

Do you like doing exercise in groups through Zoom?

No. I'm very private.

Why do you not like working out with groups online?

When I do exercise I would be walking around and riding my bike.

Would you convince friends to workout on Zoom?

Depends on what else they want to do, but will still do something active if not will not push them to do.

What motivates you to workout?

Stay in shape, stay healthy, just find something to do and be productive using your time.