

# STREETFIT

## with Vale Sports Team

Get moving and feel great—these videos make it easy to stay active at home or in your local area.



### Streetfit: Outdoor Gym - Beginners Level Edition

Provides a combination of strength training and cardio exercises in a natural environment

Find Link Here: <https://youtu.be/HWUq3FCdZTU>



### Streetfit: Outdoor Gym - Intermediate Level

Provides a combination of strength training and cardio exercises in a natural environment

Find Link Here: <https://youtu.be/5wlyclyoti8>



### Streetfit: Outdoor Gym - Advanced Level Edition

Provides a combination of strength training and cardio exercises in a natural environment

Find Link Here: <https://youtu.be/oiCKOWX0Dys>



### Streetfit: HIIT Edition (high intensity)

Involves short, intense bursts of exercise followed by brief recovery periods

Find Link Here: [https://youtu.be/DsjF5\\_0SF3k](https://youtu.be/DsjF5_0SF3k)



### Streetfit: Resistance Band Edition

(A workout that uses elastic bands to provide muscle resistance to develop strength. Bands available to borrow from your local library)

Find Link Here: <https://youtu.be/46Sgyv9fgVs>



### Streetfit: Tai-Chi Edition

A mindful gentle exercise to improve balance, relaxation & flexibility

Find Link Here: [https://youtu.be/TD\\_Gze\\_k5il](https://youtu.be/TD_Gze_k5il)



### Hints & Tips Before you Start

Work at your own pace and at your own level.

Warm up first - it helps your body get ready and keeps you safe.

Move the right way - good form helps you get stronger and avoid getting hurt.

Drink water.



Follow us for more information:



@valesportsteam1