

Stay fit at home with Youth Dreams Project

Please find below links to Youth Dreams Project videos to their YouTube channel
- please see below:

Our intro

<https://youtu.be/omVgIV7f2Bs>

A sample of our 30 day plan

<https://youtu.be/TeX0lh7XBek>

We will add more tutorials to our channel and update our social media pages with the 30 day plan exercises on a daily basis.