

CARDIO

FREE MOBILE FITNESS APPLICATIONS

GET FIT WITH FUN!

MMA Workout with Coach Kozak



Youtube search terms: MMA Coach Kozak

Get Fit with the “Biggest Loser” trainer Jillian Michaels



Youtube search terms: jillian michaels cardio

Get Fit Anywhere You Go!

- VirtuaGym Home & Gym
- *Gorilla Workout Lite
- Daily Workouts Free
- Simply Yoga Free
- Gain Fitness
- *Taekwondo Kicks
- *Eat-and-Move-O-Matic

*These applications available on Iphone only



Get Fit in the comfort of your own home with youtube.com workout videos. Just type in the youtube search terms and press play!

CORE STRENGTHING

AGILITY

DANCE

Pilates



Youtube search terms: beetwixt pilates

Sports Endurance Workout



Youtube search terms: fitness blender sports

Dance with Benjamin Allen



Youtube search terms: Benjamin Allen

Yoga



Youtube search terms: lean legs befit yoga

Mountain Climbers Exercise



Youtube search terms: cardio workouts kyle brayer

Learn how to Zumba



Youtube search terms: guide to basic zumba