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30 Day Fitness is not just an app, it is a lifestyle. Read our blog to discover tips on fitness, nutrition and well-being. Train better, feel better, live better! FoodThe Military Diet: How It WorksThe military diet, which is known for its ability to help you lose weight quickly, is a diet that has gained great popularity in recent years. Requires iOS 9.0 and watchOS 4.0 or later. Compatible with iPhone 5S, iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone SE (1st generation), iPhone 7, iPhone 7 Plus, iPhone 8, iPhone 8 Plus, iPhone X, iPhone XS, iPhone XS Max, iPhone XR, iPhone 11, iPhone 11 Pro, iPhone 11 Pro Max, iPhone SE (2nd generation), iPhone 12 mini, iPhone 12, iPhone 12 Pro, iPhone 12 Pro Max, iPad Air, iPad Air Wi-Fi + Cellular, iPad mini 2, iPad mini 2 Wi-Fi + Cellular, iPad Air 2, iPad Air 2 Wi-Fi + Cellular, iPad mini 3, iPad mini 3 Wi-Fi + Cellular, iPad mini 4, iPad mini 4 Wi-Fi + Cellular, iPad Pro (12.9 inch) Wi-Fi + Cellular, iPad Pro (9.7 inch), iPad Pro (9.7 inch) Wi-Fi + Cellular + Cellular, iPad (5th generation), iPad (5th generation) Wi-Fi + Cellular, iPad Pro (12.9 inch) (2nd generation), iPad Pro (12.9 inch) (2nd generation) Wi-Fi + Cellular, iPad Pro (10.5 inch), iPad Pro (10.5 inch) Wi-Fi + Cellular, iPad (6th generation), iPad (6th generation) Wi-Fi + Cellular, iPad Pro (11 inch), iPad Pro (11 inch) Wi-Fi + Cellular, iPad Pro (12.9 inch) (3rd generation), iPad Pro (12.9 inch) (3rd generation) Wi-Fi + Cellular, iPad mini (5th generation), iPad mini (5th generation) Wi-Fi + Cellular, iPad Air (3rd generation), iPad Air (3rd generation) Wi-Fi + Cellular, iPad (7th generation), iPad (7th generation) Wi-Fi + Cellular, iPad Pro (11-inch) (2nd generation), iPad Pro (11th generation) (2nd generation) Wi-Fi + Cellular, iPad Pro (4th generation), iPad Pro (4th generation) Wi-Fi + Cellular + Cellular, iPad Air (4th generation), iPad Air (4th generation) Wi-Fi + Cellular Fi + Cellular Fi + , iPad (8th generation), iPad (8th generation) Wi-Fi + Cellular, iPod touch (6th generation) and iPod touch (7th generation). I've been using SWORKIT for almost a year. What I like about this app are the monthly challenges, the options for different fitness levels (beginner, intermediate and advanced) and fitness goal plans. It's an app that makes you move even on the longest day, because the exercises are varied. I highly recommend SWORKIT for anyone who does not know where to start when thinking of exercise. I like to use SworKit! and I like that I finally bought the premium version! I get a lot more coaching options as well as a coach let me know how to do the workouts properly and how to make them more effective! I love the me with sworKit! Definitely looking forward to my 400th workout with SworKit! 203 Fai T.203 Workouts Application and the features motivate me to work out more and more. Love choices and flexibility because they are so specific [too], whether it's body/lifestyle/type of workout/fitness levels/duration. They're endless! Anusha P.SworKit has changed my life completely! Within a year I lost 10kg, and then gained 2kg muscle. I feel as young, energetic and physically capable as ever before. Thanks SworKit team. Melih O.208 workoutsI've lost over 15 Lbs with SworKit and a better diet and I'm down to my fighting weight! The best part is, my 10-year-old son started doing it with me this morning... is it great for us to spend time together getting fit? Noah K.You can do SworKit any place anytime. Do it today even if it's only ten minutes. Get after it is and be better every day! Zachary D.57 workoutsSworKit app makes it so easy to work out! I don't have to worry about going to a gym or anything like that - I can work out in the comfort of my own home, which makes processing even easier. The timer keeps me focused and on track with the workouts I do and the voice instruction is like having a mini trainer with me! It's wonderful! Here's to the 50 more! Uwaye I.53 workouts There's not much you can do for your body that's better than getting fit, staying fit, and exercising. It reduces all bad things (cholesterol, blood pressure, etc.) and increases all good things (muscles, endurance, etc). Owing an Android device won't do these things for you, but there are many apps that can help you keep track of it when you do it yourself. Fitness apps have become shockingly good at what they do and some can manage more than just fitness. Unfortunately, they also tend to be shockingly expensive for a long time. Here are the best Android fitness apps and workout apps. Read Next: Does Fitness Trackers Really Work? Probably, but it's not as simple as you think! FitPrice's best general fitness appsGoogle: FreeGoogle Fit is a bit of a lame pick, but it's extremely maintainable and is one of the best free fitness apps. He can do a lot of things. You can