

Online Resources for At Home Fitness

Compiled by Professor Ryan Rooks (February 2021)

Gentle Yoga: Yoga with Adriene	Youtube	https://www.youtube.com/watch?v=oBu-pQG6sTY
Power Yoga: AM YOGA	Facebook Site	https://www.facebook.com/amyoga111/videos/?ref=page_internal
Pilates: Sanne Vloet - 14 Day		https://www.youtube.com/watch?v=q2tsxvq7IPo
ZUMBA: Pop Sugar		https://www.youtube.com/watch?v=8DZktowZo_k
Body Weight: Growing Anna 30 min HIT		https://www.youtube.com/watch?v=PrI5NeXTDkk
Climbing Lattice Training – Core Training		https://www.youtube.com/watch?v=QNgqDt_nMVQ
Cardio Kick Boxing	Pop Sugar	https://www.youtube.com/watch?v=6oLg5fFe5ww
Running 5k Training Program		https://www.youtube.com/watch?v=hpGWrSGUXD8
Running 10k Training Program		https://www.youtube.com/watch?v=67HslcgtTQ4
Cross Fit HIT Workout no equipment		https://www.youtube.com/watch?v=_cJhJeG9rjc
Power Yoga Flow (Youtube)		https://www.youtube.com/watch?v=Eml2xnoLpYE
Functional Patterns		https://www.youtube.com/watch?v=S491YIgrU2Y
Cardio-HIT	Pop Sugar	https://www.youtube.com/watch?v=CBWQGb4LyAM