



BETHEL WLC HOME FITNESS RESOURCES



Bethel Community (General) Workout Program

This program is made up of 2 separate workouts (A and B) that should be done on alternating days. Most people will choose to workout out on MWF, but you could lift on any non-consecutive days. There are adaptations for beginners to advance.

[A/B BODYWEIGHT PROGRAM](#)

Bethel Athlete (Advanced) Workout Program

This workout program is a 3 day program to be done on MWF. It consists of multiple activities for the entire body and ranges from beginner, intermediate, and advanced options. This program is similar to the general program except we have added an additional day and more power exercises and intensity to this program. This program is designed for those who have a strong history of working out.

[ADVANCED BODYWEIGHT PROGRAM](#)

Bethel Bodyweight / At-Home Tutorial Videos

This set of 5 videos walks community members through the proper ways to set up bodyweight programs and at home workouts. The first video discusses the 5 basic movement patterns of the body and how to work each pattern. The second video discusses the many ways you can manipulate basic bodyweight exercises from home to make them easier and harder. Videos 3-5 give examples of circuits that can be used at home with opportunities to see a basic set-up, an intermediate set-up, and an advanced set-up. The videos should allow the listeners the ability to easily set-up a workout routine in minutes that would fit the needs of everyone in their house.

[Instructional Video 1](#) [Instructional Video 2](#) [Home Workout #1](#) [Home Workout #2](#) [Home Workout #3](#)

ADDITIONAL FREE RESOURCES

Wellbeats

Free virtual workouts until April 30th. BW workouts, yoga, running, biking, and more. No Credit cards required. Passcode: 3d63a6b0

<https://portal.wellbeats.com/#/home/>

CorePower Yoga

Free yoga workouts from beginner to advanced for people to engage in during the coronavirus quarantine. No sign-ups required / No credit cards needed.

[Keep Up Your Practice](#)

Les Mills

Free at home workouts available until the Coronavirus pandemic is over. Consists of a wide array of the world's top studio classes ranging from yoga, barre, cycling, and other bodyweight workouts in a fun and high energy environment. These classes do not require your credit card.

[AT HOME WORKOUTS](#)

Planet Fitness

Planet fitness will be running free live workouts daily that you can log onto and join. These are Bodyweight workouts that can be done from home. In addition, if you miss the classes, you can view them on their social media sites. This site does not require any Credit Card.

<https://www.planetfitness.com/health>

Strong by Zumba

Have some fun trying a little different fitness option that will surely bring some joy and energy. This is a list of short Youtube recordings from Strong by Zumba of fun fitness dance routines taught by qualified instructors that help you to learn how to dance and get a great workout. Challenge yourself with some fun moves and learn some new tricks. Does not require a credit card.

[STRONG by Zumba](#)

Gold's Gym

Free Gold's Gym App that allows you to select workouts based on equipment or Bodyweight. It also allows you to select music to accompany the workout. Choose from beginner, moderate, or advanced. Some workouts are even directed by an online trainer and visual and auditory cues. This app does not require any Credit Cards.

[Stronger Anywhere](#)