

Geri-Fit® Online Workouts

Each online workout is a one-time cost of \$20 (lifetime access).

Click on each title to read more about the workout.

[No Squats, No Lunges](#) (filmed in 2025)

[15 Exercises to Help Prevent Falls](#)

[Zoomers Weighted Lunge Workout](#) (intermediate)

[Greatest Generation Workout](#) (advanced)

[Advanced Workout with Neville](#) (intermediate to advanced)

[Workout 6032](#) (intermediate to advanced)

[Body Part Training with Joan & Fran](#) (beginner to intermediate)

[Turn Back the Hands of Time with Joan & Fran](#) (intermediate)

[Hop, Skip, and a Jump – an Introduction to Proprioception Training](#) (intermediate)

[Geri-Fit Jump Squat Workout – Plyometrics and Proprioception Training](#) (adv)