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.

**ACTIVEEx**
*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, this 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.