

SPORT

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ST ANDREW'S CLUB WORKOUT VIDEOS

Subscribe to our [YouTube](#) account and keep up-to-date with our workout videos hosted by Senior Youth Worker and Active Coach Award Winner 2019, Tom Harper.



Tom's Monday Motivation HIIT Workout

FOOTBALL TRAINING EXERCISES WITH DAVID

U10s Football Coach, David, releases 3 new football training exercise each Thursday at 5pm. Subscribe to our [YouTube](#) channel or follow us on [Instagram](#) to watch David's videos.



LONDON YOUTH #StayInWorkOut

London Youth create a weekly activity calendar featuring **five** daily week-day sessions and **three** weekend sessions, the majority led by London Youth members. From P.E. with Joe Wicks to football and Zumba!

