How to learn a move from a video

Find a coach you understand. Check who made it. Then copy it slowly.

A good video can teach you a move. A poor one can teach you a bad habit. Here is how to find a good one.

Find a coach you like

Watch two or three people show the same move. Pick the one you understand. Calm or lively, short or slow: your choice. If you enjoy a session, you are more likely to come back.

Check who made it

Many exercise videos are poor. In one study, half the videos checked were low quality. The best came from physiotherapists. Look for a physio, a qualified coach or a health service.

Ignore the views

Popular does not mean good. In the same study, the most-watched videos were no better than the rest.

Watch, then copy

Watch the whole move once. Then watch again and copy it slowly, with no weight. Add weight when it feels easy.

Check yourself

Film one set on your phone. Put it next to the video. Find one difference and fix that.

Stick with one coach

Found someone good? Use them for your other moves too. Their words will start to make sense.

Use our list

Exercise videos has every move in the plans. Search for one, tap YouTube or Google, and pick a video with the steps above.

Stop if it hurts

Sharp pain means stop. Not every video suits every body. New to exercise? Take the health check first.

SOURCES

1. Rhodes RE, Kates A (2015). Can the affective response to exercise predict future motives and physical activity behavior? A systematic review of published evidence. Annals of Behavioral Medicine.

2. Sözlü U, Günay SM (2025). Educational quality, reliability, and comprehensiveness of YouTube content on fall prevention exercises. Educational Gerontology.

3. Ortanca B et al. (2024). A quality and reliability analysis of geriatric exercise videos on YouTube. Turkish Journal of Osteoporosis.

Ready to start? Free plans to print, at heftic.com/plans →