**Phone apps to help with workouts from home:**

* **Nike Training Club (Free):**

Nike Training Club is a free app that provides a range of different at home workouts you can do with or without gym equipment. Workouts range from short to long, from yoga to strength or endurance, and from beginner to advance.   
*Available on Iphone and Android*

* **Simply Yoga (free version):**

Simply yoga is a free yoga workout app that provides you with 20 minute, 40 minute and 60 minute yoga workout sessions. If you like the free version, you can then purchase the ‘pro’ version to have access to Level 2 workouts and also create your own custom routines from their range of poses. The app developers have also created other free workout apps which are available to check out as well, such as daily arm workout, daily ab workout, etc.   
*Available on Iphone and Android*

* **Couch to 5K runner (Free):**

Couch to 5k is a free running app designed to help you learn how to run 5 km over the space of 8 weeks. It involves doing 3 sessions a week, where it slowly builds up your stamina and running abilities by getting you to switch from walking to running over time. It provides you with audio guidance for when to walk/run and can connect with your music so that you can still listen to your own music whilst doing your workout.   
*Available on Iphone (however there is a similar free app on Android just created by a different developer)*