

## Create Your COVID Workout Routine

Whether you were in a regular workout routine, or trying to get back on track, life without team sports, gym time, studios, and group fitness can make it harder to get out and move. We know that regular physical activity is good for your body, your mind, your immune system and preventing and treating many chronic diseases. There are countless online workout videos available, and many popular workout studios have moved to online workouts that can be modified in your living room, free of charge, with minimal equipment and plenty of video instruction! Try one of our favorite workouts this week and get back into a new routine.

### **Cardio & Intervals**

Peleton App: <https://www.onepeloton.com/app>

Asics App: <http://studioasics.com/>

Orangetheory fitness: <https://www.orangetheory.com/en-us/athome/>

### **Strength & Balance**

Fitness Blender (all levels): <https://www.fitnessblender.com/>

Hasfit (High & low impact Demos): <https://hasfit.com/>

Crossfit Exercise Demos: <https://www.crossfit.com/at-home>

### **Yoga at Home**

Do yoga with me: <https://www.doyogawithme.com/yoga-classes>

Yoga with Adrienne: <https://www.youtube.com/user/yogawithadriene>

Core Power Yoga: <https://www.corepoweryogaondemand.com/keep-up-your-practice>