

Feel your best.

In these uncertain times, we know that many people are staying closer to home. The CDC recommends 30-60 minutes of exercise 5x a week to help improve overall health*, and Daily Burn wants to make sure you're still able to stick to your fitness goals and keep your immune system strong.

We're committing to 30 days of free workouts to help you stay strong.

GET 30 DAYS FREE

Available in the US and Canada only.

After 60 days, Daily Burn is \$19.95/month. Cancel anytime.
Existing members, please reach out to support@dailyburn.com for assistance.
*[Physical Activity Guidelines for Americans](#), CDC

Daily Burn

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www.Dailyburn.com/workoutathome