

10 Inspirational Fitness Instagrams to Follow

Written by Christina Silvestri

Monday, 15 January 2018 14:44 - Last Updated Monday, 15 January 2018 15:34

Sometimes all you need is a little #fitspo to inspire you to get to the gym. Keep your New Year's resolution to get fit on track by making your daily Instagram scroll an active reminder to clock in a workout. From the "Fittest Man on Earth" to certified personal trainers, yogis and influencers, follow these 10 fitness Instagrams to make some major gains in your routine.

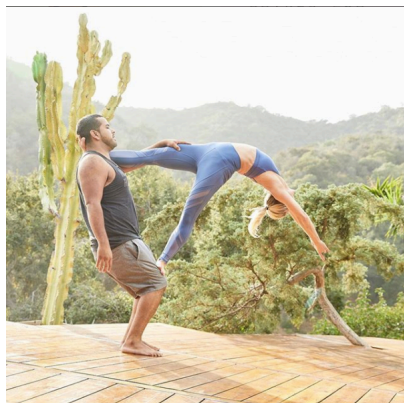


Photo: [@bodybysimone](#)

1. The Southern Yogi, [@the_southern_yogi](#)



Whether you're a new or seasoned yogi, namaste to a variation of flows that you can do in the comfort of your own home by following Morgan, the yogi behind the Insta famous account [@the_southern_yogi](#). Morgan posts easy-to-follow videos of poses, flows and inversions in her own kitchen that she breaks down step-by-step in beautifully shot sequences.

2. CrossFit, [@crossfit](#)



Follow the official page for [@crossfit](#) to see daily inspiring workouts by accomplished athletes and newbies alike, proving that the workout is accessible for all shapes, sizes and fitness levels.

3. Misty Copeland, [@mistyonpointemistyonpointe](#)

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Want a peak into the life of a prima ballerina? As the first African American Female Principal Dancer with the prestigious American Ballet Theatre in New York City, Misty Copeland ([@mistyonpointemistyonpointe](#)) has made waves for her skill, athleticism and grace.

4. Emily Skye, [@emilyskyefit](#)



Australian trainer and fitness model Emily Skye ([@emilyskyefit](#)) offers real life strength training and nutrition guidance. Having recently given birth to a beautiful daughter, mommies-to-be can follow along to Skye's pregnancy workouts.

5. Simone de la Rue, [@bodybysimone](#)



Known for sculpting some of the most beautiful bodies in Hollywood (think Chrissy Teigen, Emily Blunt and Reese Witherspoon), fitness trainer Simone de la Rue's no-frills workout [@bodybysimone](#) is a dance-based method that will have you having fun during a heart-pumping, full-body workout.

6. Rich Froning, [@richfroning](#)

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Known as the “Fittest Man on Earth,” Rich Froning ([@richfroning](#)) is a CrossFit legend that serves up daily posts of his various workout routines.

7. Joe Holder, [@ochosystemochosystem](#)



NYC-based trainer Joe Holder ([@ochosystemochosystem](#)) is known for earning Victoria’s Secret Angels their wings on the runway. It’s about passion, dedication and pushing others to achieve their goals that motivate Holder in the day-to-day as an enthusiastic personal trainer.

8. Jeanette Jenkins, [@msjeanettejenkins](#)



With clients that include NFL stars, NBA champions and Olympic gold medalists, it doesn’t mean that Jeanette Jenkin’s ([@msjeanettejenkins](#)) workouts are only for the pros. From the gym to outdoor workouts, follow along for fully functional fitness how-to’s.

9. Hilary Rhoda, [@hilaryrhoda](#)

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As a jet-setting international supermodel, Hilary Rhoda ([@hilaryrhoda](#)) takes her followers around the globe as she stays in shape throughout various exotic locales. When she's home in NYC, she can often be spotted sweating it out at the celeb-favorite workout Tracy Anderson Method.

10. Kenneth Gallarzo, [@progressive_calisthenics](#)



No fancy equipment is needed with Kenneth Gallarzo's calisthenics-based workouts ([@progressive_calisthenics](#)). Learn how to use your own body weight to get fit fast by following Gallarzo, who's also the VP of the World Calisthenics Organization.