

Activity Ideas for Adolescents and Teens: Make Exercises Fun!

Fun Mobile Apps

Nike Training Club

Cost: Free | Apple & Android

Description: Visual workouts hosted by athletes for 15-45 minutes. Some equipment required for select workouts.

Nike Run Club

Cost: Free | Apple & Android

Description: Track how far you walk or run. Stay on track no matter where you are; treadmill or streets.

5K Runner: Couch Potato to 5K

Cost: one time cost | Apple and Android

Description: A coached 8-week running program that gradually increases segments over time. Earn achievements and badges as you advance in the program.

HIIT Workouts and Timer by 7M

Cost: Free | Apple & Android

Description: Spice up your workout routine with some new HIIT workouts that can be done in as little as 4 minutes.

Sworkit Fitness & Workout App

Cost: monthly cost | Apple & Android

Description: Work on a variety of workouts with video demos and timers.

Fitvity - Athlete Training

Cost: Free | Apple & Android

Description: Choose from many different specific training regimens made of customized workouts that will enhance sport-specific skills.

Pump Up Home Workouts & Fitness

Cost: Free | Apple & Android

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Description: Made specifically for women, you'll have access to at-home workouts based on the equipment you already have. Use this app to stay connected with others on this journey and find support by being part of a community of other women.

Daily Workouts Fitness Trainer

Cost: Free | Apple & Android

Description: Ten different 5 to 10 minute targeted workouts and 10 to 30 minute randomized full body workouts.

Yoga Apps

Cost: Free | Apple & Android

- Simply Yoga- Fitness Trainer
- Daily Yoga: Workout & Fitness
- Yoga for Beginners | Mind+Body
- Yoga Workout - Meditation & Fitness

Darebee

Cost: Free | Android only

Description: FitTap and PIIT Pocket Workouts allow for a variety of workouts that can be randomized or customized.

Gym Life – Workout Tracker

Cost: free for base, pay for upgrades | Apple

Description: Track and create workouts with exercises from the app.

Peloton App

Cost: Monthly cost (free 90 day trial) | Apple & Android

Description: Workouts for the treadmill, biking, strengthening, yoga and meditation. Equipment required for select workouts.

Youtube Exercise Resources

Cost: Free

- Join the Challenge Dance Workouts (Maricopa County Public Health) ~ 45 mins
- Kids Workout Video (Moe Jones) ~15 minutes
- Ultimate 20 minute full body workouts for kids (NateBowerFitness) ~ 20 mins
- Exercise for Kids 9+ with LIVEexercise Playtime! (LIVEexercise) ~ 30 mins

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- 15 minute Boxing Workout Class Fitsugar (POPSUGAR Fitness)
- 30 minute No-Equipment Cardio Kickboxing Workout (POPSUGAR Fitness)
- Yoga for Kids- Full Yoga Class #31-Kids Yoga (Yoga Yak) ~ 32 minutes
- Jillian Michaels (for 13+ y/o)
- Paul Eugene (for 11 y/o and under)
- MadFit channel (for 13+ dance, body weight, equip and no equip needed)- many short videos to choose from