

# 10 Best YouTube Fitness Channels to Get You Fit

In today's digital age, there's no shortage of information on how to get fit. But with so much content available, it can be hard to know where to start. That's where YouTube fitness channels come in.

YouTube fitness channels offer a wealth of free information on everything from workout routines to nutrition tips. And because they're hosted on YouTube, they're easy to access and can be viewed on any device.



**10 BEST YOUTUBE FITNESS CHANNELS: 1,000+ FREE FITNESS WORKOUTS TO FIT YOUR BUSY SCHEDULE**  
**Get Fit, Lose Weight or Build Muscle in 30 Minutes or Less in the Comfort of your Home** by WBP CLUB

★★★★☆ 4.5 out of 5

Language : English  
File size : 4222 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 270 pages  
Lending : Enabled  
Screen Reader : Supported



If you're looking for a way to get fit, YouTube fitness channels are a great place to start. Here are 10 of the best YouTube fitness channels to help you reach your fitness goals:

## **1. FitnessBlender**

FitnessBlender is one of the most popular YouTube fitness channels, with over 6 million subscribers. The channel is run by a husband and wife team, Daniel and Kelli Segars, who offer a wide range of workout videos for all fitness levels.

FitnessBlender's videos are well-produced and easy to follow. They also offer a variety of workout programs, so you can find one that fits your needs and goals.

## **2. POPSUGAR Fitness**

POPSUGAR Fitness is another popular YouTube fitness channel, with over 5 million subscribers. The channel offers a wide range of workout videos, including dance, yoga, Pilates, and strength training.

POPSUGAR Fitness's videos are fun and engaging, and they're perfect for people who want to get fit without feeling like they're working out.

## **3. Blogilates**

Blogilates is a YouTube fitness channel that focuses on Pilates. The channel is run by Cassey Ho, a certified Pilates instructor who offers a variety of Pilates workouts for all levels.

Blogilates' videos are clear and concise, and they're perfect for people who want to learn more about Pilates or improve their Pilates practice.

## **4. The Fitness Marshall**

The Fitness Marshall is a YouTube fitness channel that focuses on dance workouts. The channel is run by Caleb Marshall, a dancer and

choreographer who offers a variety of dance workouts for all levels.

The Fitness Marshall's videos are fun and energetic, and they're perfect for people who want to get fit while dancing.

## **5. Yoga with Adriene**

Yoga with Adriene is a YouTube fitness channel that focuses on yoga. The channel is run by Adriene Mishler, a certified yoga instructor who offers a variety of yoga classes for all levels.

Yoga with Adriene's videos are clear and concise, and they're perfect for people who want to learn more about yoga or improve their yoga practice.

## **6. HASfit**

HASfit is a YouTube fitness channel that offers a variety of workout videos for all fitness levels. The channel is run by Hannah Eden, a certified personal trainer who offers a variety of workout programs, including strength training, cardio, and yoga.

HASfit's videos are well-produced and easy to follow, and they're perfect for people who want to get fit at home.

## **7. BodyProject**

BodyProject is a YouTube fitness channel that focuses on body positivity and health at every size. The channel is run by Lacey Stone, a certified personal trainer and body positive advocate who offers a variety of workout videos, nutrition tips, and body positive content.

BodyProject's videos are inspiring and motivating, and they're perfect for people who want to get fit and feel good about their bodies.

## **8. BeFit**

BeFit is a YouTube fitness channel that offers a variety of workout videos for all fitness levels. The channel is run by a team of fitness experts who offer a variety of workout programs, including strength training, cardio, and yoga.

BeFit's videos are well-produced and easy to follow, and they're perfect for people who want to get fit at home.

## **9. The Lean Machines**

The Lean Machines is a YouTube fitness channel that focuses on strength training and nutrition. The channel is run by a team of fitness experts who offer a variety of workout videos, nutrition tips, and supplement reviews.

The Lean Machines' videos are clear and concise, and they're perfect for people who want to learn more about strength training and nutrition.

## **10. Athlean-X**

Athlean-X is a YouTube fitness channel that focuses on strength training and muscle building. The channel is run by Jeff Cavaliere, a certified strength and conditioning specialist who offers a variety of workout videos, nutrition tips, and supplement reviews.

Athlean-X's videos are clear and concise, and they're perfect for people who want to learn more about strength training and muscle building.

These are just a few of the many great YouTube fitness channels available. With so many options to choose from, you're sure to find a channel that fits your needs and goals.

So what are you waiting for? Start watching YouTube fitness videos today and get on the path to a healthier, fitter you!



## 10 BEST YOUTUBE FITNESS CHANNELS: 1,000+ FREE FITNESS WORKOUTS TO FIT YOUR BUSY SCHEDULE

### Get Fit, Lose Weight or Build Muscle in 30 Minutes or Less in the Comfort of your Home by WBP CLUB

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English  
File size : 4222 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 270 pages  
Lending : Enabled  
Screen Reader : Supported





## **Lincoln in the Bardo: A Haunting Exploration of Grief and the Afterlife**

An to 'Lincoln in the Bardo' In the realm of literature, 'Lincoln in the Bardo' by George Saunders stands as...



## **Supertato Veggies In The Valley Of Doom: An Epic Adventure for Kids**

Supertato Veggies In The Valley Of Doom is the latest installment in the beloved Supertato series by Sue Hendra and Paul Linnet. This time, Supertato and his veggie friends...