

Best Free Workout Apps

C25K (iOS, Android)

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.

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FitOn (iOS, Android)

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.

Fitbod (iOS)

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.

Running Apps

Strava (iOS, Android)

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 through the workout app. 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. Free; in-app purchases available

[MapMyRun](#) (iOS, Android)

Powered by Under Armour, the MapMy [family](#) of workout 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, making this a great workout app for women looking to precisely track their miles.

[Charity Miles](#) (iOS, Android)

Free

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. Free; in-app purchases available.

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.

[Be.come Project](#) (iOS, Android)

\$35/month after a 10-day trial

The be.come project was created with [inclusivity](#) in mind and this gender-neutral program is offering workouts for everyone. You’ll have access to a new weekly workout released on Mondays. Each routine is meant to be done through the entire week not only so you can see your progress, but also so you can ask questions of creator Bethany C. Meyers, who gives tutorials via social media on Wednesdays.

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 you're 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.

Full-Body Workout Apps

PEAR (iOS, Android)

\$5.99/month after a 14-day trial

PEAR is like having a trainer right in your ear guiding you through your workout. Run, spin, strength train and more with the guidance of a trainer every step of the way. Apple Watch users can pair the workout and all metrics without having to unlock a phone. Thanks to partnerships with brands such as Ragnar and TRX, you can get workouts suited for specific equipment and race series to take goal-setting up a notch.

Aaptiv (iOS, Android)

\$14.99/month after a 7-day trial

This audio-based app is perfect for people looking for a bit more when being coached through their headphones. After a 7-day trial users pay \$14.99 per month for access to over 2,500 guided workouts that can be done at home or in the gym. Even better, many classes are themed by their playlist, so finding a favorite is as easy as searching for your favorite [music](#). Aaptiv classes are never boring—seriously, you'll never call it a 'dreadmill' again—and can be downloaded for use when you don't have access to Wi-Fi but still need to sweat.

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.

[Find What Feels Good](#) (iOS, Android)

\$9.99/month after a 7-day trial

With over 5 million YouTube subscribers, [Yoga with Adriene](#) has taken over the yoga scene with her prowess. Now you can access her classes more easily with the Find What Feels Good app. With a free 7-day trial (and for just \$9.99 per month after that) you can go even deeper into your yoga practice with premium content Adriene develops just for subscribers. Whether you're looking to embark on a 30-day yoga journey or try something new every day, Adriene is there to help you feel good about yoga (and yourself).

[Glo](#) (iOS)

\$22.99/month after a 7-day trail

While this app is strictly for iOS users, you can easily find yoga, Pilates and [meditation](#) series that fit into your lifestyle. After the free trial, it is \$22.99 per month and you can download your favorite classes for those times where an [internet](#) connection isn't readily available. Track your progress with your Apple Watch or Health app so you know you're getting the most from your yoga practice. Even more, use the guided meditations to take a break during a hectic day and refocus your mind.

[Yoga Studio: Mind & Body](#) (iOS, Android)

Free; in-app purchases available

Gaiam is synonymous with yoga, so it's only natural that they would help create an app to help you elevate your practice. You'll find yoga and meditation for all levels but, should you be more advanced, have the option to create your own class and flow based on your experience and available equipment. Beginners will love the library of yoga poses that break down moves and their modifications, so you'll get a deeper dive into the benefits and importance of yoga in your life.

Celebrity Trainer Apps

[Body By Simone](#) (iOS)

\$19.99/month after a 14-day trial

Simone De La Rue is the trainer behind Body By Simone—BBS for short—and has a celebrity following that includes [Reese Witherspoon](#) and **Chrissy Teigen**. Now you can join their ranks with the Body By Simone workout app (which offers a 14-day trial followed by a \$19.99 per month subscription). Not only will you be able to access the premium content, you can stream into live classes and get daily nutrition tips from celebrity nutritionist Kelly Leveque, to round out your fitness program. The only downside is the app is only for iOS users; however, you can also access her program via exclusive DVDs.

[Transform with Chris & Heidi](#) (iOS, Android)

From \$14.99/month after a 7-day trial

Fans of ABC's [Extreme Weight Loss](#) who always wished they could work with Chris and Heidi Powell now have the opportunity with this app. Your first week is free and then you can

choose from different subscription options for a total body transformation. Get custom workouts, a meal plan, hydration tracker and insights into your progress with the app that is developed using their proven

Centr (iOS, Android)

From \$8/month after a 7-day trial

Created by **Chris Hemsworth** and his world-renowned team of trainers, nutritionists and performance experts, Centr is changing the way you approach your health. Your first seven days are free and after that you can access the app for \$29 per month. Centr wants to be your one-stop for your workout, diet and lifestyle management; Hemsworth handpicked the top experts to make sure you are getting the most out of life. From daily workouts to meal plans and even guided meditation, this app takes the top experts in the world of health and fitness and puts them right in your pocket.

Kinrgy (iOS, Android)

\$30 a month for an unlimited subscription

Created by **Julianne Hough**, Kinrgy is a whole-self fitness platform that features movement, breathwork, and meditation classes that will not only help you get stronger, but promise to improve your overall wellness. At \$30 a month for an unlimited subscription, you can take classes via app or [stream them on the Kinrgy website](#).

Jillian Michaels Fitness App (iOS, Android)

\$14.99/month after a 7-day trial

Jillian Michaels is a mainstay in the industry and before, training with her may have seemed unattainable. Now you can access customized workout and meal plans all based on Michaels best-selling DVDs. Chat with the community about your favorite workouts and even swap out moves you don't care for thanks to the user-friendly workout database. With over 600 workouts, there is something for everyone who is looking to work out with Jillian.