

Multimedia Appendix 3

Recommended exercise apps and websites

Apps

7M Workout - Johnson & Johnson - <https://7minuteworkout.jnj.com/>

Nike+ Training - https://www.nike.com/us/en_us/c/nike-plus/training-app

Sworkit - <https://sworkit.com/>

YouTube videos

Cardio & Strength

Fitness Blender: Fat Burning HIIT Cardio Workout - [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=VhdXXqcoco0)

[v=VhdXXqcoco0](https://www.youtube.com/watch?v=VhdXXqcoco0)

Yoga & Pilates

Beginner Morning Yoga Sequence for Greatist - <https://www.youtube.com/watch?v=Iji17P7iKNM>

Beginner Yoga Flow for Greatist - <https://www.youtube.com/watch?v=WXiiczhzox4>

Fitness Blender: Leg Slimming Pilates Butt and Thigh Workout - [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=Womx4TM6p3A)

[v=Womx4TM6p3A](https://www.youtube.com/watch?v=Womx4TM6p3A)

POP Pilates for Beginners - https://www.youtube.com/watch?v=lCg_gh_fppI

Power Yoga for Beginners - <https://www.youtube.com/watch?v=MFMMOEUGjeA>

Dance

8 Counts - Zumba - <https://www.youtube.com/watch?v=g27wcIl0lko>

Dance Fitness with Jessica - Watch me - <https://www.youtube.com/watch?v=lsqchmRovB8>

Dance Fitness with Jessica - Worth it - <https://www.youtube.com/watch?v=r04vFxBqRK8>

Fitness Marshall - Can't Stop the Feeling - <https://www.youtube.com/watch?v=M5ffOxDIcwc>

Fitness Marshall - Cheap Thrills - <https://www.youtube.com/watch?v=iL6ufJLkiUo>

Fitness Marshall - Sorry - <https://www.youtube.com/watch?v=sSkJZNY1D3Q>

Nilesh Fatnani - Bollywood/Zumba workout - <https://www.youtube.com/watch?v=Ic-RuGRgaxE>

Yahsuh Dance Fitness - Boom, Boom - <https://www.youtube.com/watch?v=RtZop9VA9Uc>

Yahsuh Dance Fitness - I'm into you- https://www.youtube.com/watch?v=3YxoCj_hfiY
