

# Exercise Rx Workout Apps

Apps can be a great help whether you're looking to track your workout progress, put together a workout routine that fits with your schedule, or incorporate more physical activity in your life. Check out some of our favorite free apps.

## General Fitness

### **NIKE Training Club**

iOs and Android

Over 100 workouts with easy to follow guidance. Strength, endurance, and mobility workouts lasting as little as 15 minutes for all levels.



### **SworkIt**

iOs and Android

Prebuilt, no equipment workouts to fit the time you have from 5 minutes to an hour. Watch demos and follow along the exercise playlist anywhere.



### **7 Minute Workout**

iOs and Android

Efficient workouts that fit your schedule. This app guides you through the original seven minute and additional workouts keeping exercise fun and motivating.



### **ACTIVEx**

iOs

Get varied personalized or group workout plans to stay motivated. This app lets you join a workout pack and take part in different challenges and workouts.



## Walking and Running

### **Couch to 5K**

iOs and Android

8 week program tailored for First time runners. 3/week 30-40 minutes of running and walking builds up strength and endurance to run 3 miles.



### **Map My Run**

iOs and Android

Use the GPS function to save favorite routes and track workout times and distances. You can use the app to record activities and set goals.



### **Charity Miles**

iOs and Android

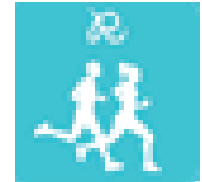
Earn money for charity by moving. Pick your favorite charity, be active by walking, running, or biking and see your activity benefits the charity of your choice.



### **Runkeeper**

iOs and Android

Get personalized running plans to fit A busy schedule and reminders to Stay on track. You can set goals, earn rewards, and track your progress.



## Yoga

### Five Minute Yoga

iOs

For a quick energy boost or Relaxation, tis app provides Quick yoga sessions. All poses are illustrated with instructions.



### Down Dog

iOs and Android

Never get bored by doing a new yoga sequence each time you practice. The app features flow and restorative options along with matching playlists.



### Yoga Academy

iOs and Android

From beginner to advanced and 5 minutes to 60 minutes, there are classes for everyone. Also, you can create sequences and stream music.



### Daily Yoga

iOs and Android

Over 50 yoga sessions and 500 poses to find the sessions right for you. There are different intensity levels and time options you can choose.



## Strength Training

### Fit Star

iOs and Android

Personalized workouts that can be without a lot of equipment anywhere. App features balanced workouts that allow users to move at their own pace.



### Strong Lifts 5x5

iOs and Android

Advanced lifters can follow along this program to build strength. You can track your workouts and set rest periods and weight increases as you progress.



### Gain Fitness

iOs

Receive customized workouts based on your goals, time, and location. Video clips and tips help you perform new exercises and workouts.



### Strong

iOs

Simple interface to easily record workouts and notes. See your progress with the built in graphs so you don't have to guess weights or reps for your next workout.

