





# PHYSICAL ACTIVITY APPS

Please make sure that you check with your parents before you download/sign up for any apps.

APP	Overview
<p data-bbox="167 421 427 454"><b>Nike Training Club</b></p> 	<p data-bbox="518 504 1522 607">This app has a large variety of workouts. You just need WiFi to download it as it is quite large. You can earn badges and there are all different levels of difficulty. You can also tailor your own fitness plan.</p>
<p data-bbox="167 766 427 799"><b>Nike Running Club</b></p> 	<p data-bbox="512 866 1528 931">This app tracks your runs, coaches you and you can connect with your friends.</p>
<p data-bbox="212 1108 381 1142"><b>FitBit Coach</b></p> 	<p data-bbox="515 1205 1525 1308">This app has some workouts that are free. There are also varied difficulties. The good thing about this app is that you can use it on your laptop by clicking <a href="#">here</a>.</p>
<p data-bbox="172 1480 421 1514"><b>7 Minute Workout</b></p> 	<p data-bbox="515 1568 1522 1704">There are variety of these apps, but we found this one with the orange logo was particularly good for iPhones (not available on android) as the 'orange' workout is free. The link is <a href="#">here</a> is you're unsure on which one to use.</p>

## Down Dog



This app usually costs money, but they have made it free until 1 July due to COVID-19. It is a yoga app, but they also have HIIT and 7 Minute Workouts. You can also use this on your laptop [here](#).

## HIIT Workouts and Timer by 7M



This app has some short and straight forward workouts that you can do anywhere.