

Find Your Fitness Tribe And Fall In Love With Exercise! Peek Inside Our 5 Most Popular Home Workout Categories.



On the hunt for a new workout?

Throughout the ages, we have experimented with different ways of moving the body.

From the Chinese martial art of Kung Fu in 221BC — to the first Olympic games in Athens in 1896 — to American hip-hop dancing in the 1950s.

Each category shapes a specific physique, set of skills, and mindset — a certain tribe.

You may fit into one tribe like a glove but feel woefully out of place in another.

That's why it's important to find a tribe that fits, so that you can get fit!

Once you find a workout program that you like and commit to it, you'll unlock all sorts of sweet benefits. We'll get into those below.

To help you weigh your fitness options, we have composed a list of the top 5 most popular ProjectFit home workout categories and their characteristics. These categories were the most played by the 300,000+ active monthly users of [ProjectFit's workout streaming service](#).

You can achieve your fitness goals with our exercise programs from the comfort of your home. With over 70 different programs, we have something for everyone.

[Find a list of all ProjectFit workout programs here.](#)

Now, let's jump into those 5 sizzling home workout categories...

1.

1,2,3... and 1,2,3...

Your feet thump across the floor in time to the beat.

The music is banging, your confidence is soaring, and you are having a blast.

You flow through the dance moves with style, feeling a deep connection with your body.

It took a while to get the hang of the routine, but now you are in the zone.

Before you know it, an exercise-induced endorphin high floods your senses, making you smile.

Welcome to dancing!

Get ready for a full body cardio workout. But you'll be having so much fun, it won't feel like work.

If you get bored with repetitive forms of cardio like running or cycling, dancing is a tantalising alternative.

When you dance, you tap into an outlet for emotional release, letting your body convey what words cannot. It makes you feel more alive.

Dancing is a killer core workout and will tone your legs and butt. Expect enhanced flexibility, explosive power, and coordination, as well.

Plus, you will train areas of the brain that control memory, organisation, and planning.

Getting your groove on is also an amazing confidence booster. Drip with attitude performing sassy hip-hop moves; or channel poise and elegance with ballet twirls.

[Experience the joy of dancing with our dance workouts here.](#)



2.

"DON'T STOP!" yells your coach.

Gasping for air, you blast through another set of burpees as fast as you can.

This tribe is not for the faint of heart.

Sweat trickles down your face, your quads protest loudly, and your heart pounds. You do not stop. There is something incredibly satisfying about pushing through.

"30 SECONDS LEFT!" screams your coach.

Determined, you speed up. The discipline of soldiering on makes you feel unstoppable.

The results show for themselves — impressive gains in strength, agility, and stamina.

Welcome to HIIT! (High intensity interval training).

This workout category wraps cardio and strength training into one fat torching, endurance boosting, muscle building, package.

These workouts will kick your butt! But they sculpt powerful, athletic physiques and killer work ethics.

HIIT involves short, intense bursts of exercise, followed by lower intensity activity or rest.

You ramp up your heart rate, torch your muscles, and then cool down.

Until the next set.

HIIT usually involves functional exercises, which imitate natural body movements, such as high knees and jump squats. This will improve your coordination and balance, making you less susceptible to falls.

[Whip yourself into shape with our no-nonsense HIIT programs here.](#)



3.

DING, DING... sings the bell.

You spring into action.

Jab. Right hook! Sidestep. Knee!

Roundhouse kick...

"Highyaa!" You yell, tasting sweet victory as you kick your invisible foe.

Fast and explosive in your movements, you feel unbreakable.

Within you is a resilience and toughness that has been brought to the surface.

The music pushes you to fight even harder.

Welcome to martial arts!

Learn to defend yourself and build an agile, athletic body to boot.

Focus on the upper body with boxing punches and rolls. Add knees, kicks, and sweeps for a full body, Karate inspired workout.

