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Apple Fitness+

Overview

Equipment

Try it free*

With Fitness+, that information is synced to your iPhone, iPad, or Apple TV in real time to keep you motivated and engaged.

A milestone in motivation. At key moments, your metrics will come to life on the screen, like your heart rate or Activity rings. And when you close a ring, it animates to celebrate your effort. It's the perfect blend of information and inspiration, right when you need it.

A little healthy competition. For certain cardio workouts, the Burn Bar is there for an added push if you want it. It shows how you stack up against everyone in that particular workout. That's even more go for your goals.

Smart suggestions do the heavy lifting for you.

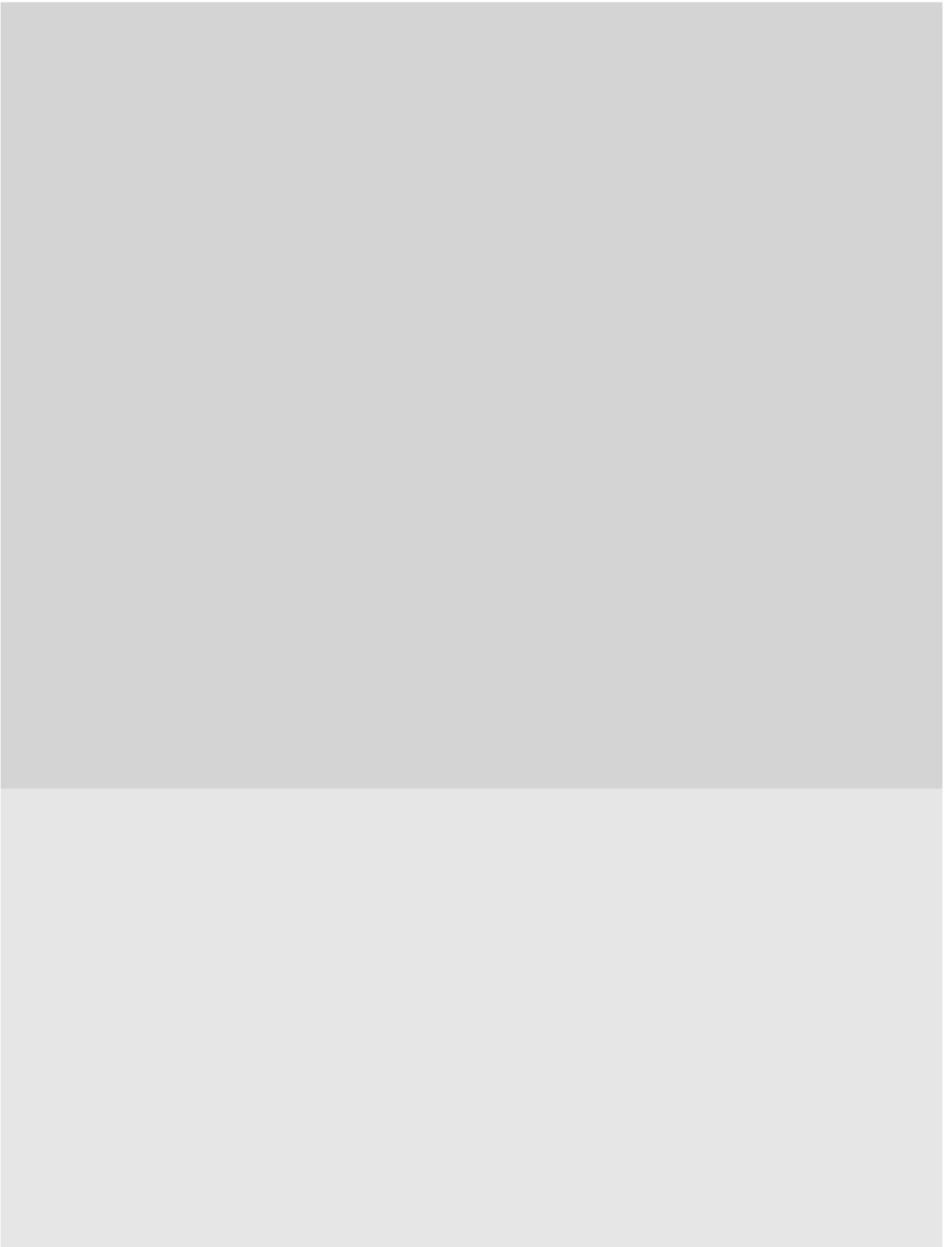
Apple Fitness+ offers intelligent recommendations for workouts based on the things you typically do with the Workout app on Apple Watch, as well as your favorite apps that work with the Health app. Fitness+ even suggests new trainers and workouts to help you round out your routine.

