

Fitness Apps for Busy Students

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Coaching and Tracking

❖ Fitocracy



- Fitocracy is great for those with a competitive side. The personal trainer lets you track workouts and encourages you to work toward real-life goals through a leveling system and in-game achievements you can share with your friends and the Fitocracy community.

❖ Fitbit Coach



- This app creates a custom workout based on your fitness level. It learns from you as you use it. You choose the workouts and tell the app whether the exercises were too easy or too tough for you. The app can also track your overall fitness, as it's compatible with the Health app, Fitbit, and MyFitnessPal. The freemium app is also compatible with Apple Watch, though some features require a subscription to use, which may cost anywhere between \$8 to \$40 annually.

❖ MyFitnessPal



- Calorie Counter and Diet Tracker by MyFitnessPal boasts a database of more than five million foods to sort through, making it easier to track what you eat. It also features a step tracker and a barcode scanner to make sure you're able to track everything in your diet.

❖ Nike Training Club



- Nike's official app has a library of 30-45-minute workouts that are based on your goals and fitness level. The app explores how to execute each exercise with how-to videos and even lets you share your accomplishments on social networks.

Running

❖ C25K (Couch to 5K)



- Great for beginners, C25K is specifically designed to train non-runners for a 5K and claims it can get you there in eight weeks if you stick to the 30-minute schedule three times a week. The app provides a training plan that has a mix of running and walking and has a seamless integration with MyFitnessPal so you can track your calories as well.

❖ Charity Miles



- Need motivation? Run for charity! Use this app from the start of your workout routine and earn \$0.25 per mile for your selected charity (bikers earn \$0.10 per mile). Make sure to share your activity on Facebook for the charities to receive the donations.

❖ Cyclemeter



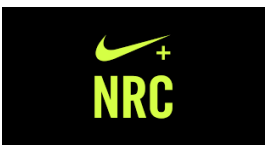
- Looking to shed some weight on a bicycle instead of a treadmill? This app will help you do exactly that! Cyclemeter is accurate and great at collecting data. It can also track various walking and running metrics, though you might not get as much data. However, if cycling is your preferred fitness routine, this is the app for you.

❖ Map My Run



- This app accurately tracks distance, pace and gives a robust workout summary that you can save and share. The app also counts calories burned and charts your elevation profile. You can control music and incoming calls while in the app. You can also earn points from challenges and win promotions for Under Armour!

❖ Nike Run Club



- Nike Run Club gives you everything you need to improve endurance and motivate you to run more often. The app includes GPS tracking so you can review the details of your run, weekly and monthly distance challenges to keep you focused, customized coaching plans that fit your goals and adapt to your progress, and non-stop motivation from your friends.

❖ “Zombies, Run!”



- In this story-based workout app, you're Runner 5. Your mission? To help rebuild civilization by retrieving critical supplies outside of your virtual base. The app keeps track of your distance as the story and instructions play out, but fear not, you can still listen to your music as you run.

Strength Training

❖ FitnessBuilder



- The simple app records the number of reps you do and how much weight you're using. It also has a diverse catalog of workouts. The fitness builder app even lets you keep track of your workouts and allows you to see the progress you have made.

❖ Fitbit Coach



- Fitbit Coach is an app that takes all the workout planning off your hands. The app uses your information to create custom-made workout routines that are challenging for you so that you can see improvement while minimizing the risk of injuries.

❖ GymBook



- GymBook is a visually attractive app that tracks your strength workouts and you can even make your own routines. The app displays cool GIFs of 50 preset exercises and how they affect the different muscle groups.

❖ Jefit Workout Tracker Gym Log



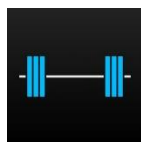
- Designed for bodybuilders, Jefit keeps track of all your reps, sets, and the weight you're lifting. Jefit provides a number of different workout routines designed to target specific muscle groups and allows you to design custom workouts.

❖ Strong Lifts 5x5 Workout Log



- For the more experienced lifter looking to increase intensity, Strong Lifts 5x5 is one of the best ways to gain muscle and promote fat loss. The app coaches you through three 45-minute workouts a week, focusing on the largest muscles in your body for optimal effect.

❖ Strong Workout Tracker Gym Log



- Here is another aesthetically pleasing workout tracking app that lets you easily enter information about your workout session. Hitting certain milestones unlocks achievements, and the app lets you add your own routines to your workouts. It also has a range of cardio exercises, but the app's primary focus is on progressive barbell routines, such as Starting Strength or Stronglifts 5x5.

Yoga

❖ 5 Minute Yoga Workouts



- Not enough time in the day for a short yoga session? This app wants to help by offering yoga activities for five minutes. The barebones app is good for beginners, as it offers simple poses with a timer to make sure you're doing them for five minutes.

❖ Asana Rebel: Yoga and Fitness



- Asana Rebel is the only Yoga Inspired Fitness app in the world. It changes the way that women work out and stay healthy, by making the process fun! You'll not only see the same fitness results as you would in a hardcore HIIT program, but at the same time you'll feel relaxed and more confident than ever before.

❖ FitStar Yoga



- FitStar Yoga is a personalized training app that gauges your fitness level to adjust the difficulty of the yoga program. Each session has HD videos as well as audio support. The app integrates with Fitbit and MyFitnessPal, and you can track your progress with achievements.

❖ Simply Yoga



- If you're new to yoga this app might be for you. Simply Yoga guides you through a series of videos lasting between 20 minutes to an hour that cover more than 30 poses that you can do in the privacy of your own home. When you're ready to move to the next level, you can opt to purchase the full version of the app.

❖ Yoga Studio: Mind & Body



- Featuring more than 65 individual classes, ranging from 10 to 60 minutes at any difficulty level, Yoga Studio guides you through poses with HD video classes. It has a robust catalog of more than 280 poses.