

Fitness Trend: 5 Best Workout Apps



By

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In today's society, it can be pretty difficult to make it to a physical gym. Workout apps are a huge [fitness trend](#) right now that will help you save time and money. You can still burn calories and sweat from an at-home app workout; you just have to find what works best for you.

Check out which workout apps will get you the best results.

1. PEAR personal fitness coach: The free version of this app offers a wide variety of workouts and intensities that adapt to your personal fitness level. It also includes packages and

coaches that gives you hands-free audio-based guidance.

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2. Workout Trainer: A good thing to have in a workout app is versatility. In this app specifically, you can pick from the step-by-step video or audio workouts, or you can create your own routines. The workouts range from gaining muscle to conditioning training, as well as other options.

3. Aaptiv: Unfortunately this training app is not free, but there are over 2,500 different types of workouts in various class styles that are offered. Workouts can be configured for distance, duration, intensity, or calories burned.

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4. Freeletics Bodyweight: This app requires nothing, but your body. The routines cover an array of muscle groups as well as fitness levels, and uses no outside equipment. Step-by step routines are also provided.

5. Nike+ Training Club: The workouts featured on this app are designed by professional athletes and celebrities. Workouts focus on strength, endurance, or mobility and offer three levels of difficulty. Users can also share photos after their workouts, and progress with the Nike+ Community.

What are some of your favorite workout apps? Let us know below!