



# Physical Exercise for Physical Distancing

Being safe and practicing social distancing doesn't mean you have to stop exercising. Fitbound brings exercise right into your home by allowing you to access HIIT, Yoga, Dance, and more. Anytime, anywhere.



## Exercise On-Demand

Move and exercise to on-demand videos throughout the day for FREE.

## Exercise Is Inclusive

The only platform that represents individuals with and without disabilities.

## Exercise To Stream

Videos can be streamed to a tv, tablet, phone, computer. Sign up and start exercising.

Sign Up Free

<https://fitbound.com/>