

## Clare Mellor: Feel the Burn – It’s YouTube Fitness Time (*emagazine* 92)

### References

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- <sup>2</sup> Zappavigna, Maria, *Discourse of Twitter and Social Media: How we use language to create affiliation on the web* (p.2)
- <sup>3</sup> [https://www.youtube.com/watch?v=fj2mkS\\_8UhA](https://www.youtube.com/watch?v=fj2mkS_8UhA)
- <sup>4</sup> <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> (Nov 2020)
- <sup>5</sup> <https://www.youtube.com/user/yogawithadriene/featured> (2:50) (Nov 2020)
- <sup>6</sup> <https://www.youtube.com/user/yogawithadriene/featured> (0:20) (Nov 2020)
- <sup>7</sup> <https://www.youtube.com/user/yogawithadriene/featured> (0:57) (Nov 2020)
- <sup>8</sup> <https://www.youtube.com/watch?v=sgejGdUWwTo> 20 Minute Upper Body HIIT (see full transcript at the end of the article)
- <sup>9</sup> <https://www.youtube.com/watch?v=IdoOfK6uBi8> Balancing Ocean Flow (14:19)
- <sup>10</sup> <https://www.youtube.com/watch?v=IdoOfK6uBi8> Balancing Ocean Flow (16:55)
- <sup>11</sup> <http://www.diva-portal.org/smash/get/diva2:1481578/FULLTEXT01.pdf>
- <sup>12</sup> <https://www.youtube.com/watch?v=tXOZS3AKKOW> 30 Minute No Equipment Home HIIT Workout (7:33)
- <sup>13</sup> <https://www.youtube.com/watch?v=6rh6pVGTqRU> – Power Yoga Break (0:14)
- <sup>14</sup> <https://www.youtube.com/watch?v=6rh6pVGTqRU> – Power Yoga Break (9:18)
- <sup>15</sup> <https://www.youtube.com/watch?v=SrN9pBY0KZs> Reunite With Your Core Centre (3:37)
- <sup>16</sup> <https://www.youtube.com/watch?v=6rh6pVGTqRU> – Power Yoga Break (9:45)
- <sup>17</sup> <https://www.youtube.com/watch?v=sgejGdUWwTo> – see full transcript at the end of this article
- <sup>18</sup> <https://www.youtube.com/watch?v=SrN9pBY0KZs> Reunite with your Core Centre (0:43)
- <sup>19</sup> <https://www.youtube.com/watch?v=dcqW72d5Jji> Yoga for Weight Loss, Hips and Core Vinyasa (11:23)
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- <sup>21</sup> <https://www.youtube.com/watch?v=krTYcWgUlKI> 8 Minute Tabata (4:54)
- <sup>22</sup> <https://www.youtube.com/watch?v=DvGCaEhpfEk> 7 Minute Abs Blaster (4:23)