

## Exercise Resources

Below are some options of how to be physically active and get a great workout in the safety and convenience of your own home with little equipment and free of charge! I have chosen a few videos that you may wish to try, or if you want to sign up for free online classes or subscribe to paid online classes, I have listed a few of those options as well. These are only a very few of the many online fitness programs that are available! Have fun, and I hope that you enjoy these!

### A.) Videos:

- 1.) [30 Minute Low Impact Cardio Workout](#)
- 2.) [30 Minute Total Body Medium Intensity Workout](#)
- 3.) [20 Minute 2021 Kickstarter Workout](#)
- 4.) [30 Minute Beginners Bodyweight Workout](#)
- 5.) [20 Minute Walking Workout](#)
- 6.) [15 Minute at Home Bodyweight Strength Workout](#)
- 7.) [10 Minute Total Body Stretch at Home](#)
- 8.) [30 Minute Senior Workout Routines](#)

### B.) Free Online Fitness Classes:

- 1.) [Free, No-Equipment Online Fitness Classes](#)
- 2.) [FitOn](#)
- 3.) [Nike Training Club](#)
- 4.) [Fitness Blender](#)
- 5.) [The Body Coach](#)

### C.) Paid Online Fitness Classes:

- 1.) [Peloton](#)
- 2.) [Beachbody](#)
- 3.) [Daily Burn](#)

