

Virtual Workouts

	Website	Theme
Sports stars	https://www.bbc.co.uk/sport/av/get-inspired/46794187 https://www.bbc.co.uk/sport/get-inspired/46139325 https://www.bbc.co.uk/sport/av/get-inspired/44634547 https://www.bbc.co.uk/sport/av/get-inspired/45245003 https://www.bbc.co.uk/sport/av/get-inspired/45101160 https://www.bbc.co.uk/sport/av/get-inspired/46648590	Snowboarder – Aimee Fuller Mobility workout. 5 Home workouts Work out with the hockey players Balance work out with ski cross star Stretch with freestyle skier Rowan Cheshire Max Whitlock 6 minutes workout
Dance style	https://www.youtube.com/watch?v=Rj2lubFfEqY https://www.youtube.com/watch?v=8DZktowZo_k https://www.youtube.com/watch?v=KUmkKPcf71Q https://www.youtube.com/watch?v=ZWk19OVon2k https://www.youtube.com/watch?v=yN3GgCUmmXw	15 minute bounce back cardio workout 30 minute Latin dance workout Bollywood dance work out 30 min Hip hop dance workout The most fun 15 minute dance workout ever

A huge variety (probably for the ladies - it is pop sugar channel)	https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg	This is from the sport England stuff – gives a huge variety – nicely set out so you can choose what you think is appropriate for you.
Joe Wicks Youtube channel	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ	Similar to the above as well as PE with Joe – gives a bit more detail to other workouts
Sweaty Betty	https://www.sweatybetty.com/workout-videos.html	This has Yoga/Dance/Workouts. Less “Americanised” than others and has people doing it in their gardens!
Fitness Blender	https://www.fitnessblender.com/videos?minlength=15&trainingtype%5B%5D=16	Has a filter system so you can put in the time/type of workout you would like to do.
Yoga	https://www.youtube.com/user/yogawithadriene	
Pilates	https://www.youtube.com/channel/UCIfUrFyAWGeB6kMaEVRqR5Q	