

## Fitness 101: Best iPhone apps for exercise routines

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### Best iPhone apps for exercise routines.

There really is an app for everything. If you're stuck in an exercise rut, try downloading one of these apps and change up your routine. Variety is key to push past a plateau so you can start seeing faster results.

#### **iFitness (\$1.99)**

Includes 230 exercises to choose from to keep your workouts fresh and challenging, which is important to prevent a plateau. Each exercise is sorted by body part and a photo with instructions is provided. For more complex exercises, video is shown. Feeling creative? You can add your own custom exercise. Track your progress

to make sure you're pushing yourself hard enough.

#### **PumpOne FitnessBuilder (\$19.99) or iPump workouts (\$1.99-\$4.99)**

Over 400 ready-made workouts, 4,000+ exercise images & videos, drag & drop workout builder, exercise image creator, fit calculators, workout tracking, weigh-ins, log sharing and online support. Everything you could possibly need to reach your goals, you just need to bring the motivation! Or if you are looking for something more specific, download iPump workouts like: Total Body, Pilates, Abs & Core, Fat Burn, Stretch, Yoga, Dumbbells, Swiss Ball, Lean, Split Routines, Kettlebells, Med Ball and Core Sports.

#### **Women's Health Workouts (\$1.99)**

This app includes 16 pre-designed workouts and 130 exercises. You can keep track of weight lifted, reps and more. Time yourself between sets so you maximize your workout. And if you have a question about a workout you can e-mail a Women's Health expert.

#### **Men's Health Workouts (\$1.99)**

Similar to Women's Health Workouts in that you can keep track of weight lifted, reps and more to see your progress, time yourself between sets and e-mail an expert if you have questions. This version includes 21 pre-designed workouts and 150 exercises.

#### **iTreadmill (\$2.99)**

It's an pedometer in your pocket! Keep track of your steps every day so you can improve your fitness, lose weight or reduce stress. Aim for 10,000 steps a day.