

Step This Way

Week 4

Top 10 Fitness Phone Apps

1. **My Fitness Pal** - MFP is a calorie counter and food diary. You set your goal weight and date and it calculates your calories, even providing your macros (fat, carbs, protein.) Each day you enter your meals and it tracks your progress. You can also record your workouts and calories burned.

2. **Strong Lifts** – This app is designed to be used in correspondence with the Strong Lifts 5x5 program. This program is designed to pack on lots of muscle by focusing on 5 different full body exercises for sets of 5, split into two workouts. You workout every other day alternating between the two workouts. If you can complete 5 sets of 5 reps, you move up 5 lbs. in weight at your next workout. This has been by far, my favorite training program. The app plans your workouts, weights, and even your rest time.

3. **Pumping Weight** – This app has everything you need to track your weight lifting workouts. You set up your workout, then you can record your reps and sets. There is even an exercise library with suggestions for each body part, or you can add your own exercise. It has a timer to monitor rest periods and it will save your workouts so you can see your progress overtime in graph form. It also will point out if you've been neglecting a body part.

4. **iDrated** – Although you can track water through My Fitness Pal, iDrated is a beautifully designed hydration tracker with a few more bells and whistles than MFP. iDrated tracks how much water you've had, how much more you need, even what time you need to drink it by.

5. **Spotify** – At it's most basic, Spotify is a music streaming app, creating radio stations based on your music preferences. The Spotify website has a huge database of user playlists which you can download to your smart phone. With Premium, you can listen to any artist, any song, anytime. Good tunes is the only way to survive a long run or heavy lifting session.

6. **Interval Timer** – This timer is completely customizable for HIIT sessions, Tabata workouts, and even your rest periods. You can save your customized timer plan into specific routines.

7. **Instagram** – This may sound a bit crazy, but Instagram can be a huge fitness inspiration. Not only can you follow fitness pros, personal trainers, and nutritionists for motivation to get your butt to the gym, but you will also find the BEST healthy recipes. Just search for #cleaneating or #proteinpancakes, for example.

8. **Fitbit** – This app is designed to work with the Fitbit activity trackers. The Fitbit tracks steps taken, distance traveled, stairs climbed, calories burned, active minutes, and your sleep patterns. You can even enter your food plan.

9. **C25K** – Is anyone out there training for a spring 5k? The Couch to 5k is a training app designed to have you running a 5k in 9 weeks, with training 3x/week, slowly building up your intensity.

10. **iTreadmill** – This app acts as a pedometer, but not just any pedometer. The iTreadmill works in your purse or pocket.

Find "YOUR" best tools, but don't get overwhelmed!

Pick a plan and stick with it!

