



COVID-19 Fitness Inspiration

Pursue the Active Life

www.bcrd.org (208) 578-2273

Stay Active!

Pick a set time that you are planning to workout during the day. This is helpful even when working from home. It's easy to say "oh I'll do that later", but then you tend to lose motivation and it never happens. Pick a time in advance, make a plan what the workout/activity will be and then hold yourself accountable!

Yoga from BCRD Instructor Tyia Wilson

<https://www.youtube.com/watch?v=6eYFKp5r5SY&feature=youtu.be>

Core Activate

<https://www.youtube.com/watch?v=b6vDRUcOlpu&feature=youtu.be>

Tadagi Too

<https://www.youtube.com/watch?v=SChA3CCGI0k&feature=youtu.be>

Tadagi Mudra

<https://www.youtube.com/watch?v=wxKWdCGfVyY&feature=youtu.be>

Stable Arms

<https://www.youtube.com/watch?v=qzkbQHNPPKM&feature=youtu.be>

Breathe with Me

<https://www.youtube.com/watch?v=fy7obAA-gpo&feature=youtu.be>

Gentle Yoga and Sound

<https://www.youtube.com/watch?v=9gGrNCjUM7U&feature=youtu.be>

Breathe and Ground

Yoga from BCRD Instructor Shawn Phillips

@shawnphillipsyoga

Live daily classes on Instagram, 8:00-8:30ish a.m.

https://www.youtube.com/watch?v=J6_ZluGxulG

Gentle Yoga, Breathe and Hips (reclined)

<https://shawnphillipsyoga.com/>

Yoga Classes and Info

Sound Bowl Yoga Videos with BCRD Instructor Jennifer Kuhlmann

<https://m.youtube.com/watch?feature=share&v=3sA7ow1aLTo>

Sound Bowl Yoga Video #1

<https://m.youtube.com/watch?v=DCNRO9p9i0I>

Sound Bowl Yoga Video #2 (more sound than video #1)

Yoga Videos

https://www.youtube.com/watch?v=P0hYNRxK_dg

A Basic Mat Class

<https://www.youtube.com/watch?v=r8oRWsW0f4Y>

Groundwork Level I

<https://www.youtube.com/watch?v=pmTTz722xg4>

Groundwork Level II Beautiful Beach Setting

<https://www.youtube.com/watch?v=r8oRWsW0f4Y>

Groundwork Level III Beautiful Beach Setting

<https://lifehacker.com/this-is-a-7-minute-yoga-routine-that-will-actually-relax-1793244072>

7-minute yoga routine that will Actually Relax you

<https://www.youtube.com/watch?v=NMYSRCCLeGw>

Rodney Yee

<https://www.youtube.com/watch?v=yC6ugb8M8D8&list=PLrD2rEG2plhEibeHVNPcMzMOf6yL6xNFj>

Erich Schiffmann

Pilates Videos

<https://upsideownpilates.com>

Good site to visit for info & videos

<https://youtu.be/RDQmnzuE2q4>

25-minute Pilates Workout Tone Abs, Butt, and Arms

Feldenkrais Videos

<https://feldenkrais.com/awareness-movement-atm-classes/>

From the Feldenkrais Educational Foundation of North America.

<https://www.youtube.com/watch?v=JWkUkmbQ94k>,

<https://www.youtube.com/watch?v=YzugVI5JA7c>

Jodie Krantz Feldenkrais Videos

Do these two videos back to back if possible, about a half hour or less.

Full Body Workouts

<https://runningonrealfood.com/no-equipment-strength-training-workout/>

Strength Circuit Workout without Weights

<https://runningonrealfood.com/45-minute-no-equipment-hiit-workout/>

H.I.I.T Workout 45 Minutes No Equipment

<https://www.youtube.com/watch?v=NVDTISBdHKg>

35 Minute Nike H.I.I.T Workout

Health Inspiration

<https://runningonrealfood.com/category/workouts/>

Ideas for Recipes, Workouts, and Health

<https://www.popsugar.com/fitness/>

Ideas for Fitness, Family, and Living and much more....

Stretching Videos

<https://vitals.lifehacker.com/its-time-for-shoulder-stretches-1842528066>

Shoulder Stretches

<https://youtu.be/qULTwquOuT4?t=20>

Stretching to gain more flexibility 30 minutes

Music that Moves You: Our Favorite Pandora Stations

Cabin Party Radio
Poolside: Miami Chill
Alternative Endurance
Beastie Boys Radio
The White Stripes Radio

Some Spotify Playlists

<https://open.spotify.com/playlist/23HdKatQKSRLWFCY6YoVWB?si=U7QQhoOkTqucxzoUSQevhQh>

Get Revved Up! 2020

https://open.spotify.com/playlist/44jVypaWUKtyAxDRJV3amo?si=pbzXMdfWSBGvZ7MI4mdG_w

Power Circuit 2020