

**Appendix 1.** YouTube video description and main aspects.

Video number	Available description (adapted)	Speech analysis and conclusion
Video 1	“As we're spending more time at home, it's important to find new ways to remain active and exercise is important and avoid sedentary behavior and physical inactivity”.	“Exercise is medicine”. Exercise to maintain mental health. Alternatives for aerobic exercise and muscle strength in the home environment using steps and elastic bands are pointed out. It is possible to practice physical exercises with few resources. Use your creativity and do sets of 10 different types of physical exercises, with an interval of 30 seconds between each set, totaling 5 minutes.
Video 2	Personal trainer offers helpful tips during social distancing for COVID-19 outbreak.	The so-called Home-Based could be done with the application of physical exercises aimed at recovery and rehabilitation and corrective exercises with few material resources. An alternative is to perform routines with an elastic band for the upper and lower limbs. It is important to stay physically active during the pandemic. It is necessary to reinvent itself in the form of being active.
Video 3	Advanced Home Physical Activity Session during (COVID-19) self-quarantine.	It's important that fitness professionals use YouTube to help people stay active and motivated during the pandemic – with few resources and equipment. Before the routine started, warm-up and stretching exercises were performed. The proposed session focused on cardiovascular and lower limb and core muscle strength exercises in the form of circuit training. The final message is “Stay healthy, stay active and take care of yourself”.
Video 4	Lecture to medical students for a special online course about COVID-19 and physical exercise.	Physical activity is a powerful health treatment that can help with the COVID-19 outbreak. On the other hand, physical inactivity is a global health pandemic and increased during the pandemic. Immune function and inflammation are key response processes to COVID-19 infection. Mechanism by which physical activity can contribute to mitigate the impact of the pandemic. Physical inactivity is the fourth leading cause of death worldwide, second only to (1) high blood pressure, (2) tobacco use, and (3) high glucose levels. Especially in low- and middle-income countries. About 6-10% of chronic illnesses worldwide are attributed to physical inactivity, and 9-11% of healthcare spending in the United States is due to adults who do not meet the guidelines for 150 minutes of physical activity per week. Suggested activities for adults are moderate-intensity aerobic activity for at least 150 minutes per week. Muscle-strengthening activities are activities that make the muscles work harder than normal. At least 2 days a week. Another alternative is vigorous aerobic activity (such as jogging) for at least 75 minutes a week. If that's too much for the moment, do what you can. Even 5 minutes of physical activity has benefits. Physical activity can help control the pandemic in this way, improve immune function and reduce inflammation (thus can reduce the severity of infections), can improve common chronic conditions that increase the risk of severe COVID-19. It is one of the best stress management methods. Stress and suffering create cortisol imbalances, which negatively affect immune function and inflammation. Moderate physical activity helps balance cortisol. The practice of physical activity helps to maintain quality of life and is an excellent public health strategy to fight the pandemic. In addition, it can help reduce the severity of symptoms of COVID-19 infection and has an anti-inflammatory effect. Muscle contraction produces anti-inflammatory compounds - myokines and immunological regulatory cytokines and improves the intestinal microbiota. On the other hand, vigorous physical exercise can cause immunosuppression and increase susceptibility to infections. In the context of respiratory tract infections, scientific evidence shows that the moderate practice of physical activity reduces the incidence and severity of viral infections of the upper respiratory tract. Obviously, this finding does not apply to COVID-19 infection. However, the practice of regular physical activity (of moderate intensity) reduces the episodes and severity of respiratory tract infections and improves immune function. The immune function becomes better with the practice of physical activity of moderate intensity and the risk of infection is lower when compared to low intensity. Elderly people and those with underlying chronic conditions are at higher risk for severe COVID-19 and are more likely to be inactive, have less effective immune systems, and would likely benefit most from becoming moderately active. Physical activity leaders are advocating for education and encouragement of physical activity as a key component in tackling the COVID-19 pandemic. There are more and more resources online to help people be active indoors during the pandemic. Outdoor physical activity is being widely encouraged, but social detachment is essential. Increased physical activity can improve health, quality of life and reduce health care costs. "The side effects of physical activity are improved physical and mental health".
