

CARDIO

FREE MOBILE FITNESS APPLICATIONS

GET FIT WITH FUN!

MMA Workout with Coach Kozak



YouTube search terms: MMA Coach Kozak

Fitness Blender Bodyweight Cardio Workouts



YouTube search terms:
Bodyweight Cardio Workout

Get Fit Anywhere You Go!

iPhone and Android

- VirtuaGym Home & Gym
- Daily Workouts Free
- Simply Yoga Free
- Workout Trainer
- Fitness – Home and & Gym Workouts

iPhone only

- Gorilla Workout Lite
- Taekwondo Kicks
- Eat-and-Move-O-Matic



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 STRENGTHENING

AGILITY

DANCE

V Total Body Yoga Exercise



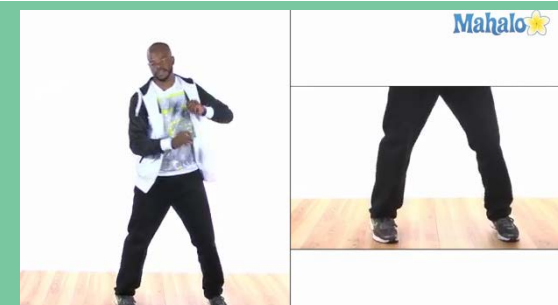
YouTube search terms: FitnessBlender
Yoga for Weight Loss

Sports Endurance Workout



YouTube search terms:
fitness blender sports

Learn How To Dance



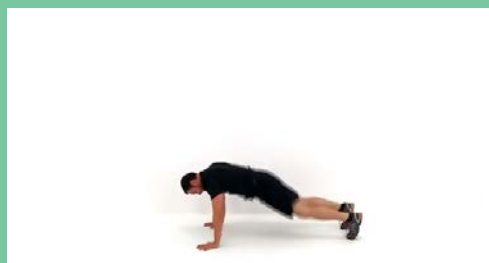
YouTube search terms: mahalodotcom

40 Minute Fat Burning Yoga Workout



YouTube search terms: Yoga for Weight Loss

Sports Endurance Workout



YouTube search terms:
Sports Endurance Workout – Stamina, Speed,
and Agility Workout

Zumba Workout Compilation



YouTube search terms:
Zumba Workout Compilation