

Roads to Wellbeing: Home edition

Be Active

Our Parks @ Home

Daily activities that you can do from home through Zoom and facebook live.

<https://ourparks.org.uk/class-list>



01

Why not try

10:00 Bootcamp with Born
12:00 Toning Session with Juran
15:30 Superhero Fitness with Born
19:30 Yoga with Samantha

Redefining Strength

Whilst usually a paid for subscription service the Redefining Strength website has 50 free exercises for you to do at home

<https://redefiningstrength.com/50-free-workouts/>



02

Why not try

The at home cardio routine
<https://redefiningstrength.com/project/home-cardio-routine/>



Bloglilates

With a wide range of free workout videos available, focused on ab exercises, butt & thigh exercises, arm exercises, pilates, cardio routines, fat burning workouts and much more



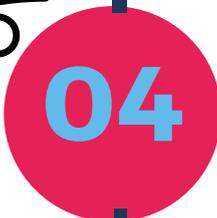
03

Why not try

Pop Pilates for beginners - total body workout
Click [Here](#) for the link

PE with Joe

Joe Wicks is doing free exercise classes daily on his Youtube channel for families to do together.



04

Why not try

Weekdays 9am
<https://www.youtube.com/user/thebodycoach1>

Active over 60s

In this 60-minute exercise video for seniors, Go4Life fitness instructor Sandy Magrath leads older adults through a sample workout featuring a warm up; strength, flexibility, and balance exercises; and a cool down with stretches



05

Why not try

60-minute Sample Workout for Older Adults
<https://youtu.be/rkDlpZ3Musw>

