



NEWDAY
FITNESS | VR

VR Fitness After Supernatural: My First 30 Days



What's Working Now
(And What I'm Testing Next)

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I just renewed my subscription...
two weeks before the news

In January 2026, I look into my facebook supernatural page I saw Supernatural was shutting down.

Well... not exactly shutting down, but close enough to feel like a punch in the gut.

A few days before the official announcement, I saw posts blowing up in my Facebook group. People were saying Supernatural was not getting any new content anymore. **No new workouts. No new music. No updates.** At first I thought it was rumors.

Then Meta made it official.

In January 2026, Meta announced that Supernatural was being placed into maintenance mode. The app would stay online for current subscribers, but there would be no new workouts, no new coaching, and no new licensed music added. That was it. **Zombie APP.**

And the timing was brutal.

I had just renewed my yearly subscription two weeks earlier.

I remember staring at my Quest 2 thinking... really?

Will the Beaver (my imaginary workout buddy) popped into my head instantly, arms crossed: *"So we're paying for memories now?"*

I had been using Supernatural for over a year and a half. It was not just an app to me. It was my winter survival plan. When it is minus 20°C outside in Alexandria and everything is dark by 4 pm, Supernatural was my escape. I could sweat, move, and forget the cold for 30 minutes.

Technically, the app still works. There are still thousands of workouts available. I'm locked in for another year anyway.

But let's be honest, it feels like a zombie app now. Alive, but not growing.

I give it two more years max, or until the music licenses expire. We'll see. Will summed it up perfectly: *"We'll box until they shut down the power."*



What I Loved About Supernatural (Even Knowing How This Ends)

Even knowing how this ended, I still loved this app. A lot. Here 4 points that come to mind.



- **Music Integration:** Real licensed songs, not generic background beats. The electronic music library made me move without thinking. Some workouts felt like dancing in a club. That energy kept me coming back. Music = motivation for me, and Supernatural nailed it.



- **Coaching cues:** The coaches were incredible. They felt human. They didn't overload you with information. They'd drop one or two cues, and you could choose what to focus on: form, breathing, mindset. It felt like having a trainer in your ear, not someone yelling numbers at you. They're also active on social media, which made the whole thing feel alive.



- **Consistency:** This is the big one. It's my mantra for 2026. This is the only physical activity I actually stuck with long term. For the first year, I was doing it almost every day. Now it is more like four times a week, but that is still huge for me. After a long day sitting in front of a computer, Supernatural was my release. No thinking, no planning. Just put the headset on and move.



- **Immersion:** The environments were breathtaking. Mountains, oceans, deserts even on the moon. You could turn around 360 degrees and completely forget where you were. Forget work. Forget winter. Forget the daily grind. That immersion is what made it feel less like exercise and more like an experience, and made you push yourself to the maximum. Will says the scenery was so good he forgot he was a cartoon beaver or even imaginary, or is he...

When the shutdown news hit, it forced one question:

What now?

I'm still a Supernatural nut. I still use it. I still love it.

But I had to start thinking ahead. What happens when this finally stops? What do I try next? How do I stay active without losing the motivation I worked so hard to build?

This PDF is my honest journey, 30 days later.

No hype. No sponsorships. Just what I did next.

(And yes, Will is coming with me.)



My Current VR Fitness Routine

I know, I know...golf isn't boxing.

But hear me out.

I added Golf5 into my routine as a warm-up before boxing.

For me, it feels like being on a real golf course.

Way better than jumping straight into punching.



WHY I'M PLAYING MORE GOLF

- **1 hour per session = real movement**

It's a real 18-hole round. You can play solo, online, or against AI. My AI golfer is named Carl. He beats me every time, except once. I shot a 65 and was insanely proud.

I turned to Carl and said, "Kiss my ass, Carl." No reaction.

Will just shook his head. "You're talking to an AI, dude."

- **Full swings = shoulder and core activation**

It warms up your whole body. I use only the right controller. No attachments.

