

FITNESS RESOURCES

Here are some great resources for either free or inexpensive ways to move at home or in the residence hall to help keep our Herd healthy!



WELLNESS FROM HOME

We are working hard to keep our Goat Nation family healthy and active. We have curated a list of apps and YouTube channels that can help you stay well at home.

14-DAY GOAT CHALLENGE

Want a challenge? Try this 14-day workout at home or in your dorm! You can mix up how you do each of these workouts: feel free to do them in different order than listed and make your own workout schedule!

Please Note: The links below are to publicly-available YouTube videos.

	WEEK 1	WEEK 2
MONDAY	<u>30 Minute Fat Burning Home Workout</u>	<u>HIIT Your Legs Workout</u>
TUESDAY	<u>Body Weight Toning Workout</u>	<u>Fat Burning Workout</u>
WEDNESDAY	<u>20 Minute Body Weight Circuit</u>	<u>30 Minute Hip-Hop Tabata</u>
THURSDAY	<u>10 Minute Ab Workout</u>	<u>Body Weight HIIT Workout</u>
FRIDAY	<u>Workout of Your Choice</u>	<u>30 Minute HIIT Cardio Workout</u>
SATURDAY	<u>90 Minute Full Body Workout</u>	<u>45 Minute Total Body Workout</u>
SUNDAY	<u>Yoga for Beginners</u>	<u>Yoga</u>

DISCLAIMER: WPI is not responsible for any injuries that may occur as a result of WPI community members or the public participating in the 14-Day Goat Challenge and/or using the resources described below. Such participation is purely voluntary and WPI neither endorses any resources nor requires anyone to participate. WPI advises that anyone participating must (i) be physically and mentally able to participate in these activities; (ii) have no health conditions which would present a risk to them in participating; and (iii) ensure that they have the necessary equipment and space required for these activities.

FITNESS YOUTUBE CHANNELS

Jessica Valant Pilates

Pilates and fitness workouts and healthy living information! Jessica has been a licensed physical therapist and certified Pilates instructor for over 16 years.

Y360: Your Virtual YMCA

Welcome to the official YMCA 360 network on YouTube. Here you'll find trailers and previews for the newest Y classes and programs only streamed on YMCA360.org.

Fitness Marshall

Fitness pop star and dancer.



FITNESS APPS & SITES

Nike

Get fit with free workouts from strength and endurance to mobility and yoga — featuring world-class Nike Master Trainers in every exercise & drill. Work out anytime, anywhere, and track all your activity in the app. From bodyweight exercises to full-equipment exercises, discover personalized workout recommendations, just for you.

Fitness Blender

Fitness Blender believes fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why Fitness Blender offers hundreds of free, full-length workout videos, the most affordable and effective workout programs on the web, meal plans, and helpful health, nutrition, and fitness information.

Active by POPSUGAR

POPSUGAR offers workouts for everyone. Strengthen, sculpt, dance, box, or restore with your favorite POPSUGAR instructors. Mix up your fitness routine with a variety of toning, dance cardio, yoga workouts, and more. New workouts added monthly.

Peloton

Access the Peloton full library of live and on-demand classes. Sweat to a mix of running, strength, cycling, yoga, and more in your home and outdoors. Peloton will remind you seven days before your trial ends so you won't be accidentally billed, and you can cancel anytime.

FitOn

Workout anywhere with world-class trainers that are experts in their field and make fitness fun.



NYT 6-minute workouts

Three short workout videos will get your heart pumping and give you a full-body workout without a trip to the gym.

SworKit

Three categories are included: strength, cardio, and yoga. There are no complicated programs to follow and, unlike other workout apps, no signup information to input.

Spitfire Athlete

A beginner-friendly strength training app designed for women. Spitfire Athlete is a fantastic introduction to weightlifting. These workout programs are ideal for building all-over body strength, plus the exercises don't require equipment. Every exercise includes a step-by-step photo guide.



YOGA RESOURCES

FitStar Yoga

With FitStar Yoga, you can start as a beginner yogi and work your way up to advanced practice. With the free, basic version, you'll receive one full-length session per week, as well as access to a few freestyle sessions. High-definition videos play one after the other and guide you through the practice, in the comfort of your home or hotel room. The "freestyle sessions" are themed and a lot of fun. Some are designed for recovery, while others are programmed for strength.

[\[iOS only \]](#)

Down Dog

With Down Dog you get a brand new yoga practice every time you come to your mat. Unlike following pre-recorded videos, Down Dog won't make you do the same workout over and over again.

[\[iOS \]](#) [\[Android \]](#)

Yoga Girl

Join Yoga Girl's community challenge for self-care and peace of mind! 30 days, 30 themes, and 30 free yoga classes.

Georgia Howard

Yoga and meditation on YouTube.



MINDFULNESS & WELLNESS APPS

Calm

[\[iOS \]](#) [\[Android \]](#)

Insight Timer

[\[iOS \]](#) [\[Android \]](#)

Oak Meditation

[\[iOS only \]](#)

Bloom

[\[iOS \]](#) [\[Android \]](#)

Relax Melodies

[\[iOS \]](#) [\[Android \]](#)

Simply Being

[\[iOS \]](#) [\[Android \]](#)