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**Best Online Exercise Libraries**

The internet is a great source for exercises that you can add to your knowledge bank. Having this on hand helps at times when a certain machine might not be available to train a client on, or simply to change up client workouts so things don’t get stale.

In this resource, we are going to look at a range of online exercise libraries that you can use to improve your overall knowledge and grow as a personal trainer.

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[**Darabee**](https://darebee.com/video.html#sort=position&sortdir=asc&page=3)

Darabee is a free online fitness portal that not only includes an extensive exercise library but workouts, fitness programs (for example, 60 days of cardio), meal plans and recipes. This library includes videos showing how to do the exercise in the correct manner and includes 208 different exercises.

[**ExRx**](https://exrx.net/Lists/Directory)

Another free online fitness portal, ExRx includes workout templates, fitness calculators and a muscle directory with images. The exercise library includes hundreds of exercises with instructions and pictures but no video, however.

[**ACE**](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/)

If you are ACE certified as a personal trainer, no doubt you know about their extensive online exercise library. Here exercises can be viewed by body part, ranked by level of difficulty or by the training equipment it is carried out on. Most exercises are demonstrated with pictures although there are a few with videos.

[**Skimble**](https://www.skimble.com/exercises)

With an extensive list of exercises, Skimble breaks them down into various categories. This includes by muscle group, specific exercise categories (for example, to build strength) or exercises needing specific equipment. Skimble also includes workouts and fitness programs.

[**IDEA**](https://pro.ideafit.com/exercise-library)

IDEA has one of the biggest exercise libraries found online. 60 exercises are available for you to use for free with a further 1,700 requiring membership. It’s a worthwhile site to visit, however.

[**Workout Labs**](https://workoutlabs.com/exercise-guide/)

Workout Lab’s website includes an exercise library as well as others that you can use as a personal trainer, such as full workouts. Although the exercise library doesn’t make use of video, illustrations show you the correct form for each exercise, the muscles they target as well as other related exercises.

[**Sworkit**](https://sworkit.com/exercises)

With a huge range of exercises to browse through, Sworkit is a useful training resource. All exercises are demonstrated through video with full instructions as well as ways to make them easier or more challenging.

[**Spark People**](https://www.sparkpeople.com/resource/exercise_demos.asp)

Spark People’s online exercise library includes GIFs showing how to perform each exercise. The exercises here are broken down into four main groups: core, beginner, bodyweight and cardio. Each exercise has extensive instructions and includes other exercises that are similar. This is a huge online resource that’s well worth checking out.

[**Boot Camp Ideas**](https://bootcampideas.com/exercise-library/)

You’ll find a huge variety of exercises on the Boot Camp Ideas website. Although each of these has short explanations, a video of the exercise makes them very easy to follow.

[**Get Healthy U**](https://gethealthyu.com/exercise/?type=strength)

The exercise library at Get Health U is split into three main sections: strength, cardio and flexibility. Each of these categories is further broken down with hundreds of exercises for you to browse through. There are no videos, however with exercise shown through sets of photos.

[**Scott Abel Fitness**](https://scottabelfitness.com/library/)

Scott Abel offers links to hundreds of exercise videos on YouTube that include extensive instructions as well as examples of how to do each exercise.

[**Barre Fitness**](http://www.barrefitness.com/video-library)

Barre Fitness is a little different in the fact that their video libraries not only have exercises but workouts as well such as core sculpture standing abs workouts. These are all presented in a video format through YouTube.