

# Home Fitness Ideas

## VT Rec Sports

- **Les Mills On Demand**
  - <https://recsports.vt.edu/fitnessprograms/groupexercise/lmod.html>
- **Hokie Fit**
  - <https://recsports.vt.edu/fitnessprograms/hokiefit.html>
- **Rec Sports Virtual**
  - <https://recsports.vt.edu/virtual.html>

## At Home Body Weight and/or Homemade Weight Ideas

### Homemade Weights:

- <https://www.cosmopolitan.com/health-fitness/advice/a32196/items-that-work-just-as-well-as-weights/>
- <https://www.openfit.com/how-to-make-homemade-weights>

### Full Body Workout with a towel

- [Option 1](#)
- [Option 2](#)