

## Alternative workouts

1. 30 Minute weight training for beginners - home strength training full body dumbbell

<https://www.youtube.com/watch?v=QAuGN3nd6AU>

2. 45 minute total body strength workout without equipment - full body workout routine for women and men

<https://www.youtube.com/watch?v=jfQQ7tswfdM>

3. 60 minute workout for older adults from Go4Life National Institute of Aging

<https://www.youtube.com/watch?v=rkDlpZ3Musw>

4. Maximum fitness - senior strength training

<https://www.youtube.com/watch?v=2P6nKRkbODg>

5. Mayo clinic strength training how to video

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046031>

6. Karen Voigt Great weighted workout

<https://www.youtube.com/watch?v=YLQ9xYdei1g>

7. Exercises with elastic bands

<https://greatist.com/fitness/resistance-band-exercises#arms>