

Can't hit the gym? Hit Web instead

By Melinda Fulmer
TRIBUNE NEWSPAPERS

If you're determined to get fit but don't have the budget for a gym membership or an endless parade of exercise DVDs, try getting your workouts from the Web. Streaming workout videos—for cardio, Pilates, strength training, yoga and more—are now available on dozens of sites for absolutely nada.

The hardest part is finding ones that aren't just peddling minute-long snippets of DVDs they want you to buy or a one-time sneak peek at paid-membership content. And it's frustrating to wade through all the fitness videos at sites like YouTube.

Don't worry—we've done your homework for you. Here's a sampler of some of the best Web workout sites.

SparkPeople sparkpeople.com

This diet-and-fitness site is full of cardio, strength and Pilates routines to stream. The no-frills workouts range in length from 5 to 20 minutes and can be put together as part of a free, customized diet-and-fitness plan for site members. **It's best for:** Beginning exercisers hoping to make regular exercise a habit.

Exercise TV exercisetv.tv

This video-on-demand network offers a wide range of cardio, stretch and strength-training

videos that are 10 to 45 minutes long, along with shorter workouts. The site features experienced instructors such as TV's "Biggest Loser" trainer Jillian Michaels and celebrity trainer Kendell Hogan.

It's best for: Fitness junkies who crave variety.

Yoga Journal Yoga Today yogajournal.com/podcast, yogatoday.com

Both sites offer free yoga workouts from certified instructors. Yoga Journal offers weekly 20-minute studio podcasts and 20-minute segments from its line of yoga DVDs. Yoga Today features one 60-minute workout a day from an archive of 300 routines.

They're best for: Yoga lovers who don't want to shell out \$15 for a studio class. Probably not the safest place for beginners.

Fitness magazine fitnessmag.com

Most major health and fitness magazines offer short videos that demonstrate exercises. But many are too short or focused on expensive equipment.

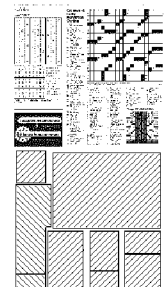
Fitness magazine's video program allows you to build your own workout video by choosing areas you want to focus on and how long you want to exercise and according to the equipment you have at home.

It's best for: Committed fitness enthusiasts who want to learn new moves and mix up their current routines.

YouTube and other video viewing sites youtube.com, veoh.com, joost.com, blinkx.com

YouTube offers a huge number of exercise videos from certified professionals and amateurs alike. However, most of these videos are too short to make up a full workout. The best way to find routines is to search by keywords such as "dance fitness" or "Pilates ball" and use the "advanced options" tab at the top to select a longer duration and a language.

You can also search by instructor. Several eight-minute-long snippets of fitness guru Billy Blanks' kickboxing workouts can be found here and linked together



to make a workout, if you have the patience.

Other video viewing sites such as Veoh, Joost and Blinkx also require you to search by keyword to avoid wading through a bunch of junk.

They're best for: Anyone looking for variety. But there's more of a risk of injury when amateurs are demonstrating exercises.

Netflix netflix.com

If you are already a Netflix subscriber, you can stream free workout videos from its library on your computer.

You'll find only a fraction of Netflix's collection of workout DVDs available for streaming, but there's an assortment of Crunch gym's cardio, dance, Pilates and strength-training videos and some from the "10-Minute Solution" line of fitness DVDs.

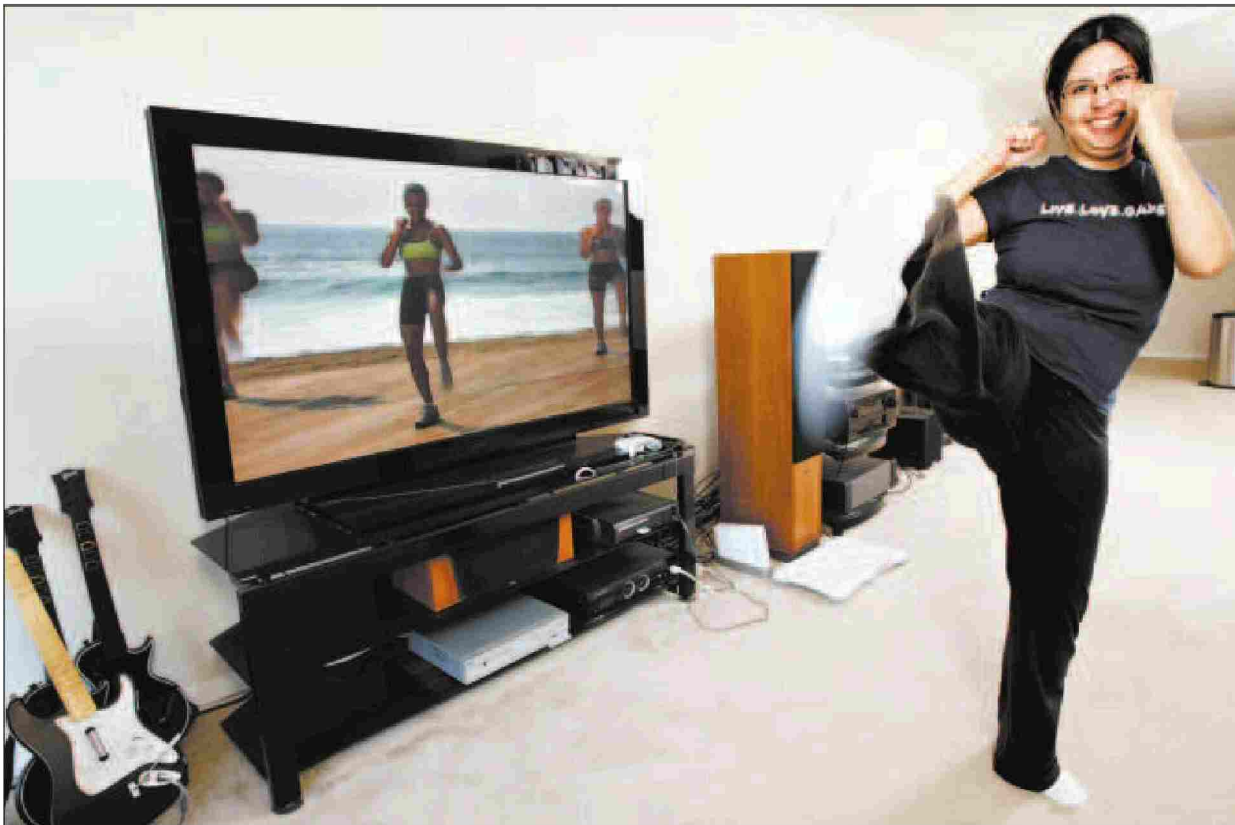
You must have a PC to stream these. The software is not yet compatible with Macs.

It's best for: Netflix users who crave variety in their workouts and don't want to wait for a DVD to arrive in the mail.

Ultimate Pilates ultimatepilates.com

This site offers seven free 30- to 45-minute Pilates mat workouts in addition to those offered to paying members. Podcasts are also available to teach individual exercises.

It's best for: Beginners and intermediate Pilates exercisers. Most of the more advanced work is reserved for paying customers.



DAMIAN DOVARGANES/AP PHOTO

Trina Schwimmer works out to a video downloaded to her computer from her Netflix account.