

Workout Tips: 5 Exercise Videos Based On Today's Pop Hits



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Many people enjoy listening to the radio or their Ipad while working out. Fitness instructor Cassey Ho has created a series of workout videos tailored to those who love today's pop music! Ho has exercises that will help you build muscle while also burning fat as well. You will break and sweat after trying some of her music based exercises!

Today's workout tip involves

watching these fitness videos for new workouts to add to your daily routine!

1. One Direction's "What Makes You Bootyful" Butt Challenge: This workout will make your butt firm if you complete this challenge every day! It may seem like an awkward position to be in at first, but you will feel and see results!

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2. Katy Perry's "Roar" Challenge for Abs & Inner Thighs: Become a beast while working out to this exercise. This challenge will focus your core areas for getting stronger abs and inner thighs.

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3. Justin Bieber's "As Long as You Love Me" Love Handles Challenge: Feel the burn with this Bieber fever challenge! This workout can help you stretch out while also targeting areas you've been meaning to transform at the gym.

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4. Lady Gaga's "Applause" Arms Workout: This sassy workout will have you clapping over your progress. Make sure to have weights for these arm toning movements.

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The Wanted's "Glad You Came" Calves Challenge: This simple workout requires two shopping bags and your will to work your calves. Although this challenge is meant for your calves, you may feel a change in your arms too!

Which workouts do you plan on trying? Let us know in the comments!