

Exercise Channels on YouTube

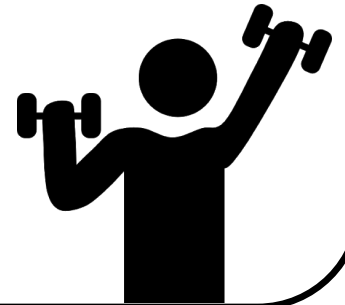
Aerobic and Resistance Exercise Channels

PopSugar Fitness

- 15 Minute Workouts
- 20 Minute Workouts
- 30 Minute Workouts
- 45 Minute Workouts
- Class FitSugar
- Dance FitSugar
- Boxing and Kickboxing Workouts
- See other full-body/specific muscle group workouts
- Beginner Workouts
- Body Weight Workouts
- No Equipment Cardio Workouts

Other Channels:

- Body Project
- Fitness Blender
- Sydney Cummings



Yoga Channels

What is Yoga?

Yoga is a mind and body exercise designed to build strength and flexibility.

Yoga with Adrienne

- 30 Day at Home Yoga Challenge
- 10 Minute Yoga Practices
- 10-20 Minute Yoga Practices
- 20-30 Minute Yoga Practices
- 30-45 Minute Yoga Practices
- 45-60 Minute Yoga Practices



Boho Beautiful

- Beginners Yoga
- Intermediate/Advanced Yoga
- Yin Yoga (Relaxing/Restorative Slow-Paced Yoga)
- Guided Meditation

PopSugar Fitness

- Yoga Videos



Pilates/Barre Channels

What is Pilates?

Pilates is a series of low-impact exercises designed to improve flexibility, strength & posture.

What is Barre?

Barre is a workout inspired by elements of ballet, Yoga and Pilates that focused on low-impact, high intensity movements.

Barlates Body Blitz

Lottie Murphy (Pilates)

PopSugar Fitness

- Barre Videos
- Pilates Videos

Other Videos

- Calorie Blasting at Home Barre Workout



Exercise Guidelines

Aerobic: 150 minutes of moderate to vigorous intensity exercise per week

Resistance: 60-90 minutes/week

Flexibility: 2-3 days/week with daily being most effective