Video 5	“Soccer fitness session” with a professional player.	The circuit session is for soccer enthusiasts and those with a high level of physical fitness. It was performed with the participation of a professional soccer player. The session started with a warm-up and ended with a period of cool-down and stretching exercises. There were 6 types of exercises (and their possible variations) with 30 seconds of exercise and 30 seconds of interval and 30 seconds of recovery between each sequence of 6 exercises. For training, few material resources (water bottles and mats) are needed. The session focused on specific exercises for football; working the core and lower limb muscles and plyometric work; muscle strength and endurance; and

Video 6	Personal trainer decided to make up a COVID-19 quarantine workout.	cardiorespiratory fitness training (in the form of circuit training). Perform physical exercises (with emphasis on the strength and endurance component) of arm and leg. There are 15 exercises in 15 minutes that will get your heart pumping.
Video 7	Live with WHO Expert about the importance of physical activity during COVID-19.	The WHO recommendations are that people maintain social distance for safety. This brought great challenges in how to keep people physically and mentally healthy. In the context of the pandemic, regular physical activity can offer many benefits for physical and mental health. The immediate benefits are improved mood and sleep hygiene. To stay safe and do some physical activity, the suggestions are: walk and walk indoors alone or with family members and take the dog for a walk wearing masks. There are a multitude of opportunities for physical activity. Walking, running and cycling are great for health. As for the WHO recommendations in relation to children, they are to practice physical activity for one hour a day. For adults, the recommendation is to accumulate 150 minutes of physical activity per week. But 30 minutes a day most days of the week is ideal. For people with low socioeconomic resources the suggestion to be creative. In this sense, the materials available online are a great option. For example, schools, sports clubs, and gyms are offering fitness classes online. The media, in general, is disseminating this type of information and developing and creating material together with experts. Social media is also a source of information and provides simple ideas. But the basics would be “walking indoors”. If it's a house with stairs, go up and down stairs. Discontinue long periods of sedentary behavior such as sitting and screens. In the current scenario, accumulating physical activity throughout the day is great for health. Other alternatives are yoga, stretching, and interactive video games (exergames). Engaging in physical activity together with family, internet groups, and friends, even in an online environment, is important to staying connected and physically active and mentally healthy. This applies to children, adults, and seniors. For less active people, before the pandemic, it is recommended to start slowly, with achievable goals and gradually increase the volume and intensity of physical activity. To find information there are recommended physical activity practice guidelines on the WHO website. The important thing is to try to stay healthy and respect the safety guidelines of each location. One thing is certain, the "digital environment" has become essential to convey safe scientific information about health to the general public. This goes for health literacy on how to stay physically active and healthy over the course of the pandemic. WHO also has guidelines on how to keep athletes physically active and safe in the midst of the pandemic. For those who practice street running, more than thinking about traveling long distances, it is necessary to stay physically active and safe to maintain health. Do physical activities such as exercises that work on muscle strength; short runs in a restricted and adapted physical space; Interval training associated with CrossFit; and abdominal exercises, crunches and burpees are a good alternative. Walking is great physical exercise for many people and is widely practiced and low risk. As for older people, it is important that they remain safe and physically active. The alternatives are to sit and stand up from a chair to work on muscle strength and flexibility to perform stretching and balance exercises, walking around the house, physical mobility exercises, and active and passive stretching for upper and lower limbs. Do the exercises with a good breathing pattern. Also, counting the steps taken per day is a good strategy. Adults need at least 10,000 steps a day. If 10,000 steps is too many, do what you can and progressively increase until you reach the goal. As for children, it is necessary to vary the activities so that they are not exhausted physically and mentally. In addition to a formal exercise program, it is necessary to play games. One possibility would be to carry out activities in the garden of the house and ride a bicycle around the house. The pandemic has once again increased interest in cycling and allows us to leave the house in a safer way. It is a type of physical activity that can be performed for leisure or for commuting to and from work. Always wearing safety equipment, especially the helmet. WHO created #healthy at home in times of pandemic. This is part of a series of physical exercises designed and recommended for those who are at the home office. In this case, it is necessary to make the practice viable. The recommendations are: 5 minutes a day is better than nothing and standing more than sitting and minimal on screens. For now, it is important to create coping strategies to face the pandemic. And the practice of physical activity is one of them. Take care of your health and your family. Work with prevention strategies and seek to improve your physical and mental health. Stay active. Follow local guidelines and national public authorities.
