


Fitness Trend: Mobile Exercise Apps



 By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you the opportunity to get a gym-worthy workout from the comforts of home.

It can be difficult to get to the gym for our health. Cupid has the top reasons the fitness trend today is to use a mobile exercise app instead.

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

1. You don't need a huge time commitment: Fitness mobile apps allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

Related Link: [Fitness Trend: Battle Rope Workout](#)

2. They're free: You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

Related Link: [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

3. Work out at home: Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

4.Variety: There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

What are some fitness mobile apps you recommend? Share below!