

My Favorite Fitness Apps

Nike Training Club. It's free and workouts are planned out for you. You choose your goal, level, and duration. If you're not familiar with the exercise you can stop the video and actually see a step-by-step picture tutorial or watch a short video and then quickly get back to work. You can even choose a 4 week workout program based on your goals. Absolutely in love with this app. Warning, it can take up some room on your mobile device.



Seven app. The idea is you complete 12 exercises in approximately 7 minutes. You can choose how many circuits you'd like to complete. For example, 3 circuits would be about 21 minutes. They challenge you to a daily 7+ minute workout for 7 months. We can do anything for seven minutes right. The first circuit is free. The others are \$1.99 each. Each workout that is unlocked can be included in a random workout selecting different exercises from each one. Great for quick workouts when you're in a hurry. (Android and iOS)



Make your own workouts

I use this **worksheet** to make my own home workouts. I've included non-weight bearing exercises with examples. You can easily incorporate this to include any exercises you have that would require equipment you own (weights, pull-up bar, bosu ball, kettle bell, Lebert bars, etc...)

[Home Workout](#)

Online home workouts

I love the access to online **Buti Yoga** workouts. I use it to keep my lower back feeling great. The range of motion and movements incorporated is beneficial as we age to keep our muscles and joints optimally effective. Plus the music is great too. She has a couple of options for subscriptions. Availability to the 4 newest workouts: \$12.99 per month. Tone Unlimited: \$45.99 per month. I recommend this program for new mommas. It's easy to workout while the little one naps or plays. Plus, your back needs a little extra help to loosen up those muscles. Excellent music!

Yoga Glo. I can't tell you how many times I've recommended Yoga Glo. There are 1000's of yoga videos you can select from well known yoga teachers across the country. Plus, you can select your workout based on length of time, style of yoga, level, and/or area of your body you'd like to target. The best part...it's only \$18/month. I've paid that much just to go to one class. It's great for those who travel.



Daily Burn has at least 18 workout options from yoga, to dance, to HIIT, to pre-natal yoga led by well-known instructors such as Bob O'Neil of the Biggest Loser. The program helps you choose a workout plan that's best for you. Each program has a nutrition program you can follow as well. Great overall package for someone trying to lose weight and keeping nutrition in check. Only \$14.95/month.



I love **BeachBody on Demand**. As I am writing, this is what I am currently using. It has a variety of popular workouts with proven results. The insanity, P90X, and Turbo workouts are just a few examples. Why I love it? Because there are a wide variety of workouts and styles...cardio, dance, weight training, plyometrics. The price is also great! 100% Risk-Free Trial. Cancel Anytime. FREE 30-day trial. After 30 days pay just \$2.99 a week, billed \$38.87 quarterly in advance of your credit card.



My new favorite are the [Les Mills](#) workouts. These are all of the BodyPump, BodyCombat, BodyBalance, etc... I love all of the options with having strength training, cardio, mixed martial arts, and yoga options. The price is great as well. \$12.99 per month. Check it out for free for one month. See if you love it as much as me.



Do Yoga With Me is my new found treasure because it provides high quality free yoga and meditation videos. You can search for various classes based on style, level, length, and instructor. When you create an account they will ask if you'd like to donate which you can decide now or later.



DoYogaWithMe.Com

Group Fitness Workouts

Orange Theory. I love the concept. You enter in with a heart rate monitor on, your heart rate is on a group screen, and your instructors tell you what zone you should be in. They have it down to a science. Each zone represents different levels of effort which you strive to be in when they tell you. They use rowers, tread mills, TRX, and weight equipment to keep you going. They aren't cheap but it's a great workout! They're popping up all over the country. Check and see if one is close to you.

