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Next

Men's health workout plans

Centr It used to be that the kind of man who was glued to his phone in the gym was either avoiding his workout, or showing all his followers how much he worked out. Today, it's a portable PT, offering everything from proven training programs to nutrition advice to live, interactive workouts. But for every fitness app that will actually help you look better naked, there are hundreds more that are either useless, or actively dangerous (there's still no app that tells you when you've loaded a barbell with back-knacker weight). Instead of playing potluck on the app store, just follow our guide to the best apps for every fitness goal. Advertisement - Continue Reading Below 1 Headspace GET THE APPBest for: mindfulnessGetting the right amount of sleep is crucial if you want to maintain a proper workout routine. It's pretty key to maintaining a good sense of health and wellbeing too. If you struggle to nod off, then mindfulness app Headspace is definitely worth a try - especially if anxiety is the main cause of your restless nights. Guided meditation sessions allow you to manage stress, and the dedicated 'Sleep' section includes soundscapes, music, soothing 'sleepcasts' and wind downs. Android/iOS, free seven-day trial, then £4.17/month 2 Seven GET THE APPBest for: quick workoutsIn 2013, a study published by the American College of Sport Medicine's Health and Fitness Journal posited that high-intensity circuit training was the key to better health. It increased fitness, cut fat and strengthened muscles, and improved your VO2Max too (maximal oxygen consumption). What's more, it could all be achieved with a mere seven-minute workout every day. That's what led the Malmö-based team at Perigree to create Seven: an app packed with seven-minute workouts that are, you've probably guessed, designed to be performed seven days a week. They're all bodyweight-based, and the app's premium model offers you a personal trainer that offers guidance on the 200+ exercises available. Android/iOS, free seven-day trial then £2.50/month 3 MapMyRun GET THE APPBest for: communityUnder Armour's app has been a long-time favourite for runners, and that's reflected by the fact that community is at the heart of its features. For years now, users around the world have been uploading their favourite running routes to the community feed, both challenging and scenic, resulting in a database of over 70 million courses. You can also link up with friends and fellow runners to keep tabs on and encourage each other, and users often schedule meet-ups over the app's dedicated Facebook page. The reason so many people have stuck with MapMyRun? It's easy to use and trustworthy, and can be used for all kinds of exercise, from swimming to yoga. Android/iOS, free; MVP subscription with full features £5.99/month 4 Fiit GET THE APPBest for: boutique-style fitness classesYou can think of Fiit as the Netflix of fitness apps. It hosts an unrivalled library of high-intensity workout videos that you can stream anywhere. You can choose from classes led by some of the UK's top trainers, like former rugby pro Lawrence Price or PT Matt Roberts, who's kept celebrities like Tom Ford in shape. The app also connects to a heart-monitoring chest strap that tracks your progress, integrates your stats on-screen and then gives you real-time performance metrics that fluctuate with your effort levels. In turn, these become 'personal best' goals to beat. It's a better way to motivate yourself than being screamed at by your PT. Android/iOS, free; Fiit Premium memberships start at £10/month, fiit.tv 5 Centr GET THE APPBest for: muscle buildingDo you want to be as strong as Thor? Then train like Thor. Centr is a new app from the man who plays him, Chris Hemsworth, which has been developed in collaboration with his team of trainers, health experts and nutritionists. It's a great all-rounder, but especially good if you're looking to build Hollywood muscle. Not that you need to start in big screen shape; Centr is customisable to every level of fitness, and features an array of intense workouts that you can follow at home or in the gym, as well as easy-to-follow meal plans that accommodate everything from gluten-free to veganism. iOS and Android, free seven-day trial then £15.49/month, centr.com 6 Freeletics GET THE APPBest for: body weight trainingIf all that stands between you and better health is the cost of a gym membership, then Freeletics is the answer. It's essentially a virtual PT app, with an emphasis on exercises and workouts that don't need any equipment (think burpees, lunges and squats). Boasting more than 900 variations of workouts, which can be filtered by duration, body part and goals, the app can