Video 8	With the need to keep gyms closed due to the COVID-19 pandemic, it is necessary to seek alternatives to physical exercises to be done at home and with minimal equipment. This is a	The proposed session was: 20 seconds of physical exercise and 10 seconds of recovery for 4 minutes. Exercises: 1. Single arm thruster left; 2. Lunge with rotation left; 3. Bent over row left; 4. 3-step lateral lunge w/reach left; 5. Single arm thruster right; 6. Lunge with rotation right; 7. Bent over row right; and 8. 3-step lateral lunge w/reach right. Personal training recommends people do as many sets as possible.

	Tabata workout using a kettlebell.	
Video 9	The personal trainer in this video proposes a workout to keep people physically healthy during quarantine.	The goal is to spend a sequence of physical exercises to be done at home due to the COVID-19 pandemic. The trained staff highlights the importance of maintaining physical and mental health and talks about the importance of empowering people to achieve physical, mental, and spiritual well-being. The session training is composed of dynamic warm-up, main part, and cool-down and involves circuit training with predominantly aerobic and muscle strength exercises for upper and lower limbs.
Video 10	It is important to look for ways to maintain physical fitness during social distancing while gyms are closed. Exercising regularly is important for physical and mental health. The video provides some tips for training at home.	How to exercise during the pandemic outdoors? An alternative is secluded places and staying socially away from people while gyms are closed. Exercise is important for maintaining physical and mental health. A simple exercise program is to do push-ups, lunges, squats, and sit-ups. As recommended, do 20 reps per set, depending on your fitness level. Any physical exercise is valid like going up and down stairs for 10 to 20 minutes. Stretching statically and dynamically (10 to 15 minutes) to maintain joint health and range of motion are necessary before and after training.
Video 11	The video talks about the effects of exercise on the immune system and its role in the COVID-19 pandemic.	Emotional stress caused by social isolation and constant confinement can negatively impact the immune system. Emotional stress, caused by social and economic factors, would negatively affect the ability of immune system cells to function, which leads to the following scenario: decreased effectiveness of vaccination and resistance to infections and increased inflammation and recovery time from infections and severity of symptoms and immunosuppression. Physical exercise stimulates the immune system and favors the mobilization and recruitment of circulating immune cells, thus helping to recognize and kill cells infected by the virus. This favors the reduction of stressor hormones, increased immune-vigilance against viruses and pathogens, reduced inflammation and the risk of viral infections of the respiratory system. Exercise is very beneficial for the elderly, who are more vulnerable and susceptible to infections. Physical exercise can also mitigate the negative effects of social isolation and emotional stress and of becoming infected. Thus, it is necessary to seek creative strategies to maintain social isolation and continue physical exercise. It is also necessary to take personal hygiene measures during practice. This immunizes against the disease, but can attenuate and help the immune system to minimize the negative and deleterious effects of the infection and alleviate symptoms and aid recovery time.
Video 12	This video suggests a volleyball skills training routine to be done at home. Material resources: ball and wall.	A sequence of volleyball exercises in an outdoor environment (multisport court) is proposed by a personal trainer specialized in the sport. The sequence is shown in detail and involves carrying out the fundamentals of the sport in various ways such as passing yourself and using a wall.
Video 13	Breathing exercises are proposed to improve lung health and capacity to cope with flu and COVID-19 infection.	The physical exercise proposal offers a combination of cardiovascular and breathing exercises (with intervals) to improve lung capacity. They must be practiced regularly. The video is taught by a personal trainer and focuses on improving the respiratory system and strengthening the lungs in an attempt to cope with an eventual infection with COVID-19 and seasonal flu. Performing high-intensity interval exercise helps lung health and makes people feel better. The important thing is to do breathing exercises or exercises that help you control your breathing as well. The goal of training is to perform breathing exercises that help control breathing and some breathing techniques. The recommendation is to carry out the program once a day. Exercise Routine - 30 seconds at full speed and as many repetitions as possible and in recovery between sets, breathing exercises with different patterns. The session involves calisthenics, squats, and stationary running (and some variations) mixed with breathing exercises.