track your fitness using a points system as well as active minutes. The app also features fitness goal tracking, custom tips, and integration with a variety of other apps like Runkeeper, Strava, MyFitnessPal and others. You can even get support for some hardware like Wear OS smartwatches and Xiaomi Mi Bands. It's more than basically any other free fitness app and its integration with other apps makes it a little easier to recommend than most other free solutions. Runtastic (from adidas) appsPrice: Free/Varies/\$9.99 per month/\$49.99 per yearRuntastic (from adidas) has one of the best apps running on mobile. However, developers have spent much of the last two years adding to their collection. Runtastic now maintains applications for water intake reminders, a HIIT training program, HIIT, healthy food recipes. There are individual exercise apps for things like push-ups, cycling and pull-ups. It rounds it all out with a sleep tracker application, and even a single timer application. Everything worked out well when we tried them. Some of them have a single cost, some are free, and some fall under Runtastic's monthly (or annual) subscription. There are many fitness features in these applications. MyFitnessPalPrice: Free/\$9.99 per month/\$49.99 per yearMyFitnessPal is one of the most popular fitness apps on mobile. He's doing a little bit of everything. It bills itself as a calorie counter app. The app supports things like various diets, foods and macros if you're into those things. It also basically monitors any exercise, connects to dozens of other devices and apps, logs and monitors your progress, and even has small things like workout timers and step tracking. It's expensive at \$9.99 a month. However, there are few fitness apps or even nutrition apps with the depth and integration level myFitnessPal has. Best Workout Apps and Exercise AppsLeap Fitness Workout AppsPrice: Free/Varies (usually about \$2.99) Leap Fitness is a developer on Google Play with some decent workout apps. Their applications are generally simple with a variety of exercise routines and progress tracking. Their main application, Home Workout, focuses on exercising at home with a minimum amount of equipment. They also have exercise apps specifically for belly fat, buttocks, running, stretching, arms, and a pair of 30-day workout routines for rapid weight loss. These apps don't have the most beautiful user interface ever. However, they are cheap, do not require a subscription, and have some good ideas to get in shape. SworKitPrice: Free/\$29.99 per 3 months/\$79.99 per yearSworKit is a very good workout app, exercise designer, and fitness tracker. It features a customizable workout program that works for most daily routines, as well as a six-week program to get started yourself. There are a variety of exercises, stretches, and other activities. You can do anything as simple as a five-minute stretch at your desk or a full-blown workout session at home for your day off. This is quite expensive, but it is also quite versatile. Strava is another decent app that has many of the same features but focuses more on running than anything else. You are your own GymPrice: \$4.99 + VariesYou are your own Gym (stylized as YAYOG) is a above average training for home use. It has a variety of exercises with equipment requirements in addition to a normal chair. The application has over 200 exercises organized in various categories. There is also an optional (and free) plugin to add video demos of everyone. This is a bit old and the UI is not great. However, it has a single cost and should work for almost everyone. Of course, those who go to a gym with real equipment can a different application to give them exercise routines. Best bodybuilding apps and strength training appsJEFIT Workout TrackerPrice: Free/\$6.99 per month/\$39.99 per yearJEFIT is a workout instructor and tracker app. It works well for most fitness routines. However, it feels like leaning towards bodybuilding a little more. This has platform-to-platform support between your phone and the web. You can also get a variety of tools,

such as a rest timer, interval timers, a body measurement log, and a workout organization program. In addition, you have access to the JEFIT database with over 1,300 workouts. They have both beginner and advanced workout routines and more. It's a bit expensive, but it's rather expensive to maintain this database. Stronglifts 5x5Price: Free/\$9.99 per 3 months/\$19.99 per yearStronglifts 5x5 is a good strength training application with the 5x5 style of weightlifting. You basically do five sets of five reps with weights heavy enough to where you're maxing yourself out by the end of the fifth set. He has a very specific training program. You train 45 minutes a day, three days a week. It also comes with a variety of tracking features, charts, and even Wear OS support. This is