FITNESS APPS

These free apps can motivate you to get fit.

**The Scientific 7-Minute Workout**  
Android, iOS, and Windows  
12 exercises for a high intensity workout using only body weight, a chair, and a wall.

**Nike+ Training Club**  
Android and iOS  
Choose from over 100 workouts designed by Nike master trainers. Share your sessions with your friends and train together.

**Couch to 5K**  
Android and iOS  
Go from “couch potato”/beginner to a 5K runner in 8 weeks. Specifically designed for those who are first time runners.

**FitStar Yoga Basic**  
Android and iOS  
Personalized yoga workouts for anytime, anywhere designed in collaboration with powerhouse yogi Tara Stiles.

**Bodeefit**  
Android and Windows  
One free simple but challenging workout per day. No equipment needed.

**Bodyspace**  
Android and iOS  
Expert designed workouts and exercise database for those wanting to build muscle. Offered by www.bodybuilding.com

**WOD Deck of Cards**  
Android and iOS  
Designed by and for Crossfitters, this is a daily sets of 4 new exercises pulled from a virtual deck of cards.

**Sworkit**  
Android and iOS  
High-intensity body weight workouts of any duration. Equipment-free with video demonstrations by real personal trainers.

**Spring Moves**  
iOS  
A rhythm-based music service for power walking, spin class, running, biking, etc. Exercise to songs with similar pacing so you can work out to the beat.