

# TNS Workout Suggestions

- 30-minute fat burning home workout for beginners

[https://www.youtube.com/watch?v=gC\\_L9qAHVJ8&t=110s](https://www.youtube.com/watch?v=gC_L9qAHVJ8&t=110s)

- 12 Minute FUN CARDIO Workout • FAT BURNING • Beginner Friendly - ALL STANDING!

<https://www.youtube.com/watch?v=ISHmMQmtS1Y>

- Strong Nation 30-minute class

<https://www.youtube.com/watch?v=cLJfmPaKb1M>

- 30-minute cardio Latin dance workout.

[https://www.youtube.com/watch?v=8DZktowZo\\_k](https://www.youtube.com/watch?v=8DZktowZo_k)

- Gentle yoga flow: 30-minute all levels yoga class

<https://www.youtube.com/watch?v=g13nVd7OLYs&t=5s>

- 30-minute full-body dumbbell workout

<https://www.youtube.com/watch?v=HSx7tCd9JN4&t=802s>

- This Killer Workout Torches Calories — About 500 in 45 Minutes

[https://www.youtube.com/watch?v=\\_Zem0\\_qsDg0](https://www.youtube.com/watch?v=_Zem0_qsDg0)

