

## HOOLIO

**THE DEAL** The Netflix of fitness, Hoolio is divided into sections according to exercise mood.

**BEST FOR** Monitoring progress. It also integrates with wearable tech, so you can keep track of your heart rate and steps taken.

**WE LOVE** Invite friends (Skype-style) to take part in the same session.

**MUST TRY** If you're up for the challenge, The Viking Method by Svava Sigbertsdottir, whose fans include Suki Waterhouse and Nicole Scherzinger, really delivers. *Some videos/features are free; the Hoolio Plus service is £7.99 a month, hoolio.com*

## INSTRUCTOR LIVE

**THE DEAL** Streams around 40 live or pre-recorded 45-minute classes a month to any smart device.

**BEST FOR** Gym fans who can't get to the gym.

**WE LOVE** If you miss a scheduled class on the site, it will be on catch-up later.

**MUST TRY** The 'Short On Time' section offers quick-fire bursts of Pilates, aerobics, weight-loss workouts, toning and yoga. Yep, there's no excuse *not* to exercise with this one. *10-day free trial/£5.99 per month, instructorlive.com*

# Log in, work out

*DON'T HAVE TIME TO HIT THE GYM? NOW YOU CAN GET YOUR SWEAT ON BEFORE LEAVING THE HOUSE (#THEDREAM)*

## YOGAIA

**THE DEAL** Live-streamed yoga classes by pro yogis from all over the world.

**BEST FOR** Beginners. Turn on your webcam and the instructor will offer advice and correct your poses. Communicate back via the text message box.

**WE LOVE** It feels like a one-to-one, and other students taking part can't see your downward dog.

**MUST TRY** Tuesday's 10.15pm bedtime yoga class: say buh-bye to stress, then flop straight into bed. *7-day free trial/£14.99 per month, yogaia.com*

## FITNESS BLENDER

**THE DEAL** Over 350 workout routines are streamed via YouTube.

**BEST FOR** Mixing your workouts. From fat-burning aerobics and kickboxing routines to total-body strength training and stretching sequences, every fitness level is covered.

**WE LOVE** Husband and wife fitness experts Daniel and Kelli, who make the videos. Between them, they have 26 years' experience in the industry.

**MUST-TRY** The four-to-eight-week workout plans, if you have a specific goal in mind. *Free, youtube.com*

**Fancy a FUN run? RockMyRun app features special playlists from top DJs that react to your workout and push you to keep going. Free iOS, iTunes**