



Free Workout Apps for Your Fitness Goals

Free Workout Apps

<p>C25K</p> <p>iOS, Android</p>	<p>If you want to run but don't know where to start, this app is it. Short for Couch to 5K, the C25K app will take you from zero to 5K in just two months. All it takes is 30 minutes per day just three times per week and you'll develop a base that can take you through your first 5K finish line onward—maybe even to training for your first marathon! And, if you have the Fitbit Ionic or Versa or have a Samsung Galaxy watch, the C25K app is available to use directly on your watch to make the guided workouts even more seamless.</p>
<p>FitOn</p> <p>iOS, Android</p>	<p>If you're looking for a free workout app that is actually free—no additional purchases required—look no further than FitOn. Not only will you be able to access workouts across multiple disciplines such as dance, yoga and HIIT, you can search by the body part you'd like to focus on and even create custom programs to help you reach your goals. Even if you don't come in with a defined goal in mind, you get to experiment with different types of workouts for free so you can find out the types of exercise that make moving fun.</p>
<p>Fitbod</p> <p>iOS</p>	<p>Fitbod's goal is to make you stronger and they do that by adapting your workout plan to your current strengths and weaknesses. The app is always collecting data on your current fitness level and adjusts your training—such as sets, reps and weight—accordingly, all to get you fitter in the safest way possible. If you're looking for a strength training app that can give you a workout plan based on the equipment you have available, this one's for you. Android users, don't despair; Fitbod is currently in beta testing to get the app rolled out to you.</p>

Running Apps

<p>Strava</p> <p>iOS, Android - Free; in-app purchases available</p>	<p>If you're looking for the social media equivalent of a running app, Strava is for you. Not only is this GPS app a great way to track your runs in real-time and keep tabs on your training milestones, but you'll also have the opportunity to connect with old friends and make new ones in your community. Even better, connect with pros and coaches like Lauren Fleshman, Rich Roll and Devon Yanko, who all have active profiles to get an inside look at how and where some of the elites are logging miles in both training and racing.</p>
<p>MapMyRun</p> <p>iOS, Android - Free; in-app purchases available</p>	<p>Powered by Under Armour, the MapMy family of apps have street cred that is well deserved. MapMyRun specifically is great for tracking your runs (with the option to let friends and family see your live location) and finding new routes in your area. If you want to step up the ease of use, get a pair of Under Armour smart shoes, which connect to the app automatically.</p>
<p>Charity Miles</p> <p>iOS, Android—Free</p>	<p>Want to go the extra mile? Log your miles using Charity App and earn money for the charity of your choice just by running. It really is that easy! Start an account and choose from their list of charities—including St. Jude's Children's Research Hospital, Wounded Warrior Project, National Park Foundation and the Leukemia & Lymphoma Society, among others—and funds come out of a corporate sponsor pool with every mile tracked via your phone's GPS.</p>

Strength Training Apps

Sworkit iOS, Android - Free; in-app purchases available	No matter where you are in your fitness journey, Sworkit is like having a personal trainer in your pocket. While a subscription is needed to access all of the content the app has to offer, there are a number of free workouts to get you started. Set a goal, get your training plan and start working out anywhere—their videos are meant to be used with as little equipment as necessary—so you can add working out into your everyday routine. And if you ever feel like you need an extra boost, they have certified trainers you can connect with directly in the app to keep you moving in the right direction.
JEFIT iOS, Android - Free; in-app purchases available	If you love data and closely tracking your progress, JEFIT is the strength app for you. Even Basic (read: free) users have access to prime features including Body Stat Tracking for a complete picture of how your measuring up to your goals. Everyone from beginners to advanced gym-goers will find a workout, from kettlebells to weightlifting, with tools that make you feel like you have a personal trainer at the ready.
Fitbit Coach iOS, Android - Free, in-app purchases available	Fitbit users, this is the app for you. If you want to take your fitness tracker to the next level, the Fitbit coach will take your data and get you moving full speed toward your goals. You'll get personalized recommendations and customized workouts based on your Fitbit data, all in video form so you can follow along. Exclusive workouts are available for Premium users, but if you're new to the app, you can start with their recommended workouts and go from there.

Yoga Apps

Daily Yoga iOS, Android - Free; in-app purchases available	Bring a little om into your life with the Daily Yoga app. With both guided yoga and meditations, you can find classes that suit everyone from beginners to the most advanced yogis. Not sure which is the best yoga practice for you? The Smart Coach integration will help choose for you based on your goals. Upgrade to Pro for \$9.99 per month for extra features and workouts that will elevate your yoga practice, including more detailed health insights.
Yoga Studio iOS, Android - Free; in-app purchases available	This all-in-one yoga and meditation app features over 130 videos and meditations ranging from 5 to 60 minutes. A carefully curated selection means you can always find the right class or build your own classes pose by pose. Search classes based on intensity, ability, duration or just browse.
Down Dog iOS, Android - Free; in-app purchases available	With more than 30,000 configurations, the app means a brand-new yoga practice each time you come to your mat. This app features a 3-day introduction to yoga and practices specifically to strengthen and stretch your back. Use the Boost feature (paid) to target 12 different areas of practice and choose from seven different yoga instructors so you're guided by a voice that really resonates with you.