

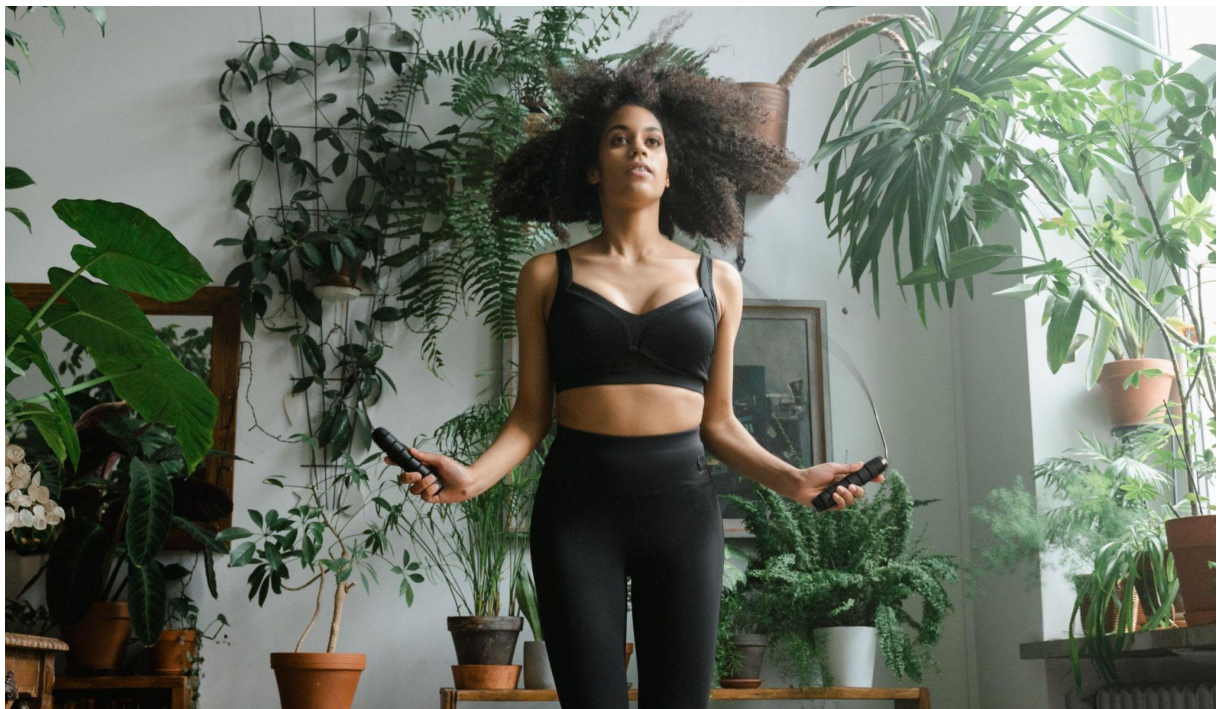


URBAN SPORTS CLUB

Press Release

Rope skipping, indoor cycling and gymnastics rings: Urban Sports Club presents 5 social media fitness trends

Berlin, 23.09.2021 - Home workouts from Jane Fonda, Claudia Schiffer and Cindy Crawford triggered a real fitness hype in the 80s and 90s - and now they're making a comeback via social media. From jumping rope to dance aerobics to strength exercises with gymnastic rings - Urban Sports Club presents the latest fitness trends skyrocketing on TikTok and Instagram.



More than jumping: Rope Skipping

With 130 million views on TikTok and 135,000 hashtags on Instagram, "rope skipping" is topping the fitness trend charts. This effective full-body workout is suitable for all fitness levels because it's extremely versatile. You can work your thigh muscles with "lunge jumps" or "squat jumps," while the "double jump" primarily trains the arms. But this cardio workout also gets the brain working by

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promoting fast reflexes and reactions. You can try out this popular fitness trend at Urban Sports Club's partner [BEAT81](#).



Party on the bike: indoor cycling

Another hit from the fitness mecca of the 80s is spinning, often referred to as "indoor cycling." This intense workout burns fat while releasing endorphins, which makes it downright addictive. Train your entire cardiovascular system and pedal your everyday stress away with pumping beats in a club atmosphere. Indoor cycling is suitable for every experience level as the intensity can be adjusted on the bike. With 80 million views on TikTok and 1 million hashtags on Instagram, indoor cycling and spinning is now an official fitness hype. You can try this electrifying workout for yourself with Urban Sports Club partners [ride.bln](#), [BEAT81 Cycle Studio Fhain](#) or [Cycle Room Berlin](#) amongst others.

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Let's hang out: Workouts with gymnastic rings

Usually favoured by gymnasts, gymnastic rings are becoming increasingly popular amongst strength athletes and climbers. Training with these versatile tools improves body tension, stability, coordination and builds up strength because you work your arm and core muscles as well as your back, abdomen, legs and buttocks. Fitness experts have sent the trend viral by showing off their skills and the wide variety of options on social media. Now, rings are the focus of many functional CrossFit and fitness sessions and are currently trending with 4,550,000 views on TikTok and 80,000 hashtags on Instagram. You can learn the fine art of gymnastics rings for yourself at one of our partners including [Die Ringe @ Sharky Sportsclub in Köln](#).

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Let's move it: dance fitness

Although aerobic fitness is experiencing a revival, the iconic 80s outfits sadly aren't. But the spirit of dance fitness lives on, and will put you in a great mood and get you active at the same time. Just like aerobics, dance workouts combine a variety of elements from dances such as hip hop and salsa alongside functional whole-body movements. So it's not a surprise that "Dance Fitness" is trending on TikTok, with 117 million views worldwide. Whether from home with live online classes or with local partners, you can try this trend from virtually anywhere including our partner [motion*s Tanz- und Bewegungsstudio](#).

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Fit and functional: bodyweight fitness

The past year has been pretty innovative. We've adapted our fitness routines so we can workout from the comfort of home or in the park, and some sports fans have learnt how to max out with as little equipment as possible. Fitness instructors and influencers created functional workouts with their own body weight that spread like wildfire on social media, especially on Instagram and YouTube. Now the social media hype surrounding functional bodyweight workouts is unstoppable, with 21,400,000 views on TikTok and 2,700,000 hashtags on Instagram. And the best bit? You can try these sessions in person once again, and train in a motivating group atmosphere outdoors or in the studio with many of our partners including [Urban Sport Tribe](#) or [Bootbox Outdoor Bootcamp Area](#).

Social media platforms such as Instagram and TikTok serve as a source of fitness trend inspiration while inviting users to showcase their skills. With Urban Sports Club you can try out the latest trends in preparation for the next viral workout video.

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About Urban Sports Club

Urban Sports Club offers a flexible sports and wellness membership. The goal is to encourage people to lead healthier and more active lifestyles through the largest and most diverse offer in Europe. From fitness, yoga, swimming and climbing to team sports and wellness, members can create their own personalized workout plan from over 50 activities and discover sports they are passionate about. At over 10,000 partner locations in six countries in Europe (Germany, France, Italy, Spain, Belgium, Portugal), members can check in for sports via app. As a group of companies with OneFit, Urban Sports Club's network has more than 12,000 partner locations. The private and corporate customer offer includes training in the studio, outdoors, online courses via livestream and on-demand courses. In total, employees from over 40 different nations are employed at the European locations.

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