Workout Videos To Use:

* Back Pain Exercises at Home app:
  + <https://apps.apple.com/us/app/back-pain-exercises-at-home/id1447740421>
* Yoga with Madison Smith:
  + <https://www.youtube.com/channel/UCjyCsPVNZPtNP972uVqb_4g>
* Dancing with Richard Simmons:
  + <https://www.youtube.com/c/TheWeightSaint>
* Yoga with Adriene:
  + <https://www.youtube.com/c/yogawithadriene>
* Tai Chi Shibashi Full 18 Movements Seated:
  + <https://www.youtube.com/watch?v=T2SscwGK4oE&ab_channel=MySimpleSteps>
* Wheelchair (seated) Zumba - On the Floor - Jennifer Lopez ft. Pitbull:
  + <https://www.youtube.com/watch?v=JqlRGLPlJ7A&ab_channel=zumbaonwheels>
* Fuzion Fitness with Alexis #31: Chair Workout - November 2015:
  + <https://www.youtube.com/watch?v=V4XW74W9t4o&ab_channel=NNPS-TV>