOs



Let's Dance - Uptown Funk by Benjamin Pirillo

<https://www.youtube.com/watch?v=cLNflsTOAVo&t=10s>



Drum It Out: Chicken Dance Cardio Drumming Routine - Ross Chakrian

<https://youtu.be/aCVCAZ7Vztg>



Drumming to “The Cup Song” by Brenda Jo Hubbard

https://i.ytimg.com/an_webp/R_axfgo_rqA/mqdefault_6s.webp?du=3000&sqp=CIDKo_cF&rs=AOm4CLABF4zm3fdhr_cLPiCXOreM2r-5dO



Drum it Out: Village People - YMCA Cardio Drumming Routine

<https://www.youtube.com/watch?v=PuijhuCM5ow>



Cardio Drumming Warm Up Routine to Cupid Shuffle

<https://www.youtube.com/watch?v=26b1OG4K-3s>



DrumFit Soulja Boy - Misti Hubbard

<https://www.youtube.com/watch?v=8FzIFjzlsBU>



Cardio Drumming Tutorial: Lil Nas X - Old Town Road by Sondra Shelby

<https://youtu.be/7f-aPm-t4Dw>



This Is Me - Cardio Drumming for PE - MarionPEWellness

https://youtu.be/GwWYA_oPbUo



Exercise Drumming, Cotton Eye Joe by Rednex - Craig Reynolds

<https://youtu.be/jDoUbG-fmoM>



DrumFit - We Will Rock You - Marisa Martinez

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

