

## Free At-Home Workouts

*Consult with your physician before starting an exercise program.*

| CARDIO   | STRENGTH  | STRETCHING   |
|--|---|--|
| <p><b>Indoor Cardio Workout</b><br/>(Darebee)<br/><a href="https://darebee.com/workouts/indoor-cardio-workout">https://darebee.com/workouts/indoor-cardio-workout</a></p>                    | <p><b>Micro-Workouts</b><br/>(Darebee)<br/><a href="https://darebee.com/pdf/fitness/microworkouts.pdf">https://darebee.com/pdf/fitness/microworkouts.pdf</a></p>                      | <p><b>At-home Workout Series</b><br/>(lululemon)<br/><a href="https://www.youtube.com/playlist?list=PLPbDo1Dse1zDODy0aie7ltoNfrULoNgW">https://www.youtube.com/playlist?list=PLPbDo1Dse1zDODy0aie7ltoNfrULoNgW</a></p> |
| <p><b>Fierce 5 Movement Break: Quick Blast Circuit</b><br/>(American Heart Association)<br/>6 minutes<br/><a href="https://youtu.be/G8ihnt3meQ">https://youtu.be/G8ihnt3meQ</a></p>          | <p><b>Fierce 5 Movement Break: Upper Body Strength</b><br/>(American Heart Association)<br/>6 minutes<br/><a href="https://youtu.be/sY9hW3Lq_7c">https://youtu.be/sY9hW3Lq_7c</a></p> | <p><b>Fierce 5 Movement Break: Flexibility</b><br/>(American Heart Association)<br/>6 minutes<br/><a href="https://youtu.be/y84Yvx0zfN4">https://youtu.be/y84Yvx0zfN4</a></p>  |
| <p><b>1-mile Walking Disco Workout</b><br/>(Up to the Beat Fit)<br/>17 minutes<br/><a href="https://www.youtube.com/watch?v=MxrJ1z0HmYU">https://www.youtube.com/watch?v=MxrJ1z0HmYU</a></p> | <p><b>Fierce 5 Movement Break: Core Activation</b><br/>(American Heart Association)<br/>6 minutes<br/><a href="https://youtu.be/VHiQwXVIF7s">https://youtu.be/VHiQwXVIF7s</a></p>     | <p><b>Yoga Videos Series</b><br/>(Yoga with Adriene)<br/><a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a></p>   |
| <p><b>Low Impact Cardio Workout</b><br/>(FitnessBlender)<br/>32 minutes<br/><a href="https://www.youtube.com/watch?v=qke_wunq7Ng">https://www.youtube.com/watch?v=qke_wunq7Ng</a></p>        | <p><b>Workout Series</b><br/>(POPSUGAR Fitness)<br/><a href="https://www.youtube.com/user/popsugartvfit">https://www.youtube.com/user/popsugartvfit</a></p>                           | <p><b>Stay Home Workout: Mobility</b><br/>(Darebee)<br/><a href="https://darebee.com/workouts/stay-home-workout.html">https://darebee.com/workouts/stay-home-workout.html</a></p>                                      |
| <p><b>Quiet Cardio Workout</b><br/>(FitnessBlender)<br/>22 minutes<br/><a href="https://www.youtube.com/watch?v=YaJryQEsT94">https://www.youtube.com/watch?v=YaJryQEsT94</a></p>             | <p><b>Workout Series</b><br/>(FitnessBlender)<br/><a href="https://www.youtube.com/user/FitnessBlender">https://www.youtube.com/user/FitnessBlender</a></p>                           | <p><b>Yoga at Your Desk</b><br/>(Yoga with Adriene)<br/>6 minutes<br/><a href="https://youtu.be/tAUf7aaJBWE">https://youtu.be/tAUf7aaJBWE</a></p>  |
| <p><b>Low Impact Fun Cardio Workout</b><br/>(Body Project)<br/>10 minutes<br/><a href="https://youtu.be/tYyNM9pmOIA">https://youtu.be/tYyNM9pmOIA</a></p>                                    | <p><b>Strength Training for Beginners</b><br/>(HASfit)<br/>17 minutes<br/><a href="https://youtu.be/WIHvY-ZnSndA">https://youtu.be/WIHvY-ZnSndA</a></p>                               | <p><b>Quick Office Stretches</b><br/>(Piedmont Heart Institute)<br/>9 minutes<br/><a href="https://youtu.be/6BEVmvvBkaE">https://youtu.be/6BEVmvvBkaE</a></p>  |

