



<u>Channel</u>	<u>Type</u>	<u>Experience Level</u>	<u>Duration</u>	<u>Equipment Needed</u>	<u>Other Notes</u>
Fit by Mik	Strength/Cardio HIIT	All levels	8-35 minutes	Often dumbbells	Wide variety of strength training and cardio exercises. Also includes sculpt, HIIT, cardio, dance, and stretching. Many options for variations for those with knee and wrist pain.
Grow with Jo	Cardio	Beginner	10-60 minutes	Sometimes dumbbells	Dance and walking exercises. Also has a variety of light strength training exercises.
HASFit - often a great starting place	Many different types	All levels	10-45 minutes	Sometimes dumbbells	All types of exercises. Go to playlists to find lots of videos for: seniors, obese/plus size, limited mobility, physical therapy help (sciatica, posture, etc.),
Body Project	HIIT Strength/Cardio	Beginner/ Intermediate	30 minutes (typically)	Sometimes dumbbells	Also includes some pilates and yoga.
Holly Honjo	HIIT Strength/Cardio	Beginner	5-20 minutes	None	Holly is also on a weight loss journey. Tailored for plus-size individuals.
FitnessBlender	Fitness Blender	All levels	Primarily 10-40 minutes	Sometimes dumbbells	Created by a husband/wife team. Over 600 free videos.
Caroline Girvan	HIIT Strength/Cardio	Intermediate/ Advanced	20-40 minutes	Often dumbbells	Efficient, great workouts quickly. Can do one-off videos or follow structured calendar/plans. Lots of body weight or dumbbell workouts.
Heather Robertson	HIIT Strength/Cardio	Intermediate/ Advanced	30-45 minutes	Often Dumbbells Sometimes: -Stability ball -Mini bands -Wrist/Ankle Wts.	Efficient, great workouts quickly. Can do one-off videos or follow structured calendar/plans. Lots of body weight or dumbbell workouts (sometimes need other equipment)
Juice and Toya	HIIT Strength/Cardio	Intermediate/ Advanced	10-30 minutes	Sometimes Dumbbells	Couple (man and woman). One does advanced exercises.

					One modifies for more intermediate level.
Nourish Move Love	HIIT Strength/Cardio	Intermediate/Advanced	10-30 minutes	Dumbbells	Efficient, great workouts quickly. Includes pilates and barre-type workouts. Many videos designed for women.
RC Fitness Official	HIIT Strength/Cardio	All levels	5-60 minutes	Sometimes dumbbells	Most videos look intermediate/advanced. Search 'beginner' for easier workouts.
ACHV Peak	HIIT Strength/Cardio	Intermediate/Advanced	10-30 minutes	Resistance Bands Dumbbells	Can do one-off videos or follow structured calendar/plans.
DanceFit with Ashtynn	Dance/Zumba	Any	10 minutes (or shorter)	None	Can combine dance videos to make longer workouts
Zumba Sulu	Dance/Zumba	Any	25–30 minutes (or shorter)	None	Can also combine one-song videos to make longer workouts
Dance with Deepti	Dance/Bollywood	Any	30 minutes	None	
Popsugar Fitness	Dance/Cardio	Any	10-30 minutes	None	
And8Fitness	Dance (Hip Hop)	Any	10-25 minutes	None	Can also combine one-song videos to make longer workouts
Yes2Next	Various	Beginner/Senior	5-20 minutes	None	Various types (chair exercises, balance, dance, cardio, among others)
Donovan Green Fitness	Primarily chair exercises	Senior/Chair (primarily)	5-30 minutes (mostly 10)	None (usually)	Best collection of chair exercises. Mostly beginner, a few more advanced.
MS Society	MS/Wheelchair	MS, etc.	5-30 minutes	None (maybe light dumbbells)	Focused on helping people with neurologic disorders.
More Life Health	Various	Senior	5-40 minutes (mostly < 20)	Maybe resistance bands & light dumbbells)	Various types (chair exercises, balance, strength, cardio, among others)
Curtis Adams	Various	Senior	5-30 minutes (mostly < 20)	Light dumbbells	Each exercise shows standing and chair options. Goal is to provide fun and exciting exercises seniors want to do.
Center Space Yoga	Yoga	Beginner/Senior	5-40 minutes	None	Includes chair yoga videos.
Leap Service	Relaxation Gentle Yoga	People with Pain / Mobility Issues	10-30 minutes	None	Tai chi, chair yoga, meditation, etc.

Yoga with Adriene	Yoga	Any	10-60 minutes	None	Also has lots of great exercises/stretches to work on back pain, shoulder pain.
Jacob Cino	Chair Yoga	Any	10-60 minutes	None	Chair yoga, relaxation.
Chair Yoga with Cara	Chair Yoga	Any	10-30 minutes	None	Only a few videos, but appear well done.
BodyBoss Portable Gym	Resistance Band-Type Workouts	Intermediate	30-45 minutes	BodyBoss 2.0 Portable Gym System	Scroll down page and click on 'workouts.' Uses BodyBoss Portable Gym system (\$110 on Amazon).

Other (Non-YouTube) Options

- Netflix: Nike Training Club (10-40 minute videos)
- Phone App: FitOn (various workout types of various lengths; many free, some require subscription)
- Mossa \$4.99 / month
- MAPS Programs: <https://www.mindpumpmedia.com/>
- knownwell, Inc & The Training Lab: \$40/mo after free trial:
<https://marketplace.trainheroic.com/workout-plan/team/knownwellxtraininglab;>
<https://marketplace.trainheroic.com/workout-plan/team/fit-like-fitch>

Options in the Community

- **Exercise is Medicine** – one month free gym membership to the Wellness Center on Oxbow. They will call you to set up your membership M-W-Fr. A certified physical trainer in exercise science will meet with you to teach you how to use the equipment and show you around, provides a MAP (member access program) appointment - will discuss behaviors for success and goals. Sanfordwellness.org - Oxbow has 94 degree 5 foot pool and main is 84 degree. MAP program meet 1x a month, schedule at front desk or call and given an hour to review goals and barriers with trainer
- **Stay Active & Independent for Life (S.A.I.L)** - Free balance, strength and fitness class offered through Sanford Health for adults 65+. Participants improve balance and mobility, reduce their risk of falls and improve their quality of life while having fun meeting new people. Experienced and skillful instructors teach each class. Classes are tailored to older adults who are active and wish to maintain or increase their fitness level. Chairs will be available as needed. Registration is required. Call (605) 333-4440 to register. More information can be found at <https://www.sanfordhealth.org/classes-and-events/stay-active-and-independent-for-life>
- Other options after your free month are planet fitness with a \$10 membership (believe they offer one-on-one instruction from patient experience), this is the least expensive in town. The Midco pool has reduced passes or free if on SNAP. Midco provides \$1 use for SD Medicaid patients