Video 14	When it is impossible to attend a gym because of COVID-19, it is necessary to look for alternatives to practice physical exercise with few material resources and space.	The proposal is a traditional aerobic dance session (for beginners) with music and rhythm being taught by a physical trainer in the external environment. This video shows a 20–25-minute session of light aerobic physical activity. The class starts with a warm-up. In the main part, the class emphasizes the movement of lower and upper limbs and strength exercises with muscle stretching together with the work of cardiorespiratory capacity (for upper and lower limbs) with exercises that vary in degree of difficulty and movement sequences. Basically, it is an aerobic dance sequence with a combined sequence of movements (upper and lower limbs). The sequence is done rhythmically and follows the rhythm and beat of the music that changes to give more or less speed. Some balance exercises for lower limbs and upper limb balance exercises are included in the exercise sequence. The class is slowed down and ends with a sequence of stretching the upper and lower limbs with breathing. Consult a physician before starting any exercise program.
Video 15	The proposal is a short and	This is a sequence taught by officers of the army forces of England. The video provides a visual and written description. The Proposal is a

	intense physical exercise session, held outdoors, to maintain health.	15-minute Tabata session. There are 7 exercises proposed and demonstrated in the following regimen: 20 seconds of physical exercise and 10 seconds of pause. The main exercises proposed are: push-ups, lunges, planks, and squats and their variations. The final message is: get fit, get healthy, and stay at home.
Video 16	How to maintain fitness during the period of “physical distance” and quarantine? This sequence is for athletes.	The video shows a series of exercises (in circuit training) designed for athletes during the COVID-19 outbreak to maintain physical fitness through physical exercises done at home and with few material resources. The exercise proposal (and its variations) is divided into 4 categories: 1. stability and strengthening of the core; 2. strengthening exercises for the upper body; 3. strengthening exercises for the lower body, and 4. cardiovascular training.
Video 17	Uganda's president released a video of routine home exercises. The attempt was to encourage Ugandans to stay at home during the COVID-19 blockade. The 75-year-old man is shown running barefoot around his office before completing 30 push-ups. The president banned the exercise in a public environment to limit the spread of the virus.	The president comments that exercising outdoors is not a problem if people follow the official recommendations for social distance. But it is possible to exercise at home. In his own office he jogs and push-ups with his knees extended.
Video 18	The video proposes physical exercises to be done at home in the midst of the pandemic.	A 30-minute class with music (classical aerobic dance) is proposed to improve cardiovascular health. The idea is for people to watch the video and try to follow the dance moves. Physical exercises are given by an experienced professional and with minimal equipment. Emphasis is placed on movements in various directions (forward, backward, side, left, right, etc.) with combinations of upper and lower limb movements.
Video 19	Physical exercise helps mental health during COVID-19.	Video on how to stay conditioned in the midst of a pandemic and stay home for safety. With gyms closed or partially open, it takes guidance and creativity to stay active. With few material resources, it is possible to remain active in the home environment and to some extent simulate the exercises done in the gyms, for example, using body weight (pull-ups, lunges, and squats). Gyms, at the moment, can help manage training at home (online) through routines transmitted over the Internet and help people to stay physically and mentally healthy at home. However, some paradigm shift is needed as people feel more motivated when they have a person to motivate them and help them exercise.
Video 20	No description available.	The sequence of physical exercises is proposed by a personal trainer and to be performed at home and in the workplace. The aim is to work the mind by performing stretching and muscle strengthening exercises for the upper and lower limbs, with an emphasis on movements and maintenance of different breathing patterns.
Video 21	Low-resource physical training demonstration video by a former US officer. It is an educational channel to inspire people to succeed in life and reach their goals.	The instructor is a military man. The video begins with general recommendations on suitable clothing. It reinforces the issue of physical exercise programs with little material resource and the importance of taking care of the mind and the physique during the period of social isolation. The suggested program is a reproduction of what the US military officer does in his daily life. Basically, the proposed physical exercise session (from 45 to 60 minutes) involves performing muscle strength and resistance exercises for the upper and lower limbs (as well as calisthenics - Jumping Jacks) to work the cardiovascular capacity and muscle strength and power always until exhaustion. However, it is suggested to perform the exercises within individual limits with good technique and execution posture.