Less time searching. More time sweating. Choose the workout type you want. Select a duration as short as 5 minutes or as long as 45 minutes. Pick your favorite trainer and type of music that's perfectly tailored for the routine. Boom, you're off and running.



Our bodies were made to move. Here are the instructions. For those who have a specific challenge in mind, Apple Fitness+ offers a series of workouts designed to help you accomplish your goals. If you're new to exercise, there's the Workouts for Beginners program. For expectant moms, there are Prenatal Workouts. And for older adults, there's a program for active aging users.





Amir Ekbatani

Molly Fox

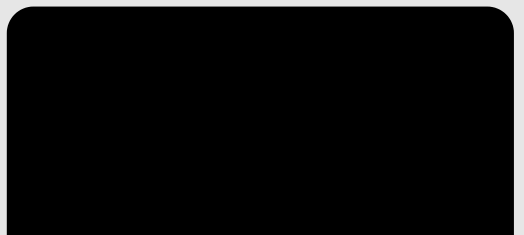
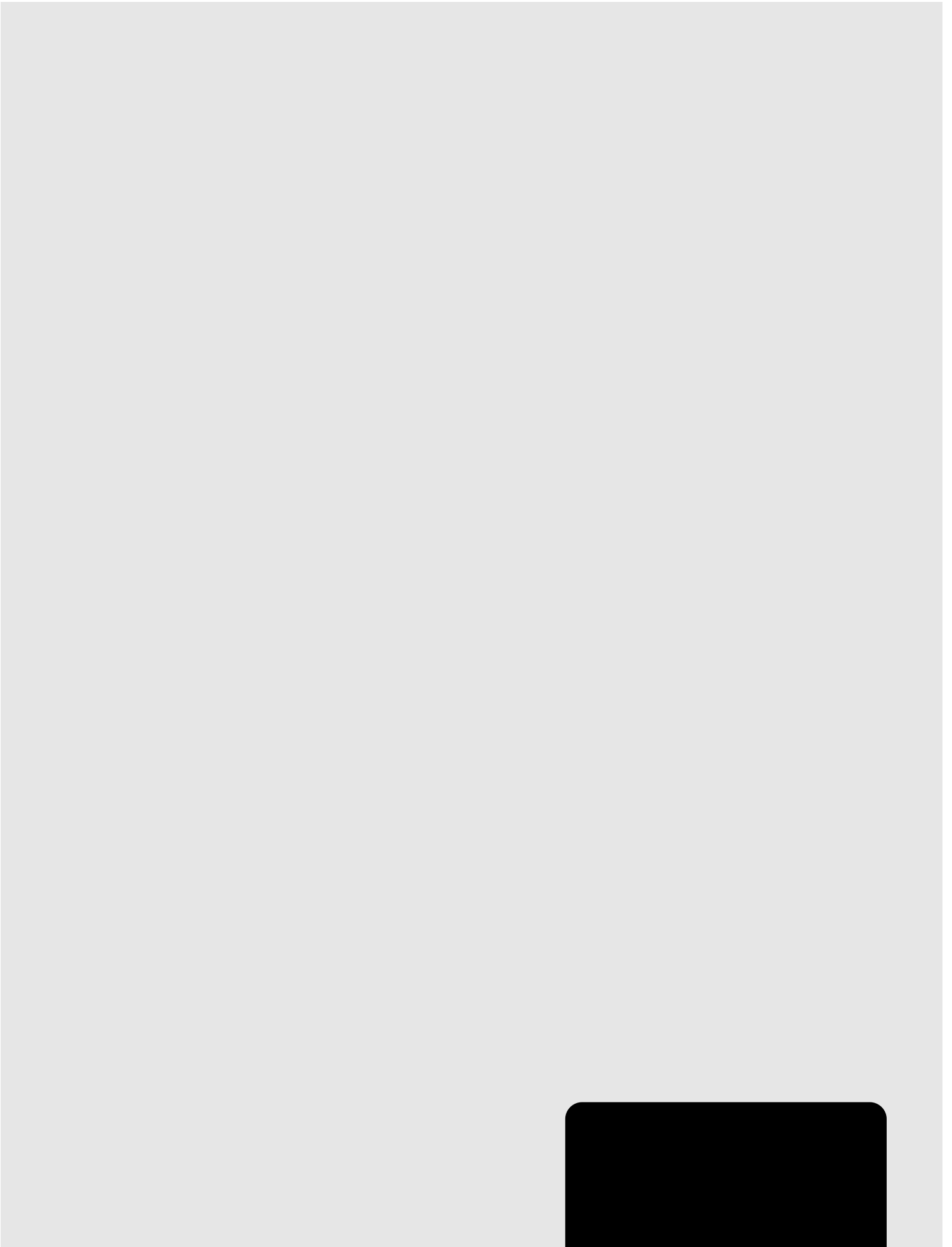
Jonelle Lewis