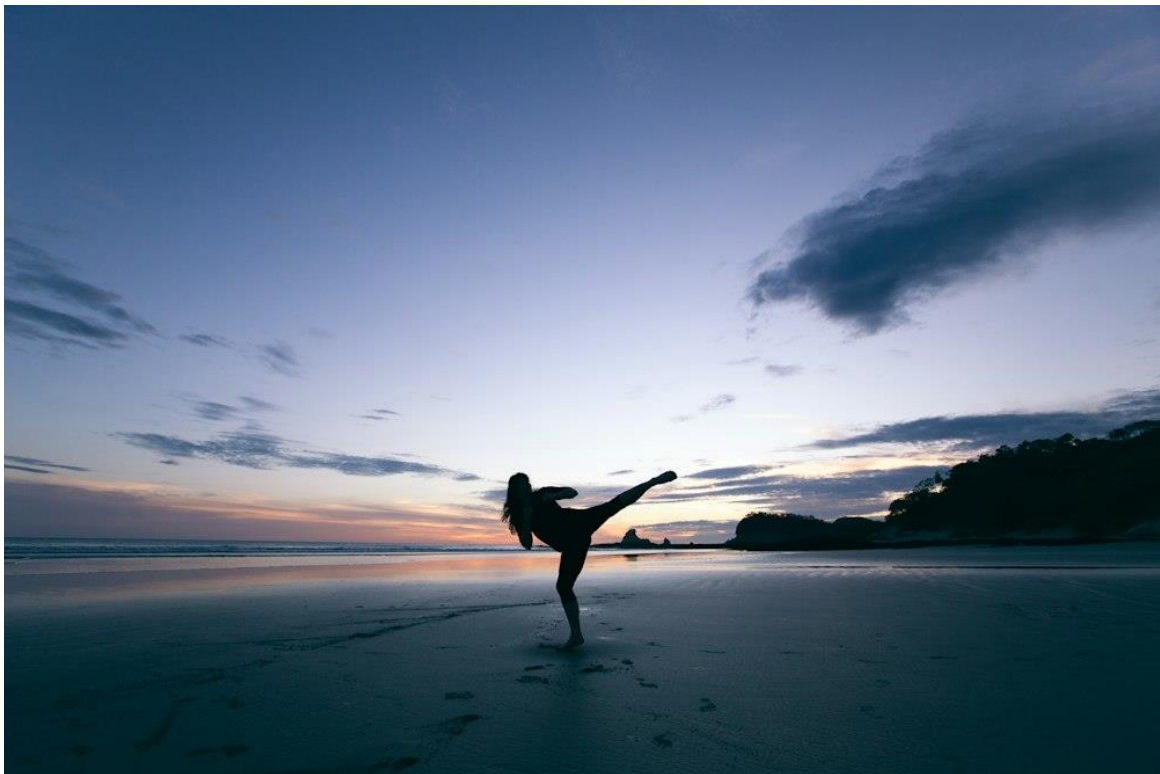
Whatever the martial art, the intense cardio mixed with strength training will build muscle and endurance. You will also improve your flexibility, reflexes, and explosive power.

As you master different combos, you will sharpen your memory and concentration.

Contrary to what some people may think, the way of the warrior makes you more in control, calm, and focused. It also helps to release tension.

Other benefits include improved self-belief, discipline, and respect.

[Channel your inner warrior with our martial arts workouts here.](#)



4.

Feeling the cold metal against your warm palm, you lift the dumbbell.

The weight feels lighter than it did a month ago. You marvel at how amazing the human body is.

You curl the weight slowly upwards, focusing on the technique and watching your biceps contract.

After 10 reps, you feel the burn. Your biceps tremble as finish your final rep.

A wave of satisfaction washes over you that can only be harvested after finishing a hard set.

Also, you are looking good! Toned arms, defined abs, and strong legs.

Welcome to the strength training!

The basic premise of strength training is to provide resistance to the muscle and force it to exert itself and grow stronger.

Not only will weight training tone and strengthen your body, but muscle burns more energy than fat, so you will increase your metabolism. Depending on your goals, you could bulk up for a bigger physique, or slim down to a leaner figure.

Weight training is essential to reduce your risk of injury in any activity. It strengthens your bones too.

At home, you can train with a few simple pieces of equipment like dumbbells and resistance bands. You can also use your own bodyweight.

Strength training without gym machines teaches you to use your entire body as a unit. This will serve you well in everyday life.

Heavy groceries to carry? No problem with that arm strength and balance.

Bulky suitcase to haul? Your strong back and improved coordination can handle it.

[Get stronger with our strength training workouts here.](#)



5.

Breath in...and breath out...

Exhaling slowly, you push off the soft mat and move gracefully into the next pose.

Letting go of your worries, you root yourself in the present and notice the oxygen filling up your lungs.

Your muscles relax into the stretch. Your smile reflects a state of contentment.

This practice has given you a sense of stability that has seeped into other areas of your life.

Not only that, but working through the poses has toned your body, increased your flexibility, and improved your posture.

Welcome to yoga!

Yoga focuses on breathing, meditation, and different physical poses. Rooted in Indian philosophy, it emphasises a mind, body, and spirit connection.

If you want to find peace in a world of noise, yoga is for you.

Yoga will train you to relax *and* sharpen your focus.

It's also great for practicing proper breathing technique. This underrated skill allows you to perform mindfully and to the best of your ability in any situation.

Yoga ranges from a gentle and meditative practice to a more intense, strength-building workout. Either way, there is massive emphasis on improving core strength, flexibility, and balance.

Yoga also preps your body for more work to come and releases tension from tight muscles, making it a great recovery exercise.

[Ground yourself in one of our yoga workouts here.](#)



So, there you have it!

The top 5 most popular home workout program categories at ProjectFit. Each one can positively impact your life with its unique quirks and advantages. It's just a matter of finding the right one.

Which tribe would you choose?

[Discover ProjectFit's lifechanging home workout programs here.](#)