

Fitness Apps for Teens

Blogilates (www.blogilates.com)

Finally, you can carry YouTube fitness star Cassey Ho in your pocket...FOR FREE! Take her videos with you to the gym, cook fun and healthy Blogilates recipes in the kitchen, talk to other POPsters in the addicting forum and follow the monthly workout calendar with ease! Plus only in the app will you be able to unlock this month's Secret Video.

Spring Moves (www.springmoves.com)

The Spring app allows you to walk, run or bike in synchronicity with music, just as you do when you dance. When our bodies synchronize movement to music, we don't feel like we're working as hard. Studies have found that when walkers and runners match their movement to music, endurance is increased by up to 15%. Simply put, you'll feel happier and less tired during your workout!

(Available on Apple App Store)

FitStar (www.fitstar.com)

FitStar functions as your personalized digital training coach, adapting its exercise routines to match your physical capability, carefully calibrating workouts to be challenging without being too difficult. Users can configure their ideal exercise duration and workout goals, and the app will whip up a workout session for you. Once done, you can rate the difficulty of the workout, allowing the app to slowly learn and adapt to your workout capacity, challenging you without breaking your body.

(Available on Google Play and Apple App Store)

Nike Training Club (www.nike.com/us/en_us/c/training/nike-training-club)

Can't afford a personal trainer but still want some guidance in the weight room? The Nike Training Club app could be a great solution. This app features over 100 targeted workouts designed to improve strength, flexibility and cardio depending on your goals. Throughout the workout, the app offers audio cues (over your own music selection) and encouragement alongside detailed steps and video demonstrations for each move.

(Available on Google Play and Apple App Store)