

## Workout-at-Home Resources

Working at home doesn't have to mean stopping your workouts. Even if your gym is closed or your favorite exercise class is cancelled, you, your coworkers and your family members can maintain health and wellness and maybe even have some fun by working out at home.



### CorePower Yoga

This popular yoga studio is offering free access to [a selection of their online classes](#) while they are closed to help stop the spread of COVID-19. Some videos are locked for members only but there are many free options.



### Cosmic Kids YouTube

[Cosmic Kids](#) offers yoga lessons working on balance and strength on YouTube. Episodes range between 2 minutes and 1 hour.



### YMCA 360

[YMCA 360](#) is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.



### Down Dog

[Down Dog](#) maintains five fitness and yoga apps that offer yoga practices or at-home workouts: *Down Dog*, *Yoga for Beginners*, *HIIT*, *Barre* and *7 Minute Workout*. The app must be downloaded to your smartphone.

- Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.



### Fitness Blender

[Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.



### Gold's Gym

[Gold's Gym](#) free digital workouts are separated into categories: *Bodyweight*, *HIIT*, *Core Strength*, *Fit over 50*, *Strong at Home* & *Movements*.



### **Orangetheory**

[Orangetheory At-Home](#): Orangetheory is sharing a new 30-minute workout video each day via YouTube. According to their page, you will not need any equipment, but you may be asked to grab a couple of household items that will assist you in your exercise.



### **Peloton App**

[Peloton App](#): This app, free for 90 days, offers hundreds of classes ranging from 5 minutes to 60 minutes with the following categories: Guided treadmill runs, guided outdoor runs, strength, cycling, yoga, meditation, stretching, boot camp, walking and cardio. \*May require credit card information to access free 90-day trial.



### **Planet Fitness Livestream**

Planet Fitness, one of the country's largest gym chains, is offering free online classes for two weeks, starting March 16. The daily workout, which will be 20 minutes and will not require any equipment, will be available on [YouTube](#) and [Facebook](#).



### **Stretch and Grow of the Rockies "Brain Breaks"**

[Stretch and Grow of the Rockies](#) is a kid's health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. Jillian Sterner is the CEO and has started uploading daily "Brain Breaks" on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.



### **STRONG by Zumba YouTube**

[STRONG by Zumba](#) combines bodyweight, cardio, muscle conditioning and plyometric training synced to music. Several at-home workout options are available on YouTube with no equipment needed. Options include 7-minute, 20-minute and 30-minute classes.



### **Workout for Women App**

The *Workout for Women* app offers free workouts you can do anywhere at any time by downloading this app to your smartphone.



### **Nike Training Club App**

The Nike Training Club app helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.

*Disclaimer: This content is intended to be informational and does not constitute professional health advice or an endorsement of these services. Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*