

Free home workouts

Who	Link	Description
 A photograph showing a person's legs and feet wearing orange and grey sneakers, standing on a concrete step. To the right of the person, the NHS logo is visible in blue and white.	https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=strength-and-resistance	10-minute workouts Fitness plans Physical exercise guidelines Aerobic exercise Pilates and Yoga Strength based exercise
 The logo for POPSUGAR FITNESS, featuring the word "POPSUGAR" in pink with a white star inside the letter 'O', and the word "FITNESS" in black below it.	https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg	Access to over 500 workouts from celebrity trainers and fitness experts across strength, cardio, dance and yoga
	https://www.youtube.com/user/yoga-withadriene	Yoga with Adriene has a wide range of practices that are great for the body but



more importantly awesome for your mental health too



<https://www.fitnessblender.com/videos>

Free workout videos from low impact, to HIIT and strength training



<https://watch.lesmillsondemand.com/at-home-workouts>

This temporary site allows free access to 100+ workouts during the COVID-19 disruptions