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Charity Miles See It (Opens in a new window) Android, iOSFreeCharity Miles donates money to the organization of your choice when you use the app to log miles running, walking, or bicycling. 8fit See It (Opens in a new window) Android, iOSFree: Pro plan \$79.99 per year, \$59.99 for six months, or \$24.99 per month8fit brings together on-demand workouts and meal planning and is excellent for people who like a lot of guidance and instruction. Before the COVID-19 pandemic, there was a free version of the app and a Premium upgrade with more workout videos. If you wear a connected heart rate monitor while working out, you can see your heart rate on the screen as you move. The program might be a little intense for people who are not already somewhat fit, although prenatal people will find some workouts specialized for their first, second, and third trimester that are safe but still challenging. There's also a leaderboard where you can compete with other members or a group of friends. Workouts move smoothly. A medium-intensity workout includes jumping jacks, wall chair sits, high-knee running in place, triceps dips on a chair, and a few other moves. Some classes call for nothing more than a mat, while others take advantage of free weights, stationary bicycles, and other equipment. For example, the Peloton Bike+ will set you back at least \$2,495 plus \$39 per month for an all-access pass. Corporate sponsors agree to donate a few cents for every mile you complete. Table of Contents Return to The Top 8fit Aaptiv Centr, by Chris Hemsworth Charity Miles Find What Feels Good (FWFG) Fitbit FitOn: Fitness Workout Plans Forte Jeffit Jillian Michaels Fitness App The Johnson & Johnson Official 7 Minute Workout Keelo Map My Fitness Nike Training Club Onyx Openfit Peloton—at Home Fitness RockMyRun The Sculpt Society: Megan Roup Shred: Home & Gym Workout Strava Working out on your own can be a struggle or it can be a blast. The price for an annual membership has doubled in recent months, but it's still a low rate compared with many other fitness apps. Both the monthly and annual prices for this fitness app subscription are on the high end of the going rate, but the annual membership is often discounted to about \$120. If you've heard about a trendy app and it's not here, there's a good chance it simply costs too much to be considered one of the best. The interface is surprisingly attractive and intuitive. Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)\$12.99 per monthWhile the name Peloton may be synonymous with expensive stationary bicycles, the company does offer a reasonably priced fitness class subscription service to anyone, with or without home equipment. Nike Training Club See It (Opens in a new window) Android, iOSFree during COVID-19 pandemic (otherwise, free with paid upgrade)Nike Training Club has workouts on-demand that are recommended to you based on the information you provide when you first enroll. In exchange, you see their branding and information about them in the app. The videos use a voice over of a coach who tells you exactly what to do, reminds you to breathe, and so forth. The app suggests the number of repetitions you should do, which you can always adjust, but you decide the weight. Strava Android, iOS, Web(Opens in a new window)Free: \$7.99 per month or \$59.99 per yearStrava is a fitness-tracking app for runners, cyclists, and swimmers who are looking for a bit of competition. It all depends on whether you've found a fitness activity that excites you and motivates you to get up and move. Subscribers get access to new content as it's added, too. Onyx formerly had a paid tier of service, but for now, the all the workouts are available free. The free app has plenty to get you started, but if you want advanced features, you'll want to explore pony up for the paid membership. Swipe the other direction, and you see a running timer. \$14.99 Per Month at Aaptiv See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)\$14.99 per month or \$99.99 per yearAaptiv specializes in audio-based workouts led by trainers, meaning you don't have to keep your eyes or fingers on a screen to exercise. The cost of an annual subscription increased in 2021, but it's still competitively priced for what you get. Workout subscriptions are perpetually on sale. Charity Miles supports a variety of nonprofit organizations, such as ASPCA, Habitat for Humanity, St. Jude Children's Hospital, Unicef, Save the Children, and the Wounded Warrior Project. Whether you like to lift weights on your own, join a high-intensity cardio class, or get guidance while training for a marathon, you're sure to find something.Want more good news? If you want a little more, however, such as personalized meal plans and the ability to connect to Fitbit or Garmin, you can pay \$99.99 per year for a Pro account. This website streams actual live workout classes with instructors so that you can join them from wherever you work out, like your home, a gym, a park—it's up to you. Then it analyzes yours and everyone's data to see where you overlapped to compute a segment leaderboard. In Strava you compete against yourself or other people who have run, biked, or swam the same segments that you have. Only the trainer can see you, not other people who have joined the class. You can get a free seven-day trial of this app, though a credit card is required to access it. Based on those answers and your interest in a variety of activities, such as bootcamp workouts, stretching, and yoga, the app suggests fitness classes. You can choose a playlist based on the type of music you like, or you can have the music in the app match your rhythm. It's available on iOS, Android, and the web. Find What Feels Good (FWFG) \$9.99 Per Month at Find What Feels Good See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)\$12.99 per month; \$129.99 per year (some content free on related website)If you've ever