be adapted for any fitness level and features high-quality tutorials, even on the free version. With the premium subscription, you access extra features such as a tailored weekly training plan. Android/iOS, 14-day free trial; £1.78/week for the training coach and £2.66/week with nutritional information, freeletics.com/en 7 Alo Moves GET THE APPBest for: yogaOriginally known as a yoga apparel brand, Alo recently branched out with the launch of what we consider the best app dedicated to yoga: Alo Moves. You won't just find basic vinyasa on here; this platform caters for dedicated yogis, and hosts over 2,000 class videos taught by world-renowned instructors. The best bit is Alo's Class Finder filter - you can sort by style, difficulty, time, and instructor to suit your mood and schedule. And if you're without a connection, you can download classes offline and take your practice on the go. Namaste. Android/iOS, 14-day free trial then \$19.99 (~£15) /month, alomoves.com 8 ClassPass GET THE APPBest for: cancelling your gym membershipIn just six years, Classpass has revolutionised the fitness industry by giving you affordable access to a range of classes, so you can mix up your routines without paying a premium. With an unrivalled line-up of studios and gyms under its weight belt, it's the best way to sample something new without having to commit to a membership. It works a treat while travelling, too, as you can use the same app to book classes when on the road. Android/iOS, free to download; 7-day free trial then class prices vary by location, classpass.com 9 Sweatcoin GET THE APPBest for: those in need of some extra motivationFor those who struggle with motivation, Sweatcoin is like a drill sergeant who barks you into working out. Using a combination of your phone's accelerometer and GPS, Sweatcoin tracks your movements and converts your daily total of steps into a digital currency that you can use to spend on fitness-related gadgets, clothing and experiences. It's perfect until you find yourself avoiding buses even in the rain, just to earn a few more digital cents. Android/iOS, free, sweatco.in 10 MyFitnessPal GET THE APPBest for: meal planning and weight managementAs any good PT will tell you, fitness is 20 per cent exercise, 80 per cent nutrition. And the biggest hurdle to good decisions is keeping track of what you're eating. MyFitnessPal solves this problem by letting you record the meals you've eaten throughout the day and calculating the total calories against your daily target, gauged from your ideal weight goal. With a huge database that's constantly growing, tracking your intake is as simple as searching for the supermarket salad you just wolfed down, then being shocked when you find it out it's more calorie-dense than the cheeseburger you resisted. Android/iOS, free; premium version starts from £3.25/month, myfitnesspal.com 11 TruBe GET THE APPBest for: last-minute PT sessionsPitched as the Uber of personal trainers, TruBe connects you with local PTs and fitness professionals, whether you're after a one-off session or an ongoing training programme. It features more than 300 qualified trainers, from kickboxing champions to professional ballet dancers, all with reviews and pictures. You then decide if you want the session in the comfort of your own home, at the office, in the park, at a hotel or in one of a selection of gyms. Android/iOS, Free to download; pay-as-you-go sessions vary in price, trubeapp.com 12 Strava GET THE APPBest for: training al frescoOne of the fitness app OGs, Strava is still a staple for those wanting to keep track of their outdoor adventures, especially if you're prone to boasting about your mileage. Making use of the GPS on your phone or smartwatch, Strava can track runs, cycles and even swims, accurately, on a map - giving you the lowdown on distance travelled and providing easy ways to share it all on social media. For encouragement only, of course. Android/iOS, free; premium services start at £1.80/month, strava.com 13 Les Mills On Demand GET THE APPBest for: bringing gym classes homeIf you've not got the time to make the Bodypump class at your local gym, then do it at home instead. The global group-exercise brand Les Mills has collated their favourites on an on-demand platform, so you'll never miss the chance to blast your abs. Or an excuse. There are more 800 online workouts available on the app, from 15-minute quickies to hour-long sessions - so you can squeeze in a workout and feel part of a global fitness community, anytime. All without having to fight anyone for a sweat-stained yoga mat. iOS/Android, 10-day free trial, £12.95/month afterwards, lesmills.com/uk/ondemand This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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