I tried a golf attachment once. Really, really bad experience. The controller flew across the room mid-swing. If you're curious, I wrote a full review on my blog. Let's just say... never again.

- **Mental focus, not passive gaming**

It puts your brain on something else. I have a pretty active mind, especially after work. Golf plus boxing gives me a reset. In summer it is the driving range outside. At night, it is VR boxing.

UNEXPECTED FITNESS BENEFITS FROM GOLF AND BOXING

Calorie burn: Around 150 to 200 calories per session. I noticed my gut going down and things feeling more firm. Even friends told me I look different.

Shoulder mobility improved: Controllers are not heavy, but over time they act like light weights. You end up toning without realizing it.

Core engagement the whole time: Yes. Core tight when swinging and when boxing. No cheating.

No impact on joints: Perfect for 40+. I am almost 50, so joint friendly matters. Just be careful when punching. Quick movements, in and out. Do not overextend.

MY VERDICT

Golf5 is my escape when I want to play. Supernatural is my go-to when I want to punch flying orbs.

Will agrees. Mostly. He still thinks Carl cheats.



My Kettlebell Hybrid Warm Up

This is my secret weapon.

I built a 15-20 minute kettlebell warm-up that I do before every VR workout. It lowers injury risk and gets my body ready. A couple months ago, I had an oblique strain. Nothing crazy, but enough to slow me down. That's when I put this together. It's not meant to be hard. It's just to wake everything up before I start punching orbs. It also helps a bit with strength. I want faster punches, better control, and a tighter core. This routine does that without burning me out.

THE ROUTINE (QUICK VERSION)

- **Warm up 5 minutes**
Arm circles, torso twists, jumping jacks
- **Goblet Squats**
3 sets of 12 reps
- **Romanian Deadlifts**
3 sets of 10 reps
- **Kettlebell Swings**
3 sets of 15 reps
- **Floor Press**
3 sets of 10 reps
- **Glute Bridges**
3 sets of 15 reps

WHY THIS WORKS

Warms up shoulders, core, and legs: I stay loose and can move side-to-side way easier once I start boxing.

Activates the hips: This matters when you put weight into punches and hold your boxing stance.

Fast and efficient: Takes 15-20 minutes max.

Injury-free VR workouts: Since doing this, I haven't had a physical injury. (I did catch a bad cold once, but my body held up.)

Will's take:

Can't do all five? Just pick two or three.
The goal is to loosen up, not destroy yourself.

Want the full routine with photos, form cues, and Will's commentary?

Check your email inbox after downloading this guide.

I'll send you the complete kettlebell warm-up PDF (free).





The App I'm Trying This Week

I'm testing FunFitLand starting this week.

It looks awesome. Similar vibe to Supernatural, maybe even more immersive in some ways. I did a lot of research, and to me, this feels like the best substitute so far.

I want something that feels like a fitness app, not just a game where you punch random things.

A FEW MOMENTS LATER...

Okay, I went and tried it so you don't have to... at least not yet.

I jumped into the boxing first. The immersion is not exactly like Supernatural, but it definitely pulls you in. The environment shapes and colors are more playful and imaginative than real world, but they make you feel present in the moment. The boxing tracks and targets respond well, and it actually gets your heart pumping. The music is not the same licensed stuff Supernatural had, but the tracks are rhythmic and sync nicely with the workouts. For me, I am in it for health, mental reset, and getting that sweat going. If I am punching and moving hard, I am happy.

4 Short Immersion Phrases for FunFitLand

- Vibrant 360 environments that feel like you are inside another world.
- Music and movement that pull you into the session and make time fly.
- Coaches that feel personal and encouraging, like they are right there with you.
- Mixed reality mode lets you see your real room while still being in the workout.

Quick Notes From My First Try

The boxing felt good and the targets react well even without perfect hit timing. The immersion is bright and fun, maybe less dramatic than Supernatural's landscapes, but it keeps me engaged and moving. I got my heart rate up and walked out of the session feeling like I had done real work. The music is original and energetic, even if I do miss some familiar songs.

