



# Erasmus+



## List of Training Applications on Smartphones

### ➤ A virtual sports coach

Jawbone's Up application not only collects all the data on your health, but also has it analysed by a smart coach who then gives you a series of tips. He sets objectives for you, guides you to achieve them and comments on your results.

More than a simple sports application, Up helps you improve the quality of your sleep, your diet, your physical activity...

*Free, it can be found on AppleStore Or Goole Play*

### ➤ A GPS of your physical activity

The Runtastic application uses GPS to map and track your daily physical and sporting activities.

A true personal coach, it monitors your progress during your training, in many disciplines: walking, jogging, cycling... and helps you build healthy lifestyles to achieve your goals. A virtual coach even intervenes in your headphones to tell you where you stand in terms of time, distance, speed, etc.

It's up to you to adapt the settings of this application as you wish: once your workouts are over, all you have to do is analyze your routes and performance on maps and charts.

*Free, it can be found on AppleStore Or Goole Play*

### ➤ An app to get you in shape?

Who said keeping fit takes time? With the 7 Minutes Workout application, there is no more excuse to stop exercising regularly! This application offers a series of varied exercises to be performed in only 7 minutes per day. At the end of each session, you can view your training reports and monitor your physical recovery.

*Free, it can be found on AppleStore or Goole Play*

### ➤ Domyos e-connected

Sports without leaving home. Do you own a treadmill or a home bike, but you have trouble motivating yourself? The new coaching application created by Domyos takes care of everything! After having informed your level and your objective (weight loss, fitness...), she develops a personalized training of 3 sessions per week for 4 months. Guided by the coach's voice, the difficulties will increase to improve your performance and make the sessions fun.

*Free, it can be found on iPhone or Android.*

## ➤ **The fabulous**

This application is exceptional, as its name suggests.

It allows you to create routines at any time of the day. We add the different things we want to do, the time we want to do and every day we get a notification and we check off each of the activities we have done.

By checking all that we have done, we can see after several weeks our attendance on a calendar and by a percentage.

In short, a very nice application to set up routines that we know change life.

*Free version available on the AppleStore and Android*

## ➤ **Elevate**

Finally a game! Elevate is really impressive for the quality of the games offered.

When you open it for the first time, you answer questions about what you want to work on: concentration, memory, reading, speaking, writing...

The exercises were developed with the help of experts in neuroscience and learning, all based on scientific studies.

The free version already offers many possibilities, it is also possible to pay for a more complete version.

## ➤ **Icare Health Monitor, a global check-up**

Ideal for global monitoring, this free app measures your heart rate, hearing and vision without an external device. It can also collect data from your connected wristband, balance or electrocardiogram to assess your risks and offer you personalised advice (diet, sports activity, etc.).

*Free . Available on Google Play.*

## ➤ **Hydro**

Hydro motivates you to drink water regularly in quantities adapted to your needs. It calculates your body's water demand, which will be your daily goal. With reminders based on your needs, you will hydrate yourself as needed, and will be able to follow your evolution via graphs and statistics.

*Free. For Android*

## ➤ **Coach Me**

Coach.me will completely change your life! Read our reviews!

Get started with the habit tracking. Then add in community support and private coaching for the ultimate support system for your goals.

*Free. For Android*

## ➤ **Smylife**

The app that makes you smile": a simple application to focus on the positive and significantly increase your well-being. Each day, write down the positive and negative experiences you have at work, at school or in your personal life. Then assess your well-being and measure your progress.

*Free. For Android, iOS*