

# The Benefits of Using Workout Apps for Home Exercise: Such As iFIT



Beginning the path to a healthier life can be difficult. Every year, millions of people vow to get fit and lose motivation at some point. [Living a healthy and active life](#) isn't just a promise you make to yourself and others; it's a lifestyle.

Getting fit is like getting sober; it requires help for it to last. Luckily, the emergence of fitness apps helps soon-to-be healthy individuals not only reach their short-term goals but also help them to change their lives for the better.

## What is a Fitness App?

Most of us have heard of them. We see runners checking their digital watches to find out how many calories they've burned. Fitness apps are used in many different forms to track user's workouts, but [workout apps for home exercise](#) are different.

Instead of simply counting our steps, miles, and calories as digital watches do, workout apps for home exercise offer more. The best app for [treadmill/elliptical workouts](#) will not only track workouts like a digital watch does, but it will also offer additional perks such as guided workouts, virtual classes, and more.

The objective of workout apps for home exercise is to motivate, track progress, and keep us on a regular exercise program that will turn promises and goals into a sustainable lifestyle.

# The Benefits of Using Home Workout Apps for Exercise

## 1. They help you work towards YOUR goals

Great fitness apps will often ask for information on where you are and where you want to be. Additionally, they'll take note of the time frame in which you would like to meet your goals. They do this so that they can customize a workout plan just for you to meet your goal on time.

## 2. They offer flexibility

User's who choose to work from home no longer have to worry about making it to their favorite instructor's class on time. At-home fitness apps often offer pre-recorded classes that guide the user's through a workout on their own time. No more rushing around to make an appointment at an inconvenient time.

## 3. They offer variety

Far gone are the days of popping in the same old workout DVD — or tape, depending on your generation — and going through the same boring routine every day. Home exercise fitness apps are constantly evolving, changing up their workouts in order to give their subscribers [challenging and engaging workouts](#) that keep them coming back.

## 4. They keep you motivated

It's not just on-demand classes that are a big hit with home workout apps. Live classes are often offered for those who need the extra motivations that live interaction offers. Some fitness apps even offer [exercise series that take users on a journey](#) through places like Costa Rica and Mount Everest. How's that for motivation?

## 5. They offer extras

Getting fit and healthy isn't just about the workout itself. Most of them will come with extras if you opt for a subscription service with an at-home workout app. These range from nutrition and health tips to mental wellness exercises and even cooking classes. [Extras like these](#) will help anyone to stay on track and really make building and maintaining their health part of their daily routine.

## iFIT is The Best App for Treadmill/Elliptical Workouts

iFIT has reimagined at-home interactive fitness. Its workout apps for home exercise can be utilized on your home exercise equipment, television, and mobile device. It features a library of [more than 16,000 on-demand and live](#) interactive classes specifically designed to motivate our workout goals and keep us coming back for more.

With iFIT attached to our [treadmill](#) or [elliptical workout equipment](#), we can find ourselves traveling

around the world. iFIT can also connect to [Bluetooth-enabled fitness equipment](#) so that trainers can automatically adjust our settings, allowing us to focus on the challenge ahead. And what's more, iFIT offers extras like cooking classes and mindfulness techniques with yoga and meditation so that we can be fully immersed into a commitment with a healthy lifestyle.

## **Reaching Your Full Potential with G&G Fitness Equipment**

Great workout apps for home exercise require great equipment. G&G Fitness Equipment has been operating since 1990 and has evolved into the premier source for fitness solutions in the United States. We seek to help you achieve your fitness goals by providing you with the best [high-quality at-home fitness equipment](#) on the market.

We offer [free in-home consultations](#) to help you decide which equipment is best for your home gym. Contact us today to start your journey to a healthier and happier life.