Remote Fitness Resources

- [Aaptiv](https://www.aaptiv.com) audio-based fitness workouts
- [Audible](https://www.audible.com) has audio workouts that are perfect for people who cannot see a video
- [USA Women's Goalball Team Tabata Training](https://www.youtube.com) video on YouTube
- [Leslie Sansung Walking Videos](https://www.youtube.com) on YouTube
- [sweatco](https://www.sweatco.com) keeps a record of your steps and you get paid to walk. You can spend the money on items they carry.
- [Tabata](https://www.tabata.com) four minute training videos
- [Tabata YouTube Videos](https://www.youtube.com) for all workout levels
- Check [Talking Books](https://www.talkingbooks.com) for books on Yoga.
- USABA Facebook page: [https://www.facebook.com/UnitedStatesABA/](https://www.facebook.com/UnitedStatesABA/)
- Why We Love Goalball video: [https://www.youtube.com/watch?v=MuUuB_FN7Bq](https://www.youtube.com/watch?v=MuUuB_FN7Bq)