searched for a yoga video on YouTube, chances are you've run into Yoga with Adriene. Yowzers. A free Practice Squad membership gives you access to one complimentary class per month, selected by Forte. Keelo is for Apple mobile devices only. Forte See It (Opens in a new window) Web(Opens in a new window)Free; \$15 Day Pass; \$39 per month or \$288 per yearForte.fit recreates the feeling of being in a live fitness class, only with more privacy. The reason is this app lets you record nearly anything you do, from walking the dog to vacuuming. The app has other options beyond the classic seven-minute routine, such as First Timer, Intermediate 16 Minute, and Core Workout. While some workout-on-demand apps stick to short sessions, Nike goes the distance, offering both short sessions and routines up to 60 minutes long. You can try a very small selection of the workouts for free. Openfit See It (Opens in a new window) Android, iOS(Opens in a new window), Web(Opens in a new window)Free: \$19 per month or \$120 per yearIf you like live exercise classes but can't get to them or find them too pricey, try Openfit. What will click and stick for you?Here's the good news about workout apps: App stores are absolutely saturated with them, which means there's something for everyone and at a range of prices. You also rate workouts as easy, medium, hard so that they stay challenging to your fitness level. The Pro version unlocks the personalized meals, shopping lists, calorie logging, and additional workouts. Everything about the app is customizable, from the foods you get in your meal suggestions to the types of workouts you do. Each workout video shows the moves that you're supposed to do, how many reps you've done, a timer, and other relevant info based on that particular workout. Openfit also has recipes and nutrition information. Map My Fitness See It (Opens in a new window) Android, iOS, Web(Opens in a new window)Free; \$5.99 per month or \$29.99 per year for MVPFor people who are new to fitness and want to count every movement as part of their daily activity, Map My Fitness is the best exercise-tracking app. Technically, there is an Android app for Keelo, but the company no longer updates and supports it. You point your phone camera at yourself while working out and the app gives you real-time feedback. The subscription membership unlocks unlimited classes. If you do have a Fitbit tracker, the Premium subscription adds more features, such as a Health Metrics dashboard, sleep score details, and additional personalized data. The site also sells supplements. If you work out while wearing a heart rate monitor or let your phone feel your footfalls while you run, the app can match your tempo. You can also create custom workouts by stitching together exercises that are right for you. The free version gives you access to only some workouts, which require you to look at and tap the screen often. The free app is ad-supported with limited features. An Elite membership removes the ads and unlocks advanced features, such as video-based exercise instructions, charts, and goal settings. You can do better. When you browse available classes, you see when it takes place (date and time), how long the class lasts, how intense it is, what equipment you need, and other details. You never have to press a "next" button to keep going. Aside from workouts, the app also offers guided meditations. The workouts come in the form of videos, sometimes with trainers who talk to you while doing the activity alongside you, and sometimes videos showing a trainer doing the exercises with a voice-over giving tips and announcing the time. You may see the same deal a few months later. After comparing more than 70 workout and fitness apps on the market, we ruled out a few that are very good but cost twice as much as most others. When you browse the app's catalog of workouts, you see a preview of each session before you start, including not only all the exercises and equipment, but also a summary showing which body parts will get a workout. Even with adjustments, Keelo is best suited for use in a professional gym or a well-equipped home gym. The subscription cost went up slightly in 2021, and FWFG now runs \$12.99 per month or \$129.99 per year with a seven-day free trial that requires banking details to get. You watch her on screen or listen to her voice over, usually both, as she leaves you no excuse not to finish each exercise. There's also a way to manually adjust the tempo. The prices given below are list prices, which is not necessarily what you'll pay. Jillian Michaels Fitness App \$14.99 Per Month at Jillian Michaels See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window)\$14.99 per month, \$34.99 per quarter, or \$119.99 per yearThe Jillian Michaels Fitness App (sometimes referred to as My Fitness by Jillian Michaels), combines workouts and meal planning for a well rounded fitness experience. The prices are all over the place. You can search for exercises based on which muscle groups they target. For example, you can swap box jumps for a step-up move if you need to go easy on your knees. This Apple-only app has AI that analyzes your form and counts your reps as you follow a set of exercises. If you want a truly free taste of Megan Roup's workouts, you can find quite a few videos on YouTube. Deals crop up all year round, and some sales never seem to end. Others are self-guided, meaning you get a timer and a sample video of each exercise instead. You see and hear the instructor teaching a real class, but no one sees or hears you. So maybe you'll feel inspired to take advantage of a good deal now, but honestly, you shouldn't feel pressured. The quarterly and annual rates are usually very fair. You can use it to build muscle, lose weight, or get fit generally speaking. If you're into Strava, be sure to read all the details and options for keeping your personal information private. A trainer tells you what to do, with music in