

COVID-19 HR Factsheet: Fitness Studio Exercises at Home

Introduction

The COVID-19 outbreak is having a significant impact on all of us and has forced us to change the way we live our lives.

With gyms closing and lockdowns imposed to help stop the spread of the virus, the NHS has made the below Fitness Studio exercise videos available online and free to help all individuals to maintain health and wellbeing whilst at home.

Fitness Studio Exercise Videos

You can take your pick from 24 instructor-led videos across aerobics exercise, strength and resistance, and pilates and yoga categories.

These workouts have been created by fitness experts Instructor live, and they range from 10 to 45 minutes for beginners and intermediate levels.

Please click on each link to access the video.

Aerobic Exercise	Strength and Resistance	Pilates and Yoga	Other Fitness Plans
Aerobics (Level: Beginner)	Basic warm-up (Level: Intermediate)	Pilates Level 1 (Level: Beginner)	12 week fitness plan
Dancing: belly dance (Level: Beginner)	Abs workout (Level: Intermediate)	Pyjama pilates (Level: Intermediate)	10-minute workouts
Dancing: La Bomba (Level: Beginner)	Legs workout (Level: Intermediate)	Yoga with LJ (Level: Beginner)	Gym-free workouts
Wake-up workout (Level: Beginner)	Waist workout (Level: Intermediate)	Bedtime meditation Pre- and postnatal yoga (Level: Beginner)	Strength and flex
NHS Couch to 5k running plan	Arms workout (Level: Intermediate)	Chair-based pilates (Level: Beginner)	
	Bum toning (Level: Intermediate)	Pilates with back pain (Level: Beginner)	
	Cool-down (Level: Intermediate)	Pilates with knee problems (Level: Beginner)	
	Wake-up workout (Level: Beginner)	Pilates with arthritis (Level: Beginner)	
		Pilates with scoliosis (Level: Beginner)	
		Pilates with osteoporosis (Level: Beginner)	
		Pilates with MS and fibromyalgia (Level: Beginner)	