

TRAINING APPS AND WEBSITES

WEBSITES	DESCRIPTION
Bodybuilding.com	Workout plans and exercises
Fit Watch	Fitness & nutrition tracking of diet and exercise
fitness.com	Workout plans, recipes, tips, forums
Livestrong.com	Food, nutrition, fitness and health planning
Men's Health & Fitness	Mens' training site: workouts, nutrition, etc.
Muscle & Strength	Strength training
NutritionData.com	Meal analysis
Oxygen	Womens' training site: workouts, nutrition, etc.
sparkpeople.com	Nutrition site - calorie counter, free
sparkteens.com	nutrition and fitness tools for teens
Women's Health & Fitness	Womens' training site: workouts, nutrition, etc.

APPS	DESCRIPTION
Daily Ab Workout	Timed ab workouts
Daily Arm Workout	Chest and shoulder workouts
Daily Burn	Scan barcodes of foods you eat, fitness plans, interactive
Daily Workouts	Personal trainer - provides workouts and tracks progress
Endomondo Sports tracker	Provides information on distance, speed, calories
Fitness Buddy	Workout programs, tips, and instruction
Fitness Library	1000+ exercises for different muscle groups
Fooducate	Scan barcode of food your choosing, rates food
Garmin Fit	Speed, distance, route and calories burned
iFitness Pro	Personal fitness trainer -exercises for body parts
iMap My Run	Map & record run distance, speed, duration, built-in GPS
Jefit	Bodybuilding app, individual workouts, body statistics,
Lose it!	Nutrition tracker
Men's Health & Fitness	Mens' training site: workouts, nutrition, etc.
My Fitness Pal	Tracks daily calorie intake and how much exercise you need
Nike Boom	Workouts with pro athletes and coaches motivating you
Nike Training Club	Personal workouts and plans, 85 custom workouts
Nike+ Running	Keeps track of running distance and calories burned
Oxygen	Womens' training site: workouts, nutrition, etc.
Pedometer	Measures walking distance, steps, time, calories spent
Runkeeper	Run training: audio cues, split times, target pacing
Women's Health & Fitness	Womens' training site: workouts, nutrition, etc.
Workout Trainer	Android fitness app - workouts and cardio workouts
Youtube	"How to" videos - workouts, etc.