

Be Fit Live 39 | Cardio and resistance-based workout

<https://youtu.be/cDSKpCQ5del>

Be Fit Live 38 | Cardio and resistance-based workout

<https://youtu.be/5EVSMO-WGfE>

Be Fit Live 37 | Cardio and resistance-based workout

<https://youtu.be/zhXY3z59si8>

Be Fit Live 33 | Cardio-based workout

<https://youtu.be/QiLgPD-BO6M>

Be Fit Live 31 | Hydration Highlight

<https://youtu.be/ssCEfk7Ckec>

Be Fit Live 30 | Resistance Band Full Body workout

<https://youtu.be/a5aDHvJIWuA>

For more great resources to enhance your garrison's STRONG B.A.N.D.S. campaign, visit the Exchange's Be Fit webpage: EXCHANGE BE FIT HUB <https://publicaffairs-sme.com/Community/befit>