Free home workouts

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| Who | Link | Description |
| Keep healthy with 150 minutes of exercise a week | NHS - YouTube | <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 |
|  | <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/yogawithadriene> | 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 |