Video 22	With the gyms not functioning normally, it is necessary to look for alternatives to keep physically active in the home environment during the outbreak of COVID-19.	In the US, during periods of quarantine and social isolation and distance, people are seeking the practice of physical activity to reduce emotional stress, since going to the gym is not completely safe and there is a high risk of spreading COVID-19 infection. It is necessary to look for alternative exercises done in the home environment. In this sense, sites like YouTube are a great alternative to tutorial videos for the practice of physical exercises with relative safety when guided by a specialized professional. The general guidance of personal trainers is not to leave the house or go out with safety and protective measures. Now, gyms offer fitness packages that can be done over the internet. New practice modality that involves exercises with little equipment and that can be performed with body weight.
Video 23	Training proposal, during the COVID-19 outbreak, to be performed at home with	Physical exercise session proposed by a personal trainer (to be performed at home) and focused on stretching, upper limb physical work, muscle strength, and physical mobility.

	emphasis on strength, power, and upper body muscle mobility.	
Video 24	A doctor talks about the importance of physical activity for the elderly during the COVID-19 outbreak.	According to WHO, elderly people are the most vulnerable to infection by COVID-19. The possibility of dying from the infection increases after the age of 60 when compared to other age groups. This is related to the functionality of the immune system - immunosenescence. Another problem to be highlighted are elderly people with dementia and Alzheimer's disease, as they may not remember how to clean and wash their hands, perform hygiene and asepsis, and protective measures such as the use of masks. With regard to social isolation, elderly people need to take care of their health. Researches show that people with cardiovascular disease and other diseases associated with aging and physical inactivity (diabetes, hypertension, respiratory diseases and cancer) are more likely to die from the disease. To protect themselves, elderly people need to comply with hygiene and protection measures and continue taking medications for continuous use. Healthy lifestyle habits are also important, such as proper nutrition, good sleep hygiene, and safe physical activity in the home environment. With security measures (hand hygiene, wearing masks, and maintaining social distance) people can leave their homes and walk around the neighborhood. Suggestions for exercises at home, to keep you physically and mentally active, are calisthenics, gardening, walking your pets, walking around the house, and doing housework. The important thing is to always be on the move.
Video 25	There is no description.	It is important to exercise at home during the COVID-19 outbreak. The moment calls for exercise at home. However, social isolation increases levels of physical inactivity which is a known risk factor for people with cardiovascular disease. Therefore, it is important to always be physically and mentally active and reduce screen time and sedentary habits and behaviors, such as sitting on a smartphone. The benefits of physical exercise are to improve the functionality of the immune system, general health and mental health. It is not recommended that you exercise if you are unwell and have a cough, fever, shortness of breath, or any other flu-like and COVID-19-like symptoms. It is important that patients with known heart disease and associated risk factors (diabetes, hypertension, high cholesterol, low levels of physical activity and smoking) maintain some level of physical activity in the midst of the pandemic. For the moment, security measures are essential to prevent the spread of the virus, such as avoiding exercising in public or private physical activity/sports facilities and public parks.
Video 26	Proposal for Jump Training Workout (vertical) to be performed at home and keep fit during the COVID-19 outbreak. Perform twice a week with 2 rest days between each workout.	Video prepared by a personal trainer with a proposal for physical exercises to be done at home (outdoor) due to the outbreak of COVID-19. Training session phases: 1) body warm-up focusing on vertical jumps and variations; 2) main part of the session also focused on vertical and horizontal jumping (and variations) for strength work and muscular and postural balance focusing on volleyball jumping skills; and ends with cool down.
Video 27	The COVID-19 outbreak is still keeping people at home. Exercises are proposed for a home environment and without the need for equipment. Full body training can be done by anyone.	Illustrative video, with animation, visual information, and description. Simple physical exercises for working at home and with few material resources are proposed in order to maintain physical and mental health amid the outbreak of COVID-19. The proposed routine is: 1) 3 minutes of warm up with Jump Jacks; 2) abdominal exercises; 3) squats; 4) "free punch" around the body axis for cardiovascular and muscle conditioning; and 5) 3 minutes of stretching. Yoga moves are also interesting. Total of 15 minutes with a routine in the morning and another in the evening.
Video 28	How to stay active during the COVID-19 outbreak?	The video proposes some simple exercises to respect the worldwide and WHO campaign "#stay at home". The suggested exercises are: 1) push-ups; 2) squat; 3) lunge and variations; and 4) plank and variations.

