

**Have you ever exercised at home through zoom calls?**

No, I have considered watching workout videos at home but won't do it at home through zoom calls as a group.

**Why do you not like doing it in groups?**

If I'm doing the form wrong or incorrect I'm afraid of looking awkward. It's harder to correct someone's form in zoom as to doing it in person hands on. Can cause discouragement if they are experienced. At the same time some people can take it as encouragement.

**So you think it's important to workout in person or online?**

In person would be important because it's easier to correct each other's forms at the gym. I think working in groups in person would help to correct forms. My brother would help me correct forms. My brother knows much about doing the right forms so follows his instructions.

**What motivates you to workout?**

To prove people wrong and myself. I've been looked down throughout my entire life. People said I can't run. It feels good to workout and boost confidence.

**Have you ever gone with a friend to the gym before this pandemic happened?**

I went with my childhood friend. Me and my friend in church would workout together.