

Coach Lisbona's Workouts, Games, and Nutrition Advice

Click on Link		
All Cardio Workout	Workout for Men 40+	Upper Body Workout
PE Nutrition Relay	Rainy Day Games	Hills and Push Ups Challenge
"Buzz"	Abs & Upper Body Workout	Sleep to Soothing Music
Creative Weight Training	Push Up Challenge	Thunder and Rain Sounds
Cardio Workout for Beginners-No Equipment	Alex' Response-Push Up Challenge	15 min Standing Abs Workout
Pattern Memory	Games & Cardio	Abs Shred 360 Rep Workout
Ball Games	Full Body Workout for Beginners	Ocean and Stormy Sea Sounds for Relaxing
Aerobic Bowling	Aging with Healthy Nutrition	Abs Shred 360 Rep Workout
Sock Challenge	4 Square	Ocean and Stormy Sea Sounds for Relaxing
Table Ball Games	Creative Sports Games	Comedy Relief--spooof on Field Day
Maintain Routine	Hanging On	Beginner Cardio Workout
Household Routine	Cardio Workout for Beginners	20min Full Body Workout



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Throwing & Fielding Game	20 Minute AB Routine	Healthy Snack—4 Ingredients!
"Paper Fitness"	How to Get an Awesome Upper Body Pump	Healthy Ingredient Dessert
Hula Hoop Fitness	Eat More and Lose Weight...	12 Minutes to Burn Fat
Fitness-Your Story	Foods that Will Keep You Eating Healthy	Ultimate Fat Burn
What I Eat in a Day	10 Minute "HIIT" Work-Out	12 Minute Rope Workout to Lose Weight
Wacky Workout Day	Full Body Workout At Home for Beg.	PE Social Distance Games
Memorial Day Workout	Low Calorie Tasty Eggplant	Simple Healthy Snack
Full Body Workout with Dumbbells	No Floor Work & No Equipment	Social Distanced Line Dancing
What I Eat in a Day	The Secret to Performing a 400 Rep AB Routine	PE at Home
Fitness—Your Story/Goals	Healthy Banana Pancakes	PE Social Distance Games
P.E. Games at Home	Full Body Warm-Up/Cool Down	See more on Coach Lisbona's YouTube Channel
Pyramid Push-Up Challenge	Full Body Workout—Beg.	

