



USE THE POWER OF THE INTERNET TO DO VIRTUAL WORKOUTS AT HOME

Today's at-home workouts on demand available through multiple different platforms may just have you working even harder than you would by yourself at the gym. Thanks to technology, and the growth of the on-demand workout industry, you can get strong, burn calories, and stretch at the comfort of your own home. Check out the on-demand workouts below and find your style of workout that sounds most aligned with how you like to move your body!

1. LES MILLS ON DEMAND

- **PERFECT FOR: VARIETY**

- Employee Health and Wellbeing and Les Mills have partnered together to offer UD employees free access to more than 800+ workouts. You can also choose a plan, from 3 to 12 weeks long. Just like if you were working with a personal trainer, you will have a specific program to help you reach your goals and complete workouts catered to your needs. Get your free 2-month subscription now!

2. BEACH BODY

- **PERFECT FOR: NUTRITION AND FITNESS**

- If you need support in both fitness and nutrition, Beach Body may be the on-demand workout program for you. Beach Body also provides accountability and variety, with a free coach, advice from fitness and nutrition experts, and their online member community.

3. PELOTON

- **PERFECT FOR: TECHNOLOGY DRIVEN RESULTS**

- While better known for its spin classes, Peloton also offers thousands of strength, yoga, stretching, boot camp and cardio workouts on its app, as well as meditation exercises and outdoor running coaching, which don't require any expensive equipment. Peloton has extended its 30-day free trial period to 90 days, which you can sign up for through April 30. After that, you'll pay \$12.99 a month.

4. ORANGETHEORY FITNESS

- **PERFECT FOR: TECHNOLOGY DRIVEN RESULTS**

- Orangetheory Fitness is offering free at-home science-backed, technology-tracked, coach-inspired group workout designed to produce results from the



inside out. Orangetheory makes it simple for you to push yourself, be your personal best and give you more.

5. [FITNESS BLENDER](#)

- **PERFECT FOR: BUDGET FITSPIRATIONALS**
- If you want to get a great workout at home, while staying on a budget, Fitness Blender is the on-demand
- workout option for you. With more than 500 workouts on demand available for free, you can pick and choose what you want to do each day
- Their workout filters make it easy to find the best workouts for your needs. Specify which training type, exercise duration, difficulty and more to narrow down their many workouts to the ones that are best for you.

6. [NIKE TRAINING CLUB:](#)

- **PERFECT FOR: RUNNERS**
- The athletic giant has waived the \$14.99 a month fee for its premium service indefinitely. Now, [downloading the app](#) grants people access to more than 185 free workouts (yoga, cardio and more) which last from 15 to 45 minutes, as well as targeted running training programs, nutrition and wellness guidance.

7. [PLANET FITNESS:](#)

- **PERFECT FOR: SHORT BODYWEIGHT WORKOUTS**
- While the gym chain is closed, Planet Fitness is offering free 20-minute at-home workouts – which it's calling “Home Work-Ins” – [on its company Facebook page](#). They are open to nonmembers and members alike.

8. [COREPOWER YOGA:](#)

- **PERFECT FOR: YOGIS**
- The country's largest yoga studio chain is giving everyone free access to a collection of online classes while its 200 locations are closed. (In-person classes generally cost \$26 apiece.) [CorePower Yoga On Demand](#) will also post new classes online each week, including meditation sessions to clear your head.

9. [DAILY BURN](#)

- **PERFECT FOR: TRACKING PROGRESS**
- Daily Burn is the perfect tool for someone who wants plenty of variety, group classes, one-on-one support, and the ability to track progress through all of that.
- Start your workouts on demand by setting goals and adding your current weight. Then, when you start working out, you'll be able to see whether you're sticking with your goals, from weight loss to weekly activity.



10. [FITON](#)

- **PERFECT FOR: EVERYONE**
- FitOn has on-demand workout options for dance, strength, HIIT, cardio, spinning, treadmill, yoga, and Pilates.
- When signing up, you will answer questions about your goals, frequency of workouts, duration of workouts and preferences for the style of exercise you like most, which automates a personalized workout plan that is immediately available.
- With both a web-based interface and an app, you can take your program with you on the days when you want to get out of the house and go to the gym.

11. [SOULCYCLE](#)

- **PERFECT FOR: CYCLE ENTHUSIASTS**
- The coronavirus has pumped the breaks on SoulCycle's spin classes, but its instructors are offering free workouts off the bike on their individual Instagram accounts, including dance and body weight movement classes. [See the full list here.](#)

12. [BARRY'S BOOTCAMP:](#)

- **PERFECT FOR: SHORT, EFFECTIVE WORKOUTS**
- Work up a sweat with free, 20-minute versions of Barry's Bootcamp's signature cardio and strength-training classes on Instagram. The studio is posting three workouts a day, which will be announced the day before through [Instagram Stories under the @barrys](#) handle, so you can mark your calendar.

13. [RUMBLE:](#)

- **PERFECT FOR: BOXING ENTHUSIASTS**
- You can also get ready to rumble with these free boxing-inspired fitness classes on Instagram each morning. Turn on post notifications for [@doyourumble](#), so you'll get an alert when the classes are about to go live (generally at 8 a.m. ET).

14. [DOWN DOG:](#)

- **PERFECT FOR: ALL IN ONE APP**
- This family of yoga apps, including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout, [will be free until May 1](#). But students and teachers, as well as health care professionals fighting coronavirus, will have free access until July 1. Otherwise, memberships run \$7.99 a month, or \$49.99 a year.

15. [305 FITNESS:](#)

- **PERFECT FOR: DANCE FITNESS**



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH
& WELLBEING**

- Dance it out like nobody's watching with free cardio routines and movement classes on the 305 Fitness YouTube page every day at 6 p.m. ET. They also keep updating [a list of their upcoming digital events here](#).

16. **BARRE3:**

- **PERFECT FOR: BARRE ENTHUSIASTS**
- Bring the ballet studio into your home with unlimited classes in strength conditioning, cardio and mindfulness that aim to restore balance to your body. [Barre3](#) is offering a 15-day free trial, and 10% off all props if you want to add resistance bands and core balls to your home gym. After that, the subscription runs \$29 a month.