

# ***FITNESS RESOURCES***

Miss Jennings and Mr. Robichaud recommend the following resources to help you stay active at home. Meet the daily recommended 30-minutes of physical activity by choosing from any of the resources listed. Whether it's strength, cardio, yoga or cycling--there's something for you!

# Peloton App: 90 Day Free Trial



Peloton is currently offering a 90-Day Free Trial. Explore an expansive, ever-growing library of live and on-demand studio classes taught by world-class instructors. Filter for length of time, class type, difficulty level and music genre.

**Categories: Strength, Meditation, Yoga, Cardio, Running, Cycling, Stretching, Walking, Bootcamp, Outdoor**

It is recommended that you download the app in the App Store to avoid entering credit card information. Once the account is created, log on to a computer if you would like to follow the class on a bigger screen.

# Nike Training App



The Nike Training Club offers 185+ free workouts from **strength and endurance to mobility and yoga**—featuring world-class Nike Master Trainers in every drill.

## FIND WORKOUTS FOR ALL LEVELS

The Nike Training Club workout library includes:

- Body-part focused workouts targeting your abs, arms, shoulders, glutes, and legs
- Strength, endurance, yoga, and mobility workouts
- Workout times ranging from 15-45 Minutes

# Fitness Blender

With videos that range from yoga, warm ups, strength training, and H.I.I.T routines the Fitness Blender has you covered.

There are over 500 workouts that are searchable by style, length, difficulty, and equipment (if required).



# Darebee

Fitness blueprints: no-equipment visual workouts, fitness programs and challenges, training and running tips, recipes and nutrition advice.

- ★ Choose from over [1400+ workouts](#)
- ★ Follow a [program](#)
- ★ Try a [30-Day Challenge](#)

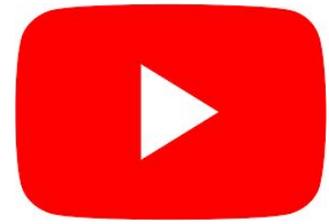
# BOLD CHOICE

DAREBEE  
WORKOUT  
© darebee.com

Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



# Mr and Mrs Muscle



## H.I.I.T. (High Intensity Interval Training)

Short workouts (approx. 11 minutes) targeting lower body, upper body, cardio and more. Workouts can be completed at home with little to no equipment. Modifications are provided if an exercise is too challenging.

Complete more than one video to meet the daily recommended 30 minutes of physical activity.

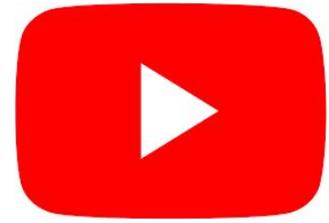


# Tom Merrick

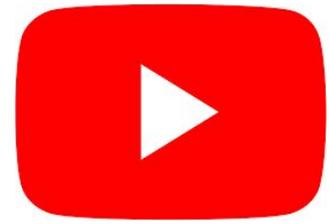
## Bodyweight Warrior

The BodyWeight Warrior offers detailed videos that teach you basic body weight exercise, stretches to improve flexibility, and advanced body weight exercises. There are also complete workouts included to follow along with. It's the perfect way to stay in shape if you do not have access to gym equipment.

New videos added weekly.



# Yoga with Adriene

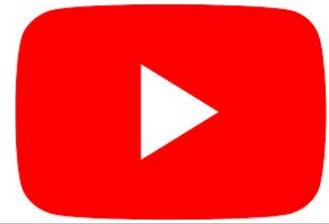


Whether you are a beginner, looking for help with pain in a certain body part, or trying to build strength Adriene has a yoga video for you.

All videos are free and range in length from 10 minutes all the way up to 45 minutes.

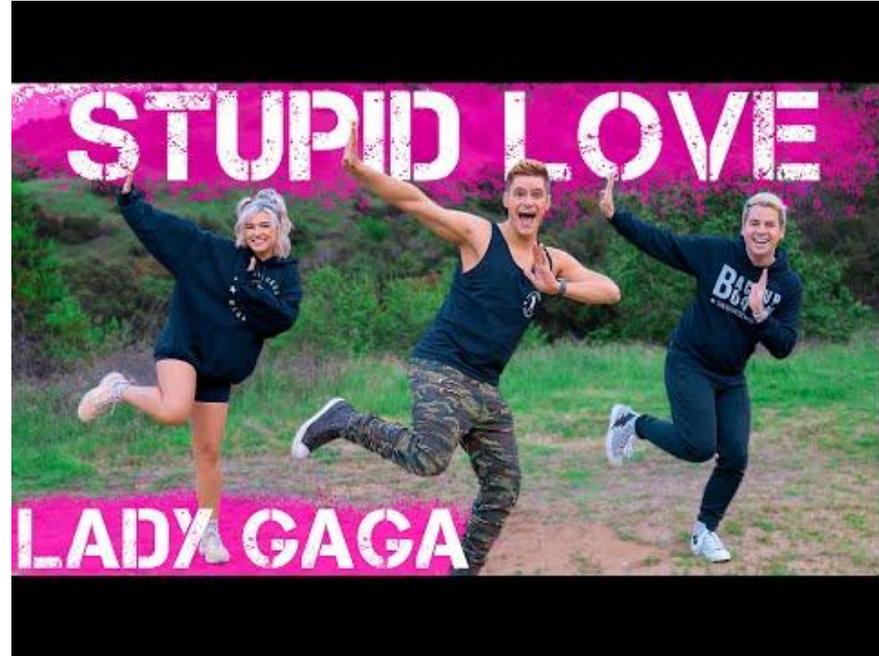


# The Fitness Marshall

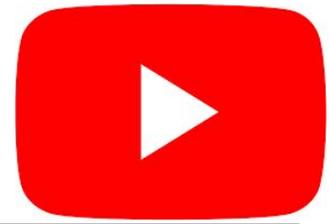


Looking to stay active but not interested in “working out”. Look no further than The Fitness Marshall and his upbeat dance routines.

Turn up the volume, follow along and start get active while shakin it to some of your favorite songs.



# Pamela Reif

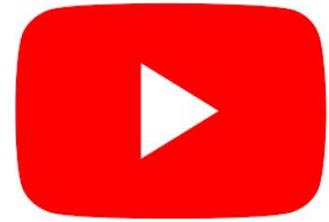


With workouts for beginners as well as advanced trainees, there are plenty of options for you to test your fitness.

Not interested in a full workout? No problem because there are several videos focused on a individual muscle groups.



# BJ Gaddour



Not for the faint of heart, BJ's videos will have you sweating and possibly even crying. With his straight forward delivery and varied exercise selection you will be entertained while you push your fitness limits.

Videos are available for those that have no equipment as well as those who have limited access to equipment.



# Pure Balance Yoga



Yoga classes are posted regularly to this local businesses Facebook site. Follow along with the instructors as they guide you through various yoga routines.



# BOKS Canada



Live workouts are posted daily at 1pm and are a great way for the whole family to stay active and connected.

