

CARDIO

Plays a major role in decreasing insulin resistance, blood sugar as well as risk of type 2 diabetes. Improves heart health by keeping your heart strong, helping to lower blood pressure, lowering LDL "bad" cholesterol and raising HDL "good cholesterol". Aids in weight control by burning calories. Improves bone health and lowers androgens in PCOS.

CARDIO WORKOUT

Body Project:

- GENUINE beginner cardio workout - SEATED and STANDING options
Duration: 23 minutes
Difficulty: 🔥

[▶ Link to video](#)

- Intermediate/Advanced cardio, resistance and ABS workout!
LOW IMPACT OPTION
Duration: 36 minutes
Difficulty: 🔥🔥

[▶ Link to video](#)

Popsugar Fitness:

- No-Equipment Cardio Kickboxing Workout
Duration: 30 minutes
Difficulty: 🔥🔥

[▶ Link to video](#)

Walk at Home by Leslie Sansone:

- 1 Mile Happy Walk
Duration: 15 minutes
Difficulty: 🔥

[▶ Link to video](#)

Up to the BEat Fit:

- 2000 Step Disco Rock Walk
Duration: 20 minutes
Difficulty: 🔥

[▶ Link to video](#)

The PCOS Personal Trainer:

- HIIT workout for PCOS (low-impact, no jumping, no equipment)
Duration: 10 minutes
Difficulty: 🔥🔥

[▶ Link to video](#)



Sydney Cummings:

- Low Impact HIIT Cardio Workout Burn 400 Calories!
Duration: 30 minutes
Difficulty: 🔥🔥🔥

[▶ Link to video](#)

Cirque du Soleil:

- Extreme HIIT workout At Home
Duration: 30 minutes
Difficulty: 🔥🔥🔥

[▶ Link to video](#)

CARDIO DANCE

Popsugar Fitness:

- All-Levels Cardio Dance Workout
Duration: 30 minutes
Difficulty: 🔥

[▶ Link to video](#)

- Cardio Latin Dance Workout
Duration: 30 minutes
Difficulty: 🔥🔥

[▶ Link to video](#)

PsycheTruth:

- Fun Beginners Dance Workout For Weight Loss- At Home Cardio Dance Routine
Duration: 13 minutes
Difficulty: 🔥

[▶ Link to video](#)

Madfit:

- 90's DANCE PARTY WORKOUT - Full Body/No Equipment
Duration: 15 minutes
Difficulty: 🔥🔥

[▶ Link to video](#)

- DANCE PARTY WORKOUT - Full Body/No Equipment Tabata
Duration: 15 minutes
Difficulty: 🔥🔥🔥

[▶ Link to video](#)

HIGH Fitness:

- 45 minute Playlist
Duration: 45 minutes
Difficulty: ~ 🔥🔥

[▶ Link to playlist](#)



The Fitness Marshall:

- Meghan Trainor - Me Too | Dance Workout
Duration: 3 minutes
Difficulty: 🔥🔥🔥

[▶ Link to video](#)

The Studio By Jamie Kinkeade

- Full body HIIT Dance
Duration: 40 minutes
Difficulty: 🔥🔥🔥

[▶ Link to video](#)

YOGA

Decreases stress, anxiety and cortisol. Decreases inflammation, blood sugar & insulin. Improves sleep. Improves strength & flexibility. May improve heart health. May decrease androgens and help regulate menstrual cycles.

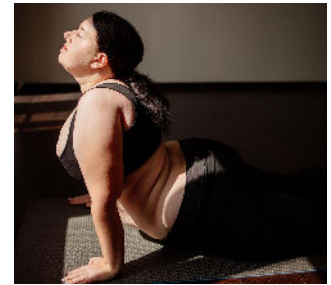
PAIN/STRESS RELIEF

Yoga with Adrienne:

- Yoga For Complete Beginners
Duration: 20 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Yoga For Tension Relief
Duration: 28 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Yoga For Anxiety and Stress
Duration: 28 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

SarahBethYoga:

- Yoga for Low Back Pain
Duration: 30 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Yoga for Bloating, Digestion, Ulcerative Colitis, IBD & IBS
Duration: 10 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Yoga for Anger & Frustration
Duration: 10 minutes
Difficulty: 🔥
[▶ Link to video](#)



