

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!

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!

	<input checked="" type="checkbox"/>	WEEK 1	<input checked="" type="checkbox"/>	WEEK 2
Monday	<input type="checkbox"/>	30 Minute Fat Burning Home Workout	<input type="checkbox"/>	HIIT Your Legs Workout
Tuesday	<input type="checkbox"/>	Body Weight Toning Workout	<input type="checkbox"/>	Fat Burning Workout
Wednesday	<input type="checkbox"/>	20 Minute Body Weight Circuit	<input type="checkbox"/>	30 Minute Hip-Hop Tabata
Thursday	<input type="checkbox"/>	10 Minute Ab Workout	<input type="checkbox"/>	Body Weight HIIT Workout
Friday	<input type="checkbox"/>	Pilates Workout	<input type="checkbox"/>	30 Minute HIIT Cardio Workout
Saturday	<input type="checkbox"/>	90 Minute Full Body Workout	<input type="checkbox"/>	45 Minute Total Body Workout
Sunday	<input type="checkbox"/>	Yoga for Beginners	<input type="checkbox"/>	Yoga

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.

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. Workout 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](#)

We believe fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why we offer 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 our full library of live and on-demand classes. Sweat to a mix of running, strength, cycling, yoga and more in your home and outdoors. We'll 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 sign up information to input.

[Spitfire Athlete](#)

A beginner-friendly strength training app designed for women. This app 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 this app, 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 our Yoga Girl 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](#)]