the background. Jillian Michaels' app is a great pick for anyone looking to drop a few pounds and gain a bit of muscle. Map My Fitness is compatible with many fitness trackers, including Apple Watch, Android Wear, Garmin devices, Samsung Gear, and others. Look for deep discounts on the annual membership. The Peloton at Home subscription costs a reasonable \$12.99 per month, with a one-month free trial included; a credit card is required but you can safely and easily cancel when paying via the Apple or Google Play app store. The app suggests workouts that will suit you based on information you provide, such as what type of exercise you like (stretching, strength training, yoga, indoor cycling, outdoor running, stair climber, and others) and what styles of music you prefer. You log into your Openfit account and sign up for live classes that you stream when it's time to work out. You can also track your weight and activities with the free app. Because at-home equipment is so different from a standalone workout app, we didn't include any here, but the links in this paragraph can help you find some great equipment.In addition to finding you the best workout app for your needs and preferences, we'd love to steer you toward other wellness services that could be of help, including apps for weight loss, great meditation apps, and online therapy apps. Instead, you get sample videos of each exercise or move and the ability to record how many reps you did, the weight when applicable, and whether it was easy, just right, or too hard. The Android app is also less fully featured compared to the iOS app. There are all kinds of options, from stretching routines to stair workouts. Just keep in mind that smart exercise equipment often costs a lot up front and requires an additional subscription fee for classes that can also be quite steep. RockMyRun \$7.99 Per Month at RockMyRun See It (Opens in a new window) Android, iOS\$7.99 per month, \$79.99 per yearRockMyRun is a music app for workouts, including running, and it's designed to keep you moving. A workout generator lets you choose how long you want your workout in 10-minute increments and what areas of your body you want to work. Prices for fitness apps are often less than they appear. Typically, the monthly plan is too expensive, so don't sign up for it. The workouts are fairly straightforward interval-style sessions for the most part. For any workout you choose, you can swap moves for different options based on your ability level or available equipment. Whatever the case, Shred sets you up with a complete program so you know what to do and which days to do it. Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)\$19.99 per month or \$179.99 per year (often discounted)The Sculpt Society: Megan Roup, called TSS for short, has workouts on demand as well as several live classes per week with aerobic and anaerobic exercises. App makers would love for you to believe that the best discounts occur between the end of November and New Year's Day, but that's just not true. Swipe the screen one direction, and you can pull in music from your phone. The Johnson & Johnson Official 7 Minute Workout app is one of the best fitness apps because it balances simplicity with adequate information, and it's suitable for nearly anyone at any ability level. FitOn: Fitness Workout Plans See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)Free; \$79.99 for six months, \$99.99 per year for Pro (both rates are often steeply discounted)FitOn has video-based workouts on demand led by trainers, and a lot of the content is free. The FWFG library has more than 150 exclusive videos, plus premium courses, member-only vlogs from Adriene, and all the videos from Yoga with Adriene(Opens in a new window) (Mischler's other website) ad-free. When you sign up for Peloton at Home, the app asks whether you have an indoor bike or treadmill as well as other equipment, such as a yoga mat and free weights. This workout and health content was formerly in a separate app called Fitstar and then later Fitbit Coach, but it's now just part of the standard Fitbit app. The monthly rate is high—don't sign up for that plan—but six-month and annual plans are priced competitively. An included calculator shows you how much money you can raise if you meet different goals, such as getting 50 people to sponsor you at \$0.30 per mile. All you need is a chair and about seven minutes. Shred: Home & Gym Workout \$12.99 Per Year at Shred Labs LLC See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window)\$12.99 per month or \$99.99 per yearShred is an app that creates workouts for you to do with some basic equipment you might have at home or in a gym. Audio and visual cues tell you when to start and stop each exercise in the routine, and a video demonstration appears in the middle to guide you. For the AI to work, you need an iPhone that has TrueDepth (iPhone X, Xr, Xs, Xs Max, 11, 11 Pro, 11 Pro Max, and all 12 models). Jeffit See It (Opens in a new window) Android, iOS, Web(Opens in a new window)Free; \$6.99 per month or \$35.99 per year for EliteJeffit is a workout app designed for people who want to log and track their strength training, such as how much weight you lift, how many reps you did, and so on. Sort the classes by style to find ones you like, including barre, circuit training, kickboxing, pilates, strength training, running, stretching, and yoga. (Read more on how Charity Miles works(Opens in a new window).) You can also use the app to run pledge drives. TSS is great for beginners because the app includes two recommended videos that show and explain the proper form you need and possible modifications to make the exercises safe and effective. Some workouts are coached, meaning you play a complete video of a trainer who does the workout with you. Workout videos are designed so that you can follow along and do them nearly anywhere. This same Adriene (Mishler) sells a subscription to all her