

Exercises at Home

So how does a person go about starting to exercise at home? I have put together a long list of resources from YouTube, websites, and apps on your phone to assist you with increasing your physical activity. These are videos or instructions that you follow along. Gyms are great but many people do not like going to the gym so there are bodyweight exercises that you can do within the security of your own home.

Sweat with Kayla app

Beach body 21 day fix 30 min

Fitness blender

Benderfitness.com

Body boss

Body fit by Amy on YouTube

Hasfit.com – Low impact exercises

Popsugar.com/workouts

Be fit on YouTube

The fitness Marshall on YouTube

Tone it up

Liveexercise.com

YouTube.com/Willmillion