

GET APPY

Exercise anywhere with our pick of the best fitness apps to help you shape up in 2021

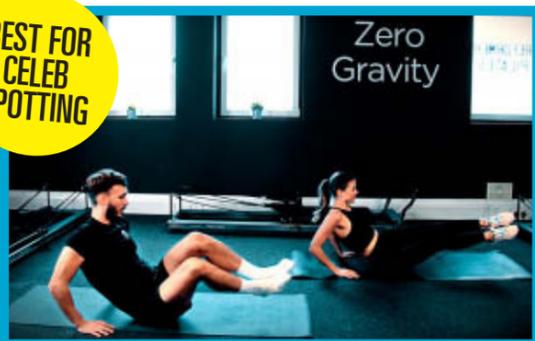
Staying motivated with your fitness regime is a mammoth challenge at the best of times, let alone during a pandemic with so many classes and gyms closed. Consistency and discipline are your buzzwords and will help you stick with a routine long enough to reap the

benefits. This is where technology is your friend. Find the right app for your needs, and it will act as your virtual personal trainer or enthusiastic buddy, keeping you firmly on track. All of the following apps are available on Android and iOS – so get downloading...

ZERO GRAVITY

Fancy working up a sweat with the likes of Lisa Snowdon, Kate Ferdinand, Rochelle Humes and Kimberley Walsh? Created by Pilates experts Chris Watson and Chris Richardson, this fitness app gets up close and personal with celebrities, with the founders going into famous people's homes for workouts, healthy cooking sessions and a good old gossip. And don't be fooled into thinking Pilates is just a fancy word for stretching – these high-octane workouts of 30 or 45

BEST FOR CELEB SPOTTING



minutes can burn up to 700 calories a class, leaving you seriously sculpted. The only equipment you need is a yoga mat. **Zero Gravity TV, £6.99 a month (tv.zerogravitypilates.co.uk)**

BARREWORKS

With their grace, poise and perfect posture, ballerinas have the kind of lean, sculpted physique many of us long for. Barreworks is London's original barre and ballet workout studio, and it's now moved online. With origins in the Lotte Berk and New York City Ballet Methods, its 15, 30 and 50-minute classes give you a low-impact workout (ideal for anyone worried about their knees, back or pelvic floor). There are live and on-demand classes, and curated challenges to deliver fast results. We can't promise you'll look like Darccey Bussell, but you will be more toned. **Barreworks livestream membership starts at £25 a month (barreworks.co.uk)**

BEST FOR LOW-IMPACT WORKOUTS



BEST FOR YOGIS



HANNAH BARRETT YOGA

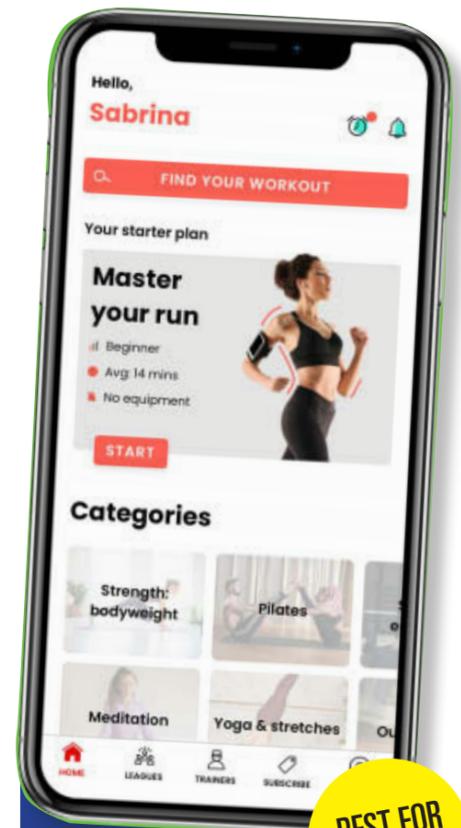
Leading yoga instructor and influencer Hannah Barrett launched her first app last year. Whether you're an experienced yogi or only vaguely familiar with a downward dog, this easy-to-follow app has been designed to help anyone achieve their goals. With gorgeous inspirational images, there are various categories of flows to follow. The Strength and Power section will build core and full-body strength, while Meditate and Breathe uses guided meditation to anchor users in the present moment. Whether you want to start the day on the right foot or wind down before sleeping, yoga can help. Chanting "om" is optional. Namaste! **Hannah Barrett Yoga, from £19.99 a month. A complimentary trial is also available (hannahbarrettyoga.com/app)**