content, ad-free, under the brand Find What Feels Good, or FWFG. The app also lets you track your body measurements. Jeffit doesn't limit you to weight training, as you can design and track other kinds of workouts, but it's most popularly used for lifting. If your choice whether you decide to enable your camera so the trainer can see you and give you feedback. The workouts are based on your goals, such as whether you want to drop a lot of weight and gain muscle or lose a few pounds and stay healthy with some cardio in your routine. You can enroll in a class ahead of time to get it on your calendar, or if you can't make it, choose any video workout from a previously recorded class on your own schedule. You have the option to connect a heart rate monitor during your session to track your progress. The app creates a personalized program for your diet and exercise based on whatever goal you set. Keep an eye out for discounts, which regularly bring the price down to \$29.99 per year. In light of the pandemic, Nike has made all Premium content free to everyone. In addition to indoor fitness classes, the app supports outdoor activities, too, although Android device owners should beware. A two-week free trial requires a credit or debit card. If you run, walk, hike, bike ride, or do other common outdoor activities, you can track your movements using GPS and get more detailed results. You tell the app which of these goals you're interested in during the signup process. Users have reported frequent problems in tracking outdoor runs and other activities. You can use the app with an older iPhone model, but you won't get feedback or rep counts. You can also generate a workout based on what part of the body you want to exercise, what equipment you have, and how much time you want to spend. For example, people who are new to working out get sessions designed to be within reach, while more experienced people should prepare to be challenged. Launch the app, choose the activity, and start recording how much time you spend on it, calories burned, as well as other stats that change based on what you're doing. Centr, by Chris Hemsworth \$29.99 Per Month at Centr See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window)\$29.99 per month, \$59.99 per quarter, \$119.99 per yearAustralian actor Chris Hemsworth, known for playing the swole hammer-wielding god Thor, brings you this all-in-one fitness app for planning your training, doing workouts, and eating healthy. Jillian Michaels Fitness App Review The Johnson & Johnson Official 7 Minute Workout \$0.00 at Johnson & Johnson Institute See It (Opens in a new window) Android, iOSFreeThe Johnson & Johnson Official 7 Minute Workout App is a circuit training workout app that lets you squeeze some exercise into your day at an intensity level that's right for you. Onyx See It (Opens in a new window) iOS(Opens in a new window)FreeIf you want corrections on your workout form but you don't want an instructor watching you over a video call, you might try Onyx. The list prices change constantly and the annual subscription is always on sale. You get a lot for free with FitOn, including all the video workouts. We're here to help with that.If you're interested in more than just apps, including at-home workout equipment that includes on-demand classes, take a look at our ultimate fitness tech guide. As of this writing, there's a seven-day free trial via the web app, though it requires a credit card to access. The app comes with routines that you can do as well as a bank of exercises that you can explore and add to a workout plan. Celebrity trainer Jillian Michaels is your coach. Classes and the instructors have the high energy and intensity that Peloton is known for. Keelo \$14.99/Per Month at Keelo See It (Opens in a new window) iOS\$14.99 per month, \$35.99 per quarter, or \$107.99 per yearKeelo is a high-intensity interval (HIIT) workout-on-demand app that focuses on building muscle. You can get a free 14-day trial, which requires a credit card. Additionally, it has workouts designed to fit specific needs, such as a 10-week beginner program, pre- and post-natal exercises, "quickie" sessions for people with limited time, among others. The app is free and an upgrade to an MVP membership adds advanced data, such as cadence and heart rate, when applicable. With a wide variety of genres, RockMyRun has plenty of music to keep you moving. Fitbit See It (Opens in a new window) Android(Opens in a new window), iOS(Opens in a new window), Web(Opens in a new window), Windows(Opens in a new window)\$9.99 per month or \$79.99 per year for workout and health contentAnyone, regardless of whether they own a Fitbit tracker, can download the free Fitbit app and pay for a Premium subscription to get video workouts, video recipes, and mindfulness sessions. The majority of the classes are pre-recorded and are available on demand, and the live classes remain available for 24 hours after they stream. It's an all-in-one fitness plan that you can customize to your tastes. You do have to tap the app a lot to record each part of the workout as you go. Knowing that your activity supports charitable causes might just motivate you to move every day. Once you tell 8fit what you want to achieve, you work out to videos in the app, log what you eat, and create meal plans using recipes and shopping lists. You don't get full videos with a trainer, however. The app uses the GPS from your phone or a connected device, such as a running watch or fitness tracker, to map where you go and how fast. You can find workouts based on how much time you have, the level of intensity that you want, or the type of workout you prefer, including yoga, butt and thighs, abs, stretching, and so forth. Jeffit comes with a calendar for keeping track of your workouts, planning workout days and rest days, and a training schedule that tells you briefly what's up next in the coming days.

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