Home workouts to keep you moving at home:

Good You tube channels to check out:

1. The body coach. – HITT workouts, these are mainly high intensity cardio workouts that can be done at home
2. Just Dance – dance that you can follow from the tv, good for Cardio and co-ordination
3. Kayla Itsines – use her free one, full body workouts
4. Skip’n’rope.com – skipping workouts

Good websites or apps

Go website [www.downdogapp.com/](http://www.downdogapp.com/) you can find yoga for beginners, HITT, Barre and 7 minute workout.

Cross rope app, free skipping workouts

Run keeper App, can track your walk, cycle etc. Try to increase either the time you do an activity or the intensity you do the training, ie. 5km in 30 minutes, 5km in 29 minutes. If you have a bike you can build up to 10-15 km bike ride.

Couch to 5km

Fitnessblender.com – provides full range of workout video’s and routines.

Very well fit.com – offers health advice on fitness and wellbeing including nutrition.

Instagram:

The following are for those who prefer Instagram and are a mix of live tutorials, daily posts and the use of Zoom to lead classes.

Follow shivayoga kilbeggan on Instagram for live tutorials.

Eclipse stage school follow on Facebook or Instagram free daily fitness, exercise and dance

Eric Donovan is offering fitness classes on line from his Facebook page

Fitnessvw, 1workout a day, homewotkouts4u, homeworkoutvideos. These are available online