During the COVID-19 pandemic it has been difficult for everyone to maintain their usual fitness routine through the use of gyms, community centres and fitness classes. For our physical and mental health it is important to continue to incorporate physical activity into our daily activities. Below you will find some Youtube channels that offer great at-home workouts for all levels of fitness.

**Self**
20-30 minute workouts including:
- no-equipment cardio
- bodyweight
- abs and lower body

**MadFit**
5-40 minute workouts including:
- no-equipment
- apartment friendly
- stretch/yoga
- knee-friendly/low impact

**Move with Nicole**
15-60 minute workouts including:
- full body
- barre
- HIIT
- yoga/stretch

**Montrait Muay Thai**
15-35 minute workouts including:
- conditioning
- body weight
- muay thai technique

**Joslin’s MMA**
45-60 minute workouts including:
- conditioning
- body weight
- muay thai/BJJ technique

**Healthy Fit with Ty**
5-60 minute workouts including:
- 1 week challenges
- Full body
- Cardio kickboxing
- Abs/core
- Lower body
- Low impact
- Weights

**POPSUGAR Fitness**
25-40 minute workouts including:
- yoga
- barre
- HIIT
- Abs/core
- Full body
- Burnouts
- Dance
- Equipment

**The Body Coach TV**
15-30 minute workouts including:
- Morning routines
- HIIT
- Full body
- Abs/core
- Low impact
**GymRa**

20 to 40 minute workouts including:
- Abs/core
- Full body
- Lower body
- Yoga/Pilates
- HIIT
- Equipment

**Yoga with Adriene**

10-60 minute workouts including:
- Yoga for all levels

**Yoga with Bird**

5-40 minute workouts including:
- Yoga for all levels