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While they encourage donations, the instructors make it very clear at the beginning of each class that they are here for you—whether you can donate or not. The workouts are free to all exercisers for a limited time. My training: Lots of stretching, planks, side planks, ring pullups, bb row, bb shrugs. You can stream their content on mobile devices, your laptop, Apple TV, Roku and fireTV. **Burn Boot Camp** **Burn Boot Camp** started streaming live at-home workouts which will run every weekday at 9 a.m. ET through April 3. While it can be tough without friends or your usual trainers around to motivate you, you can still get great results at home with these free workouts. Many schools are using Sworkit to help kids stay physically active while at home. **Free Workouts on Apps** **Aviv** **Aaviv** has partnered with some local libraries, including Douglas County Library in Colorado, for three months of unlimited workout classes. Each 45 min workout will mirror their weekly in-gym protocol and will be recorded so you can watch at a later time. Choose from 7-minute, 20-minute, and 30-minute classes. There are even workouts by celebrity personal trainer Erin Oprea, to help you achieve the same fitness goals as your favorite country music stars. Their workout building blocks range from four to 30 minutes and their content library is updated weekly. **Gold's Gym** **Gold's Gym** offers over 600 audio and video workouts on its app for free. **Hilton Head Health** **Hilton Head Health's On Demand** app, which offers a free week-long trial, has more than 20 exercise videos to choose from and zero equipment required. The workouts will be hosted by trainers and sometimes by surprise celebrity guests. The service also offers free 90-day trial subscriptions to online learning platform, **Spartan EDGE**. **StretchLab** **StretchLab GO** offers stretching workouts and practices that you can do at home. Get good vibes and health tips delivered right to your inbox! **UnCraveRx** **Dieting** as well as working out? **UnCraveRx** is an app provided under the supervision of a doctor that helps retrain your brain to ignore cravings and bad nutritional habits with a combination of on-demand fitness classes, anti-craving medicine, behavioral therapy, and certified nutrition counseling. **Malvone** and his team attract hundreds of viewers per class but you feel like they're focused in on you as they answer questions via comment throughout the class. You can view the workouts on personal computer/laptop or on Apple, Android, Roku, and Amazon Fire TV. Studios around the country will participate in hosting these IGTV workouts. **bodyART Training Studios** **Ryan Daniel Beck** of **bodyART Training Studios** is doing daily live streams of classes while studios are all closed in NYC. **BodyRush Fitness** **Athletic** and already in shape? The at-home workout requires no equipment (yoga mats and light weights optional) and incorporates shadowboxing followed by Yin/Yasa flow sequences. **Pancakes and Pushups** **Sloane Davis** of **Pancakes and Pushups** has a free at-home tutorial you can do from home and a ton of tutorials for free on Instagram that require no equipment. **Celsius** **Celsius** energy drinks will will live-stream workouts with fitness pros and studios across the country through their **Sweat With Celsius** program on Instagram. **CITYROW** **CITYROW** is doing equipment-free, free Instagram TV workouts Mondays, Wednesdays and Fridays in the early morning that anyone can join. 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The video workouts can be accessed any time of day here. **Fit2Go** **Personal Training** **Fit2Go** Personal Training specializes in in-home fitness for busy professionals and are streaming free daily live workouts on Facebook. **Jess Grippjess** **Grippjo** offers a special program called "Dance Alone, Together" on Facebook Live and Instagram Live, designed to make you connect to your body, wake up your creativity, and turn solitude into action. There are videos for children's activities, the aging population, partner workouts, combating anxiety and depression and more. **NEOUNEOU** is offering 30 days of free access for those stuck at home during this time, with workouts including everything from yoga to kickboxing to HIIT training. **The Rio Plan** **The Rio Plan** has moves ranging from barre to Brazilian flow. **Studio SWEAT OnDemand** **Studio SWEAT OnDemand** offers a seven-day trial of their wide variety of classes, including Pilates and spin, for new members. 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