a pretty popular weightlifting method and a lot of people really enjoy it. The subscription is cheap comparatively speaking, but only if you go for the annual subscription price. There are some free features, though. WorkitPrice: Free/Up to \$4.99Workit is a combination of a workout tracker and a strength training application. This is a little more manual than many of its competitors. You can create as many workout routines as you want. The app helps you track your progress through them and your progress as you improve. The premium version adds some additional things, such as a BMI calculator and the ability to store progress images so you can see your earnings (or losses). This is relatively cheap and we even liked the UI quite a bit. Best running appsNike Run ClubPrice: FreeNike Run Club is an extremely good running app. He does all the basic things. You can track your routes and run statistically and customize your routines. This also includes sound guided workouts, achievements, and leaderboards to track your achievements and such. This would be an above average running app in itself anyway. However, this is also completely free and this kind of lifts over most of its competition. Other applications have features, but if you want the basics and don't want to pay anything, this is the one to try. RunkeeperPrice: Free/\$9.99 per month/\$39.99 per yearRunkeeper is one of the most popular running apps. He's one of Runtastic's biggest competitors. The app does the basics, such as track your length, pace, and frequency. It also has a map feature so you can map your runs in advance. You can also get some fun things like space space encouraging messages, even Story Runs, a feature similar to the premise of Zombies, Run! It's a bit expensive, but it does everything you could want in a running app; those looking for a lighter experience may want to try the Nike+ Run Club first. We quote Runtastic above, but it is also an excellent application for running. Zombies, run! Price: Free / \$3.99 per month / \$24.99 per yearZobes, Run! is one of the most enjoyable applications ever run. The app tells an interactive story requiring you to run from the zombie horde. The further you go, the more you unlock. Plus, there are times when your game has been running from zombie to real. He's watching stats and stuff like that. So it works as a fitness app. The pro version unlocks over 300 story missions and a couple of different game modes. Running doesn't have to be all business all the time and this app proves it. Those who don't mind potentially stopping can also play Pokemon Go and similar AR games that require real-world travel and participation. Best Fitness Tracker AppsFitNotesPrice: Free/\$4.99FitNotes is an excellent fitness tracker app. It works offline and doesn't require account records or anything like that. It is highly customizable, works for both cardio and resistance exercises, and includes a calendar for workout planning. The UI is running and beautiful. It even supports cloud backups with Dropbox and Google Drive Really, there's very little really wrong with that. It's a little more manual than some other fitness apps. However, it gets everything else right. The premium version is for developer support, but no longer adds features. Strong Fitness Exercise LogPrice: Free/\$4.99 per month/\$29.99 per year/\$99.00 onceStrong Fitness Exercise Log is what the name says it is. It allows you to monitor your fitness and exercise routines. The app comes with native support for a variety of routines like 5x5, 531, and other such things. You can access your history and records to see your progress and earnings. It works for most cardio and resistance exercises. It has more features and works better than FitNotes, but it's also much heavier and slightly less easy to use. This has a subscription cost or an astronomical lifetime license purchase price. The choice is yours, but some of the features are free as well. Fitness trackers and accompanying appsPrice: Free apps/Trackers cost moneyThere's a from fitness trackers out there from brands like Xiaomi, Fitbit, Garmin, and even Wear OS smartwatches to a degree. These apps track steps, distance traveled, active minutes, and sometimes even your heart rate. These statistics are very useful for monitoring fitness. Apps track everything recorded by wearables hardware. Many of them are actually integrated with other fitness apps, such as MyFitnessPal for improved monitoring on them Wearables can get expensive, but apps are usually free. Press the button above to check out our favorite fitness trackers. SEE THE BEST FITNESS TRACKERS! If we missed some great fitness apps or workout apps, tell us about them in the comments. You can also click here to see our latest android app and game lists! Read Next: The Best Heart Rate Monitors

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