Bakari Williams

Dustin Brown

Anja Garcia







Free 1-month trial
\$9.99/mo.
\$79.99/yr.

Apple Watch owners get 1 month free, then pay \$9.99/month or \$79.99 annually.* Share with up to five family members.

[Try it free](#)

Free 1-month trial
Apple One

Bundle Apple Fitness+ with up to five other great services for one low monthly price. And enjoy more for less.

[Try Apple One free¹](#)

Buy an Apple Watch
3 months free

Apple Fitness+ is free for 3 months, then \$9.99/month or \$79.99 annually.* Share with up to five family members.

[Shop Apple Watch](#)

Apple Fitness+ compatibility.

Apple Fitness+ requires Apple Watch Series 3 or later with watchOS 7.2 or later and one of the following Apple devices: iPhone 6s or later with iOS 14.3 or later, iPad with iPadOS 14.3 or later, or Apple TV with tvOS 14.3 or later.³

Apple Watch

iPhone

iPad

Apple TV

In case you missed anything.

What is Apple Fitness+?



Do I need an Apple Watch?



Where can I find Apple Fitness+?



Does Apple Fitness+ offer all levels of fitness?



Do I need any special equipment?



Does Apple Fitness+ work on my AirPlay 2-enabled TV and devices?



Does Apple Fitness+ keep my data private?



I bought a new Apple Watch. How do I redeem the Apple Fitness+ offer of 3 months free?



Bundle Apple Fitness+ with five other great services. And enjoy more for less.

[Try Apple One free⁴](#) ➤ [Learn more](#) >

Access 75 million songs. 3 months on us. Save and download Fitness+ playlists.

[Try it free*](#) ➤ [Learn more](#) >

* \$9.99/month after free trial. No commitment. Plan automatically renews after trial until cancelled.

1. One subscription per Family Sharing group. Plan automatically renews until cancelled.
2. Requires an Apple Fitness+ subscription.
3. Apple Fitness+ requires an Apple Watch Series 3 or later. Available when paired with iPhone 6s or later with iOS 14.3.
4. Your existing services subscriptions are not eligible for trial. Plan automatically renews after trial until cancelled. Restrictions and other terms apply.

 > Fitness+

Shop and Learn

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iPhone
Watch
TV
Music
AirPods
HomePod
iPod touch
AirTag
Accessories
Gift Cards

Services

Apple Music
Apple TV+
Apple Fitness+
Apple News+
Apple Arcade
iCloud
Apple One
Apple Card
Apple Books
Apple Podcasts
App Store

Account

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Apple Store Account
iCloud.com

Apple Store

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Shop Online
Genius Bar
Today at Apple
Apple Camp
Apple Store App
Refurbished and Clearance
Financing
Apple Trade In
Order Status
Shopping Help

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Apple and Business
Shop for Business

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