

SELF

The Best Viral Workout Videos of 2013

We couldn't help but notice that this year's crop of must-watch memes brought a lil' bit of calorie-burning to the table. A mini-workout while you laugh? Yes, please! American Council on Exercise trainer **Elizabeth Kovar** helped us choose the top three quirkiest "fitness" vids of 2013. Hit play, and go ahead -- play along. You're resolving to move more in 2014 anyway, right?

Prancercise

YouTube views: 9,177,121 and counting

If you haven't yet watched Joanna Rohrback show you how to cut the noose and really let it loose with her Prancercise trots and gallops, well, friends, we have one last treat for 2013. Got your ankle weights in place and your music ready? Let's stop talking, and do some walking!

Harlem Shake (sports edition)

YouTube views: 4,170,296 and counting

If there was one thing college basketball teams could all get behind pre-March Madness, it was doing a DIY version of this viral hit. Here, some of the best beat-dropping versions (along with a few kinda awesome football and swimming editions, too).

Gangnam Style

YouTube views: 1,863,394,443 and counting

Ok, so technically this ridiculous runway dance hit it big at the end of 2012...but we're pretty sure you were still hearing it (and secretly dancing to it, be honest!) early this year. You may cringe at the first notes now, but with a staggering 1.8 BILLION views, we'll hand it to K-pop musician Psy for getting damn near 25 percent of the people on Earth to get off their chairs and "trot" -- and zap 28 calories in the process, hey-o.

Did we miss anything? What was your favorite viral hit of 2013? Let us know @SELFmagazine and @marissastphnsn.