

BEST APPS FOR WORKOUTS ON THE GO

ISSAONLINE.EDU

STRAVA

- Keep track of your running, walking, or cycling miles.
- Search routes used by locals wherever you travel.
- Use Strava Local in major cities for even more route and stop details.
- Track elevation, calories burned, and pace.
- Participate in challenges.
- Share your runs with friends for accountability.



POCKET YOGA

- For yoga on the go and in any setting, including hotel rooms.
- Try more than 200 poses.
- Get in stretching and bodyweight training whenever you have a few spare minutes.
- Relieve the stress of travel with breathing exercises and poses.

NIKE TRAINING CLUB

- Choose from more than 185 pre-designed workouts.
- Workouts vary in length and intensity to meet your travel needs and restrictions.
- Workouts include bodyweight and gym exercises, so you can use it in your hotel room and gym.
- Use videos to check good form.



MY FITNESS PAL

- Track what you eat and calories consumed on the go.
- Set calorie limits for the day.
- Use a searchable database of foods, including restaurant and packaged foods to count calories.
- Track workouts and calories expended.

SWORKIT

- Choose from cardio, strength, stretching, and yoga workouts.
- Choose the length of workout, even just five minutes.
- Workouts do not require equipment.
- Workouts include music.
- Free and paid version. Paid version includes custom workouts and a trainer.

