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12 Popular Fitness Apps

Smartphone apps are changing the way we live our lives. Not just for talking anymore, phones are being used for taking pictures, for playing games, for listening to music, for learning foreign languages, for our GPS system, and about 1000 other things. And yes, smartphone apps are helping millions of people get in better shape and improve their fitness!

There are far more fitness apps that could possibly be mentioned in this article. And even limiting the number of apps to 12 for this article was incredibly difficult. You may well have a favorite app that isn't listed here, or you may completely disagree with this list. Just keep in mind, this list is not meant to be a "best" list, just a list of 12 popular fitness apps that are out there for your use.

Feel free to take a look at these apps as you like. Different apps in this list serve different purposes. Some of these apps will not click for you and that is OK. Maybe during your investigation you'll find other apps that appeal to you more. Go for it! View this list as simply a starting point or a springboard to a world full of fitness app possibilities. Enjoy!

8 Fit

(iOS and Android, \$60/year)



8 Fit combines "no equipment required" HIIT (High Intensity Interval Training) with food recommendations to give you a complete fitness & health plan. The workouts are based on your fitness level and fitness goals and last anywhere from 5 minutes to 60 minutes, based again on your input. This app will also track your steps which can encourage more walking. The workouts will increase in intensity over time to keep you challenged and provide you with increased fitness level workouts over time.

Aaptiv

(iOS and Android, \$15/month or \$100/year)



Aaptiv provides group classes led by an instructor. Its workouts are set to music that is meant to get you moving! There are more than 2500 on demand workouts starting at 7 minutes in length for all levels of fitness. The workouts include stretching, yoga, strength training, treadmill, outdoor runs, elliptical sessions, race training and cycling. They add up to 30 new on demand workouts per week, so you'll always have something new to try out. There is also a free version of this app if you just want to take it for a test run.

Asana Rebel

(iOS and Android, \$10/month or more)



Asana Rebel is a fusion of HIIT workouts and Yoga. The workouts burn fat and strengthen muscle. It is the perfect app if you are looking for something to augment your yoga practices. There are varying levels of difficulty depending on your fitness level and your goals. And there is even a free version to get your started.

Daily Yoga

(iOS and Android, \$10/month or \$40/year)



Daily Yoga offers yoga classes, meditation classes, personalized music playlists and even personalized coaching. There are more than 100 guided beginner to master yoga and meditation classes for you to choose from. The app also features workout plans to meet your goals, including classes and individual poses. There are more than 500 individual moves you can learn for proper form and technique. Also, if you are just starting out, there is an entire series of beginner's tutorials. On top of all that, there is also a digital record of your workouts so you can look back on your sessions and see what kind of progress you are making. There is a free version of this app as well.

Freeletics

(iOS and Android, Free With In-App Purchases)



This app features over 900 equipment-free HIIT workouts based on time rather than a set number of reps. The workouts vary from 10 minutes to 30 minutes based on your fitness level. Your continuous input allows the app to tweak your workouts in order to improve your results. Premium members have access to additional training plans, performance analysis, workout goals, and a workout mode that only requires a small amount of space (for you cramped NYC dweller types).

Keelo

(iOS, Free With In-App Purchases)



Keelo is another app that focuses on HIIT exercises. The app can be used in the gym or at home, as it has exercises both for gym equipment and for no equipment. The exercises only take from 7 to 20 minutes each. It integrates with Apple Health, allowing you to share data with other fitness apps. A premium subscription provides extra features such as unlocking many additional workout plans, warmups, cool downs, and chat coaching, starting at \$12.99 per month.

MyFitnessPal

(iOS and Android, Free With In-App Purchases)



While other apps in the list focus on the exercise side of the fitness coin, MyFitnessPal focuses exclusively on the nutritional side. At its most basic it serves as a calorie counter. You can scan barcodes into the app and it will search its database of 6 million and growing items and give you the nutritional content you are consuming, based on the serving size you report. There is also a recipe calculator you can use to input your recipes and food portions. It integrates with many other fitness apps to give you a personalized daily calorie goal based on the calories you burn during your workouts and your weight and fitness goals. It can definitely help you become aware of your eating habits if used consistently.

Nike+ Training Club

(iOS and Android, Free With In-App Purchases)



Nike+ Training Club features workouts designed by professional athletes and celebrities. Personalities include Cristiano Ronaldo, Kevin Hart, Ellie Goulding and Serena Williams. There are more than 160 mostly fast-paced workouts ranging from 15 to 45 minutes. You can train with just your bodyweight or a full gym setup. You can filter workouts based on body part, required equipment, or a particular fitness goal you have for yourself. The app provides both instructional videos and simple lists of moves. It includes a variety of workouts such as yoga, running, cardio and weights.

PEAR

(iOS and Android, \$6/month)



The PEAR app's claim to fame is the way it integrates with wearables, namely heart rate monitoring, to help you know when you need to push and when you need to scale back during your workouts. It also offers hands-free audio coaching. There are a wide variety of guided workouts tailored to various fitness levels and intensities that adapt based on your performance. If you prefer, you can even create your own workout plans. And as you continue to workout, it can adapt your workout plans based on your previous performance. While there is a free subscription, you'll want the paid subscription in order to take advantage of the unlimited access to the workout library and extra features.

Seconds

(iOS and Android, Free With In-App Purchases)



The Seconds app is as simple as it sounds. It helps folks keep track of the time during their interval training workouts. It allows users to build up their interval workouts in the app, and uses text to speech capabilities to inform you of what is next. It allows users to customize the playlist and connects to heart rate monitors using Bluetooth.

Strava

(iOS and Android, Free With In-App Purchases)



Strava is geared towards runners and cyclers who like to exercise in the great outdoors. So you treadmillers out there, this may not be the one for you. It incorporates gamification using leaderboards, achievements and challenges, so friends on the app can compete with each other. And there is the social element so you can share pictures of the breathtaking scenes you are seeing and keep track of your friends. Of course it also includes the standard average running speed, total elevation, distance traveled, time, and map of the route taken. Additionally, it includes routes that athletes near you have recommended and gives you the ability to share your location with other Strava athletes so they can join in on your route.

Sworakit

(iOS and Android, \$30/quarter)



Sworakit is short for "Simply Work It". The app allows users to build their own workout routine. You can choose from stretches, yoga, pilates, various cardio, and strength training. You can choose from various fitness goals including getting fitter, getting leaner and getting stronger. It comes with a timer from 5 to 55 minutes and based on your selections it builds your customized workout. It caters to beginners and pros alike. There is also a free version that offers 3 core workouts - one for your abs, one for your back, and one that targets both.

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