



Virtual Fitness

Mar 16, 2021 | Maxx Wolfson

In March 2020, COVID-19 shut the doors of Dennis Guerrero's CrossFit gym. Rather than being limited by the situation, Guerrero embraced the opportunity to set off on an entirely new path. Life Outside The Box ([LifeOTB](#)) was born and brought into homes across the globe, proving that a physical gym isn't necessary for people committed to improving their health and wellness. The intensity and drive of these at-home athletes, captured by Getty Images' Special Correspondent - Sport, [Al Bello](#), portrays themes of resiliency, dedication, and adaptability. If you root for small businesses, this is an easy one to cheer for as not even a global pandemic could put out the fire within this special health coach and the passion to bring optimal health to all.

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