**Appendix 2.** Description of the main types of physical exercises recommended by health professionals or entities specialized in physical exercise on the included YouTube videos.

Exercise	Description*
Abdominal crunch	<i>It is an exercise to strengthen the abdomen by contracting it to flex your spine and pull your torso off the floor. To perform an abdominal crunch, lie flat on the floor with your knees bent so that the soles of your feet are flat on the floor.</i>
Arm circle	<i>Stand with your feet shoulder-width apart and extend your arms parallel to the floor. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps. Reverse the direction of the circles after about 10 seconds.</i>
Arm haulers	<i>Lying flat on your stomach, lift your arms and legs up, keeping them straight in front and behind you. Then, move your arms to your sides and back again, sort of like making a snow angel. This hard-hitting exercise will help strengthen shoulder as well as back muscles.</i>
Back extension	<i>It is a type of stabilization exercise used in back rehabilitation programs that involves bending the spine backwards.</i>
Bent over barbell row	<i>It is a compound exercise used to build strength and size in both the lower and upper back. It targets nearly all of the muscles in the back, but particularly the lats, rhomboids, and lower back.</i>
Bicycle crunch	<i>Lie flat on the floor with your lower back pressed to the ground (pull your navel in to also target your deep abs). Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck.</i>
Bridge walk	<i>Start in a supine position with the knees bent and feet flat. Drive the elbows into the ground, tuck your chin and pelvis to flatten your spine into the ground, and then press through your feet to extend the hips up into your glute bridge. Pause at the starting position and reset the hips with a full bridge.</i>
Burpee	<i>It is a full body exercise used in strength training and as an aerobic exercise. Move into a squat position with your hands on the ground.</i>
Deadlift	<i>It is a weight training exercise in which a loaded barbell or bar is lifted off the ground to the level of the hips, torso perpendicular to the floor, before being placed back on the ground. It is one of the three powerlifting exercises, along with the squat and bench press.</i>
Forward arm circles	<i>Stand with your feet shoulder-width apart and extend your arms parallel to the floor. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps. Reverse the direction of the circles after about 10 seconds.</i>
Glute bridge	<i>Lie face up on the floor, with your knees bent and feet flat on the ground. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.</i>
Hamstrings curl	<i>Also called a leg curl, is an exercise that strengthens the hamstrings. It involves bending your knees and moving your heels toward your butt while the rest of your body stays still. Typically, the exercise is done on a leg curl machine.</i>
Heisman	<i>It is a basic high-knee run modified to include jumps from foot to foot and more arm movement. The result is a tougher workout that builds your core and burns more fat.</i>
High knees	<i>They are a cardio-intensive exercise performed at a fast pace. It engages your core, strengthens all the muscles in your legs, gets your heart rate up and improves momentum, coordination and flexibility.</i>
Jogging/running in place	<i>Elevates your heart rate, improves blood sugar levels, and burns calories and fat, all of which help with weight loss. You'll also boost cardiovascular function, enhance lung capacity, and improve circulation.</i>
Jumping jack	<i>It is a physical jumping exercise performed by jumping to a position with the legs spread wide and the hands going overhead, sometimes in a clap, and then returning to a position with the feet together and the arms at the sides.</i>
Knee extension/seated stretch	<i>It is performed while seated at the edge of a chair. Gently slide your surgical leg forward and push down on the knee to straighten your leg. Hold for 10-15 seconds then pull your leg back. Repeat the recommended number of times.</i>
Lateral arm raises	<i>Here's a basic yet effective move to target the shoulders. Stand with your feet hip distance apart. Hold a dumbbell in each hand so your palms face in toward the sides of your body. Then as you exhale, slowly lower your hand back to your body.</i>
Leg raises	<i>It is a strength training exercise which targets the iliopsoas (the anterior hip flexors). Because the abdominal muscles are used isometrically to stabilize the body during the motion, leg raises are also often used to strengthen the rectus abdominis muscle and the internal and external oblique muscles.</i>
Lunge	<i>It is a single-leg bodyweight exercise that works your hips, glutes, quads, hamstrings, and core and the hard-to-reach muscles of your inner thighs. Lunges can help you develop lower-body strength and endurance.</i>
Mountain climber	<i>Assume a push-up position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest. Pause, return to the starting position and repeat with your left leg. That's one rep.</i>
