

App	Description	Free	Platform		
			iPhone	Android	Blackberry
Endomondo	Endomondo Sports Tracker is your personal trainer for running, cycling, walking and other sports.	x	x	x	x
Nike+ GPS	Map your runs, track your progress and get the motivation you need to go even further. Hear mid-run cheers every time your friends like or comment on your run status, or outrun them in a game of Nike+ Tag.	x	x		
RunKeeper	RunKeeper makes tracking your workouts fun, social, and easy to understand so that you can improve the quality of your fitness.	x		x	
Adidas miCoach	miCoach is your personal coach. Choose training plans or create your own. Track your workout progress, get coaching feedback, and see improvements.	x	x	x	x
MyMyFitness	MapMyFITNESS is a social athletic community that enables all levels of runners, cyclists, walkers, tri-athletes, hikers and fitness enthusiasts to track every detail of their physical activity. Our free tools and services help members stay motivated to meet their fitness goals.	x	x	x	x
Nike BOOM	Nike BOOM syncs your music to your dynamic training workouts, with your sport's most elite athletes and coaches motivating you along the way. First you choose your sport, then your type of training-such as intervals-then set the amount of time you have and the playlist you want to listen to.	x	x		

App	Description	Free	Platform		
			iPhone	Android	Blackberry
Fitness Pro	Fitness Pro 2.0 contains an impressive library with over 450 different exercises. You can build your own workout schemes, choose preset routines, keep track of your runs and fitness exercises. Right on your phone!	x	x		
My Tracks	Use My Tracks while you run, bike, hike, or do anything else outdoors, and it will use the GPS sensor in your phone to record the path you took. It will also gather useful statistics such as time, speed, distance, and elevation. You can review all of this data live, or you can save it for use later. While you're out, you can mark relevant waypoints, and can ask to hear automatic voice announcements about your progress.	x			x
VirtuaGym	Get fit with VirtuaGym Fitness for Android, workouts for home & gym. It's free! VirtuaGym Fitness Home & Gym for Android v.1.11 * full workouts for home & gym * clear 3D demonstrations * exercise directions * personal trainer Brad Fit :)	x			x
Push Ups	Think of the Push Ups app as your personal trainer that is going to help you build up the strength to complete those 50, 75, 100 or 125 continuous push ups within a short few days or weeks, depending on your level of fitness. Just like a real personal trainer, the Push Ups app adjusts the exercise regimen based on your feedback how taxing you think the individual exercises are. That way, you can continue towards your fitness goal at your very own pace.	x			x

App	Description	Free	Platform		
			iPhone	Android	Blackberry
All-in Yoga	This is an easy-to-use app with the top features designed for proper relaxation, stress relief, meditation, breathing and exercising. Developed by expert teachers, All-in Yoga will help you create a balance between the body and mind. It will enrich you physically, mentally and spiritually. And it will guide you on your way to a healthy and active lifestyle with a harmonious vision of life.	x	x		
Pedometer 24/7	Pedometer 24/7 is a pedometer for your iPhone. You can use it 24 hours, 7 days per week. It uses an advanced SophisticatedAccelerometer™ technology for accurate steps counting and automatic calibration. Ideal for walking, jogging and running.	x	x		
Gym Technik NextGen	The app allows you to build your own workouts using our exercise library, or select from a wide range of workouts organized according to your goals and needs. The library comes loaded with instructional images and descriptions. Need more exercises? Add to your fitness arsenal by customizing your own exercises.	x			x