Cardio on Demand

When you’re stuck in a rut (or stuck inside during a rainy day), it can be hard to know where to look for inspiration. Here are 5 Youtube channels that provide videos that you can easily follow along at home!

Blogilates
Run by Cassey Ho, who is pretty much the queen of online fitness... kind of. She dabbles in various fitness-related side projects that you can check out at blogilates.com.
Most watched video: “The ‘Perfect’ Body”
Video lengths: anywhere from 5 to 30 minutes

EFit30
Pilates, yoga, and nutrition tips delivered in Australian accents! They also do 6-week boot camps for various training types.
Most watched video: “Pilates Essentials, Full 30 Minute Exercise Video”
Video lengths: anywhere from 7 to 30 minutes

Fitness Blender
This channel provides full length, full-body workouts, with none of that background music nonsense. Run by wife-and-husband dynamic duo Kelli and Daniel and aimed at all genders!
Most watched video: “10 Minute Abs Workout”
Video lengths: anywhere from 5 to 40 minutes

BeFit
Features various celebrity trainers in every video (Jane Fonda, anyone?). If you go to their channel page, the videos are categorized by type of workout targeting different parts of the body.
Most watched video: “Jillian Michaels: 6 Week Six-Pack Abs Workout”
Video lengths: up to an hour

XHIT Daily
Fun, casual videos that also feature celebrity workouts! They’re not full start-to-finish videos, but rather good to watch when you need to refresh your exercise routine.
Most watched video: “9 Exercises for a Flat Stomach”
Video lengths: mostly 12 minutes or less