Pelvic roll	<i>Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. Hold for 5 seconds.</i>
Plank	<i>It is an isometric core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time.</i>
Press-up	<i>The body is rigid and straight, and the hands are usually placed approximately shoulder width apart (the plank position). Lower your body until your chest nears the</i>

	<i>floor at the bottom of the movement, and then return up to the starting position. This is one repetition.</i>
Prone Y scapular stabilization exercise	<i>Slowly lift your arm up in a diagonal direction so that your shoulder blade pinches back behind you. Your thumb should be facing up towards the ceiling. You should feel like one-half of the letter "Y" when you are in the uppermost position.</i>
Pull-up	<i>It is an upper-body strength exercise. The pull-up is a closed-chain movement where the body is suspended by the hands and pulls up. As this happens, the elbows flex and the shoulders adduct and extend to bring the elbows to the torso.</i>
Push-up	<i>The definition of a push-up is an exercise done laying with face, palms and toes facing down, keeping legs and back straight, extending arms straight to push body up and back down again. An example of a push-up is a great exercise that works the chest, shoulder and arm muscles.</i>
Russian twist	<i>It is a popular core exercise that improves oblique strength and definition. The exercise, typically performed with a medicine ball, involves rotating your torso from side to side while holding a sit-up position with your feet off the ground.</i>
Scapula retraction	<i>Keeping your feet on the floor, and your hands gripped to the side of the chair (with the arms straight), pull up against the bottom of the chair (i.e., upwards). You should feel a muscular contraction at the bottom of your shoulder blades.</i>
Shoulder tap	<i>Unlike a traditional plank, which is an isometric exercise, shoulder taps are an active move that require you to use your palms to alternately touch the top of your opposite arm while holding your body still. It may sound simple, but just wait until you try it.</i>
Sit-up	<i>They are classic abdominal exercises done by lying on your back and lifting your torso. They use your body weight to strengthen and tone the core-stabilizing abdominal muscles. Sit-ups work the rectus abdominis, transverse abdominis, and obliques in addition to your hip flexors, chest, and neck.</i>
Skater	<i>They are a cardiovascular exercise in which you perform a lateral jump to get your heart rate up, strengthen your legs and improve stability and balance. The cardio part of this exercise comes from the constant movement as you switch your feet back and forth. You'll have your heart pumping before you know it.</i>
Spiderman plank	<i>Keeping your hips as level as possible, bend your right leg to bring your right knee as close as possible toward your right elbow. Pause, and then step back to the plank position. Repeat on your left side, bringing your left knee up to your left elbow. Continue alternating sides until all reps are complete.</i>
Squat	<i>It is a strength exercise in which the trainee lowers their hips from a standing position and then stands back up. Squats are considered a vital exercise for increasing the strength and size of the lower body muscles as well as developing core strength.</i>
Stair climbing	<i>It is one of the best exercises when it comes to pure fat burn, strengthening the lower body, toning the butt, thighs, calves, losing inches from those love handles and belly and building great abs. along with these benefits is the immense good it does for your lungs and cardio vascular system.</i>
Superman back extension	<i>Lie face down on the floor with your arms extended in front of you and your legs extended behind you. In one movement, engage your glutes and lower back to raise your arms, legs, and chest off the floor. Hold for a count, then return to the starting position.</i>
Superman hold	<i>With the Superman's exercise, remember to exhale as you lift your arms and legs up off the ground. Then, after a few seconds of holding your core in, inhale, as you lower your arms and legs back down. This exercise is perfect for workout your abs, and your back. Hold for 5 seconds, then return to starting position.</i>
Triceps dip	<i>Slide your butt off the front of the bench with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle.</i>
Vertical jump	<i>Training exercises to increase vertical jump include plyometrics consisting of quick, explosive movements designed to increase speed and power. Drills on how to jump higher maximize muscle contraction by strengthening the fast-twitch muscle fibers that convert strength into speed.</i>

**\*Note:** The descriptions of the physical exercises were taken from Google. The terms (exercise name) AND (description) were crossed in the search form. In general, as a criterion, the first description given was used and selected.