Final Verdict

Does it have potential as a Supernatural replacement? Yes. I'll keep testing it and update this PDF when I have more to say. Personally, I hope Meta doesn't buy it and ruin it. (No official news on that yet. It's still independent and growing.) Check out my blog for a full review when it goes up.

Tried this app? Send me an email. I'd love to hear your take.



MY WEEKLY ROUTINE

What My Week Looks Like Now

This is my real routine. Nothing fancy. Just what I am actually doing right now.

Monday	Kettlebell warm-up (20 min) + VR boxing a quick hits in the morning and a 20 minute session in the evening Total: 50 minutes
Tuesday	Kettlebell warm-up (20 min) + VR boxing a quick hits in the morning and a 20 minute session in the evening Total: 50 minutes
Wednesday	ACTIVE RECOVERY Light stretching or walk
Thursday	Kettlebell warm-up (20 min) + VR boxing a quick hits in the morning and a 20 minute session in the evening Total: 50 minutes
Friday	Kettlebell warm-up (20 min) + VR boxing a quick hits in the morning and a 20 minute session in the evening Total: 50 minutes
Weekend	ACTIVE RECOVERY Walking, light VR golf, or rest

In the evening, I might play some VR golf, especially if there's a big snowstorm outside.





30 Days Later: The Honest Truth

What I Miss Most:

The weekly music drops. Sometimes they came slower, but when they hit, it was exciting. The coaches were crafty with it too. They'd hype you up, joke a bit, then suddenly you're busy swinging and sweating before you even realize it.

The Coaches:

I can still see them in the workouts. There are still hundreds of playlists available. But it feels different now. They're there, but also... not really there anymore.

What I Don't Miss:

- \$9.99 USD / \$13 CAD per month. That's \$120 USD / \$156 CAD per year for one app.
- Limited variety - Only boxing and flow, no other workout styles
- Pressure to work out "their way" - Sometimes I just wanted to golf or try something different
- Fear of shutdown - Which happened anyway

Final Verdict

Supernatural was great. No question.

Being forced to diversify might actually be the best thing that happened to my VR fitness. It is hard to say that out loud, but sometimes you need a change to see what else is out there. To me, Supernatural is and always will be the greatest VR fitness app. It was the reason I bought my Quest 2 in the first place. Fitness was the goal from day one, and Supernatural delivered.





Now I am exploring options I never would have tried before.

And honestly, that part feels kind of exciting.

Where to Go From Here

HELPFUL RESOURCES

JOIN MY EMAIL LIST

Monthly updates as I test new VR fitness apps and equipment, and give insight into the VR fitness world.

newdayfitnessvr.com/join

READ MY BLOG

Full reviews, comparisons, and honest breakdowns, This year I'm planning to write two articles a week, so keep an eye on my blog section.

newdayfitnessvr.com/blog

MY KETTLEBELL ROUTINE

[Full PDF with photos and form cues.](#) Let me know if you'd like something similar.

WHAT I'M TESTING NEXT

- FunFitLand (testing now)
- FitXR comparison (coming soon)
- Les Mills Body Combat review (coming soon)

PRODUCTS I'M USING

Meta Quest 2 (my current headset) its working perfectly, eventually the [QUEST3](#)

[15lb Kettlebell \(for warm-ups\)](#)

[Floor fan, basic, but helps with fogging of the lenses](#)

[VR face cover \(keeps headset secure on your head\)](#)



Check out my blog section for review I already did.

Let's Figure This Out Together

The Supernatural shutdown sucked. But maybe it's pushing us to find something even better.

I'm testing apps every week, sharing what works (and what doesn't), and building a real alternative to what we lost.

You don't have to figure this out alone.

Join my email list and let's navigate VR fitness after Supernatural—together.

newdayfitnessvr.com/join

P.S. Will says hi. He's still mad about Carl.

Sean