BEST FOR TIGHT SCHEDULES

ACTIV5

How often have you put off working out because you haven't got the time? Activ5 is geared up for those who want to do five-minute bursts of activity anytime, anywhere. There are 100 workouts, from both sitting and standing positions, all calibrated to your individual strength level. They use your own body as resistance too so there's no need for equipment and all results are tracked – great for that motivational boost. It comes with a phone stand and special hand-held device, which is why it's pricier than other apps. **Activ5, £129.99, from amazon.co.uk and Harrods (activ5.co.uk)**

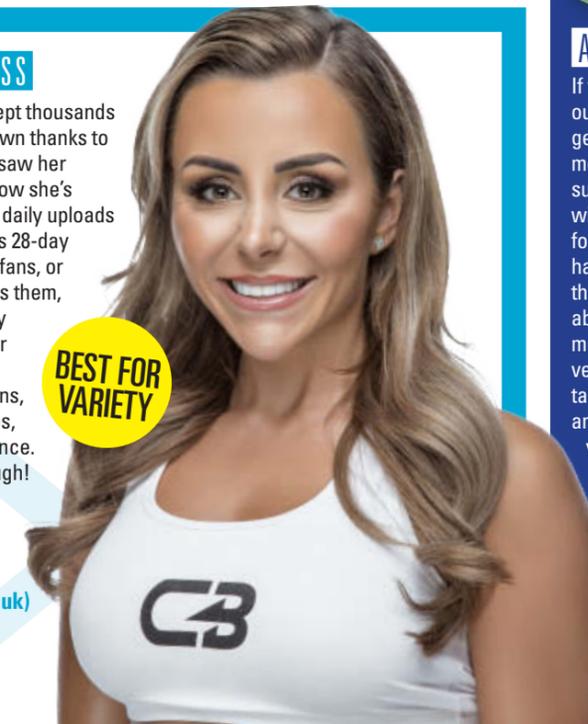


BEST FOR MOTIVATION

COURTNEY BLACK FITNESS

Essex-based PT Courtney Black kept thousands of people fit during the first lockdown thanks to her Instagram Live workouts, and saw her follower count rise to over 700k. Now she's developed an app, which features daily uploads of her new classes and her famous 28-day challenges, which aim to take her fans, or "warriors" as she calls them, through amazing body transformations. After just a week of her hardcore custom plans, which include recipes, you'll feel the difference. It won't be easy though! **Courtney Black Fitness, £15.99 a month, or £119.99 for the year (courtneyblack.co.uk)**

BEST FOR VARIETY



AURO

If you need a little help getting out of bed and into your fitness gear, then Auro has plenty of motivational audio workouts that are sure to do the trick. Exercising every day with a personal trainer used to be only for the rich and famous, but now you can have one on your phone to guide you through hundreds of workouts for all abilities, which can be completed pretty much anywhere (bonus: the virtual version can't tell you off for having a takeaway). Auro has also just launched an in-app running feature, which tells you exactly how much effort you are – or aren't – putting in as you jog around the park. **Available from app stores for £11.99 a month or £59.99 annual subscription (auro.fit)**

WORDS: JOSIE COPSON AND SUSANNA GALTON
PHOTOS: CECILIA CRISTOLOVEAN, GETTY