

Pilates Videos on YouTube for Teenagers

Whole Body

- Beginner:
 - o Good for all, intro to all
 - o [30 MIN FULL BODY PILATES WORKOUT FOR BEGINNERS - AT HOME PILATES \(youtube.com\)](#)
- Intermediate:
 - o Has some standing, 4 point, good for hips, core and back
 - [25 MIN FULL BODY PILATES WORKOUT - AT HOME PILATES FOR EVERYBODY \(youtube.com\)](#)
- Advanced:
 - Good for all
 - [30 MIN FULL BODY PILATES WORKOUT FOR EVERYBODY - AT HOME PILATES \(youtube.com\)](#)
 - [20MIN PILATES WORKOUT- MORNING WORKOUT FOR ENERGY \(youtube.com\)](#)

Back/Hip/Core Focus

Beginner:

- Glutes and Core in supine and 4 point (gentle stretch between)
 - o [20 MIN FULL BODY PILATES WORKOUT FOR BEGINNERS - AT HOME PILATES \(youtube.com\)](#)
- 20min full body 8 x different videos in this series: Good for self progression with each session.
 - o [20 MIN FULL BODY PILATES WORKOUT FOR BEGINNERS I 10DAY PILATES CHALLENGE I Day 7/8 \(youtube.com\)](#)
- 20min includes upper back and hips
 - o [20MIN BEGINNERS PILATES WORKOUT \(youtube.com\)](#)

Intermediate:

- Core + back heavy
 - o [20 MIN EXPRESS PILATES WORKOUT || Beginner to Moderate Pilates \(No Equipment\) \(youtube.com\)](#)
- Back, core, glues
 - o [20 MIN EXPRESS PILATES WORKOUT || Beginner to Moderate Pilates \(No Equipment\) \(youtube.com\)](#)

Advanced:

- Core heavy
 - o [20 MIN TOTAL CORE WORKOUT || At-Home Pilates Abs \(youtube.com\)](#)

Yoga on Youtube

Whole body

- Beginner: All includes standard flows prone, 4 point and standing
 - o [20 Minute Everyday Vinyasa Flow Yoga Class | lululemon - YouTube](#)
 - o [Yoga Flow For Beginners | Intro To Flow - YouTube](#)
 - o [Yoga For Beginners: 22 Minute Yoga Flow At Home | Breathe and Flow Yoga - YouTube](#) (male instructor)
- Intermediate: Same flows but more challenging and strength orientated
 - o [Power And Balance | 30-Minute Yoga Practice - YouTube](#)
 - o [20-Minute Intermediate Power Yoga - YouTube](#)
- Advanced: HARD
 - o [45 Minute Power Yoga Class with Ally Maz | lululemon - YouTube](#)
- 30 day challenge:
 - o [Center - Day 1 - Show Up - YouTube](#)

Flexibility – whole body

- Just music and timer
 - o [Stretches for Lower Back Pain Relief & Tight Hips | 15 Min. Recovery and flexibility \(youtube.com\)](#) (more lx, tx and hips)
 - o [15 Min. Full Body Stretch | Daily Routine for Flexibility, Mobility & Relaxation | DAY 7 \(youtube.com\)](#) (Full body)
 - o [Full Body Stretch | Gentle Routine for Flexibility, Relaxation & Stress Relief | 30Min.Yoga inspired \(youtube.com\)](#) (longer, adds more hamstring)
- Verbal instructions including in video
 - o [30 Minutes Full Body Deep Stretches Yoga \(youtube.com\)](#) (male instructor, whole body)
 - o [30 Minute Full Body Flexibility Routine V4! \(FOLLOW ALONG\) - YouTube](#) (male instructor, good for upper back and whole body)
 - o [10 min Morning Yoga Full Body Stretch - Yoga with Kassandra - YouTube](#) (short but a bit of all)
 - o [BEGINNER FLEXIBILITY ROUTINE \(Stretches for the Inflexible\) - YouTube](#) (Gentle and lots of hips and hamstrings 30mins)