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| Video Link | Direct Google Doc Assessment Sheet Link | Link to Resource on TpT |
| [Fat Burning Workout - No Equipment Required](https://bit.ly/3jGrurZ) | <https://bit.ly/2SCaKGF> | <https://bit.ly/3ldeWZA> |
| [15 Minute HIIT Workout](https://bit.ly/3d6TGBT) | <https://bit.ly/2SBropG> | <https://bit.ly/3kXqWOJ> |
| [15 Minute HITT Workout - HD](https://bit.ly/3izOVSt) | <https://bit.ly/2SBropG> | <https://bit.ly/3kXqWOJ> |
| [10 Minute at Home Ab Workout Video](https://bit.ly/33Bj67K) | <https://bit.ly/2GNnNCd> | <https://bit.ly/3idPGAt> |
| [10 Min at Home Glute Workout - With Audio](https://bit.ly/33DqsHZ) | <https://bit.ly/2SC7j2y> | <https://bit.ly/2GHtfH4> |
| [10 Minute at Home Glute Workout - No Audio](https://bit.ly/2GFZQNk) | <https://bit.ly/2SC7j2y> | <https://bit.ly/2GHtfH4> |
| [Kids 5 Min Brain Break Mini Workout](https://bit.ly/2SwAZ16) | <https://bit.ly/36FRC2F> | <https://bit.ly/3lnJyaO> |
| [Lower Body Stretching](https://bit.ly/36Hc3fy) | N/A | N/A |
| [5 Components of Fitness](https://bit.ly/33BjIKA) | N/A | [Presentation from video available for purchase here](https://bit.ly/33EM3j7) |
| [Tobacco Awareness](https://bit.ly/3d4P7Iv) | N/A | [Presentation from video available for purchase here](https://bit.ly/2HZqIIQ) |
| [Vaping Awareness](https://www.youtube.com/watch?v=4z_MFgDCssM&t=64s) | N/A | [Presentation from video available for purchase here](https://www.teacherspayteachers.com/Product/Vaping-Google-Slides-Presentation-Online-Distance-Learning-for-Health-Edu-4988832) |
| [Stress for Teens](http://bit.ly/2HOZe8T) | Student Copy: <http://bit.ly/3mBagxj>  Answer Key: <http://bit.ly/34H7TmH> | [Presentation from video available for purchase here](http://bit.ly/3oHYQK0) |