YOGATX:

- Yoga For Neck and Shoulder Pain - Safe and Easy Stretches for Beginners
Duration: 15 minutes
Difficulty: 🔥
[▶ Link to video](#)

FERTILITY

Live Fertile

Kendra Tolbert, MS, RDN, RYT

- PCOS Yoga | Strengthening Yoga for Hormone Balance
Duration: 25 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Fertility Yoga for Couples
Duration: 15 minutes
Difficulty: 🔥
[▶ Link to video](#)

- 30-Day PCOS Yoga Challenge with Kendra Tolbert
[▶ Link to video playlist](#)

Yoga With Adriene:

- Yoga for Cramps and PMS
Duration: 20 minutes
Difficulty: 🔥
[▶ Link to video](#)



Yoga With Christina:

- Yoga for The Follicular Phase
Duration: 20 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

SarahBethYoga:

- Yoga for During Your Period
Duration: 15 minutes
Difficulty: 🔥
[▶ Link to video](#)

WEIGHT LOSS

PsycheTruth:

- Yoga for Weight Loss & Belly Fat, Complete Beginners Fat Burning Workout at Home, Exercise Routine
Duration: 25 minutes
Difficulty: 🔥
[▶ Link to video](#)

jessicasmithtv:

- Yoga for Weight Loss Full Length Fat Burning Workout
Duration: 20 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

Fightmaster Yoga:

- Power Yoga (Vinyasa Flow Workout)
Duration: 30 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)

Yoga With Adriene:

- Yoga for Weight Loss Fat Burning Workout
Duration: 40 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)

QUICK MORNING/BEDTIME

Yoga with Cassandra:

- Morning Yoga Stretch for Beginners - Energy Boost Yoga
Duration: 10 minutes
Difficulty: 🔥
[▶ Link to video](#)
- BEDTIME Yoga Stretch - Beginner Yoga for Good Sleep
Duration: 10 minutes
Difficulty: 🔥
[▶ Link to video](#)

STRENGTH TRAINING

Decreases insulin resistance, lowers blood sugar as well as risk of type 2 diabetes. Improves body composition by building muscle and decreasing fat and may aid in weight loss. Improves self confidence. Lowers androgens in PCOS.

NO EQUIPMENT

Mayoclinic.org:

- Strength training: How-to video collection
Duration: 1-2 minutes / tutorial
Difficulty: 🔥
[▶ Link to website](#)

blogilates:

- POP Pilates for Beginners - Total Body Workout
Duration: 28 minutes
Difficulty: 🔥
[▶ Link to video](#)

- 12 Minutes to Toned Abs Workout
Duration: 12 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)

Chloe Ting:

- Upper Body & Arms Workout
Duration: 10 minutes
Difficulty: 🔥
[▶ Link to video](#)
- Grow Your Hips & Butt | Home Booty Workout | Side Butt | Hip Dips
Duration: 25 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

The PCOS Personal Trainer:

- PCOS Belly Fat Workout: Core + Glutes + Chest (At home workout)
Duration: 10 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)



SELF:

- Strength & Conditioning Workout with Warm Up & Cool Down
Duration: 30 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)

Madfit:

- FULL BODY Workout
Duration: 15 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)

WITH WEIGHTS

HASfit:

- Strength Training Workout for Beginners
Duration: 17 minutes
Difficulty: 🔥
[▶ Link to video](#)

- Weight Training Full Body Dumbbell Workout at Home for Women & Men
Duration: 35 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

BodyFit by Amy:

- Beginner Full Body Dumbbell Workout
Duration: 15 minutes
Difficulty: 🔥
[▶ Link to video](#)

FitnessBlender:

- Total Body Strength Workout for People who get Bored Easily
Duration: 35 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

Heather Robertson:

- Upper Body STRENGTH workout // With Dumbbells
Duration: 20 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)
- Intense FULL BODY STRENGTH Workout
Duration: 25 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)



nourishmove:

- Full Body Strength Training For Women
Duration: 30 minutes
Difficulty: 🔥🔥
[▶ Link to video](#)

Sydney Cummings:

- Power Strength Workout
Duration: 60 minutes
Difficulty: 🔥🔥🔥
[▶ Link to video](#)