

Fitness Tips: The 6 Best YouTube Workouts to Try Right Now



By Carly Silva

Ever since the start of the Covid-19 pandemic and stay at home orders, online workout videos have become even more popular. Following along to an instructor on YouTube is an easy and affordable way to get your workout in without overwhelming your schedule. If you're looking for some [fitness tips](#) to help you get in shape, there are thousands of workout instructors online that are great to follow.

In these fitness tips, here are the six best YouTube workouts to try right now:

1. Yoga for Core and Booty – Yoga with Adriene: This 30-minute yoga practice focuses on toning the core and glute muscles in a meditative way. Yoga workouts are a great alternative if you prefer slower-paced workouts and mindfulness as well.

Related Link: [Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020](#)

2. Total abs and full-body workout – Chloe Ting: This 20-minute workout with Chloe Ting is a high-intensity core workout that also gets your whole body working. This is the perfect YouTube workout to follow along with if you don't have a lot of time, but still want to get an intense workout in.

Related Link: [Fitness Tips for Working Out While Wearing a Mask](#)

3. 90s Dance Party Workout – MadFit: This workout is only 15 minutes long, but it will get your blood pumping. This full-body workout is an all-cardio routine which will definitely get you sweating. And, you will be listening to throwback 90s music the entire time, which will definitely pump you up!

4. Power Yoga Class – lululemon: This yoga class is a more intense, full-body power yoga workout. It is a 45-minute video that will especially work your legs, back, and hips, but will get your whole body moving and sweating.

5. Hip Hop Fit Workout – POPSUGAR Fitness: This 30-minute workout is perfect for beginners or anyone who isn't a pro at working out. The mix of dance and fitness will have you burning calories while also having a ton of fun!

6. Extreme butt-shaping workout – blogilates: This extreme-intensity workout from blogilates will have you working up a sweat while specifically working on toning the booty. This guided video is 30 minutes long, and doesn't include any breaks, so make sure you're ready to break a sweat!

Do you know any other Youtube workouts? Start a conversation in the comments down below!