

# Apple Fitness +



Shad Ahmed

Apple One

 Arcade



Apple News

 One



Apple Fitness+

 tv+



# Pricing

## Individual

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**\$14.95/mo.**

Save \$6/mo.\*\*

🍏 Music

🍏 tv+

🍏 Arcade

🍏 iCloud 50GB

## Family

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**\$19.95/mo.**

Save \$8/mo.\*\* Share with up to five other people.

🍏 Music

🍏 tv+

🍏 Arcade

🍏 iCloud 200GB

## Premier

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**\$29.95/mo.**

Save \$25/mo.\*\* Share with up to five other people.

🍏 Music

🍏 tv+

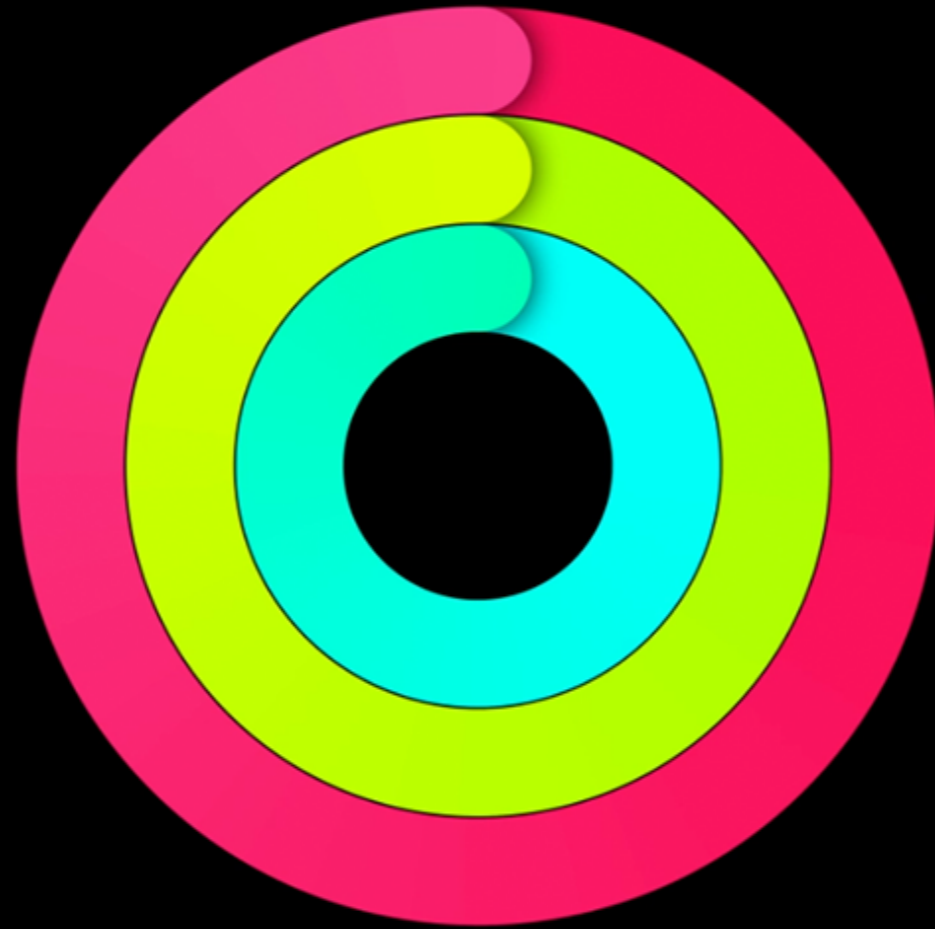
🍏 Arcade

🍏 iCloud 2TB

🍏 News+

🍏 Fitness+





Close Your Rings



Move

Calories burned



Exercise

Mins of brisk activity



Stand

Hours moved for a min

# Awards

Limited Edition	Workouts			Close Your Rings					
 Ring in the New Year Challenge 08/01/2017	 Earth Day Challenge 22/04/2017	 National Parks Challenge 15/07/2017	 7-Workout Week 15	 First Cycling Workout 28/08/2015	 First Elliptical Workout 25/11/2015	 New Move Record 2,019 Calories	 New Exercise Record 199 minutes	 Move Goal 200% 163	
 Ring in the New Year Challenge 07/01/2018	 Heart Month Challenge 14/02/2018	 International Women's Day Challenge 08/03/2018	 First Rowing Workout 09/12/2015	 First Running Workout 26/07/2015	 First Stair-Stepper Workout 04/08/2016	 Move Goal 300% 13	 Move Goal 400% 1	 New Move Goal 610 Calories	
 Earth Day Challenge 22/04/2018				 First Swimming Workout 27/04/2017	 First Walking Workout 09/12/2015	 Cycling Workout Record 504 Calories	 Longest Move Streak 366 days	 Perfect Week (Move) 140	 Perfect Week (Exercise) 138
<b>Monthly Challenges</b>						 Perfect Week	 Perfect Week	 100 Move Goals	



# Workouts

- Click workouts app on watch
- Find workout
- Set goals
- [How to use Workouts App](#)



Introducing

 Fitness+



# At Home Fitness Revolution

- Online workout streaming service
- iOS, iPadOS, tvOS
- Onscreen apple watch metrics
- Credit for rings
- Modifications for all fitness levels
- Integration with Apple Music



# Main Work Outs



**Treadmill Walk**



**HIIT**



**Treadmill Run**



**Rowing**



**Dance**



**Cycling**



**Yoga**



**Core**



**Strength**



**Mindful  
Cooldown**


# Trainers





4:26 PM Tue Dec 15 64%

[Back](#) ⋮



**Cycling with Kym**

**Kym Perfetto** + ADD

19min • Everything Rock • Oct 19

CC SC








[Let's Go](#)

[Preview](#)

This ride includes flats, hard climbs, moderate-intensity rolling hills, and a visualization about riding with a pack.

**Related Workouts**

**Apple Music** Listen in Music

-  Snap Your Fingers, Snap Your...  
Prong
-  Song 2  
Blur
-  Nearly Lost You  
Screaming Trees
-  Sex Type Thing (Remastered)  
Stone Temple Pilots
-  Whose Fist is This Anyway?  
Prong
-  Stop  
Jane's Addiction
-  Unsatisfied  
The Replacements

17:22  
2.1 MI  
149  
195 CAL

# Conclusion Metrics



**HIIT with Kim**  
21min • Upbeat Anthems

197/1000KCAL

20/30MIN

2/12HRS



Active Kilocalories

**195KCAL**

Total Kilocalories

**227KCAL**

Total Time

**20:58**

Avg. Heart Rate

**124BPM**

Burn Bar Results

Ahead of the pack

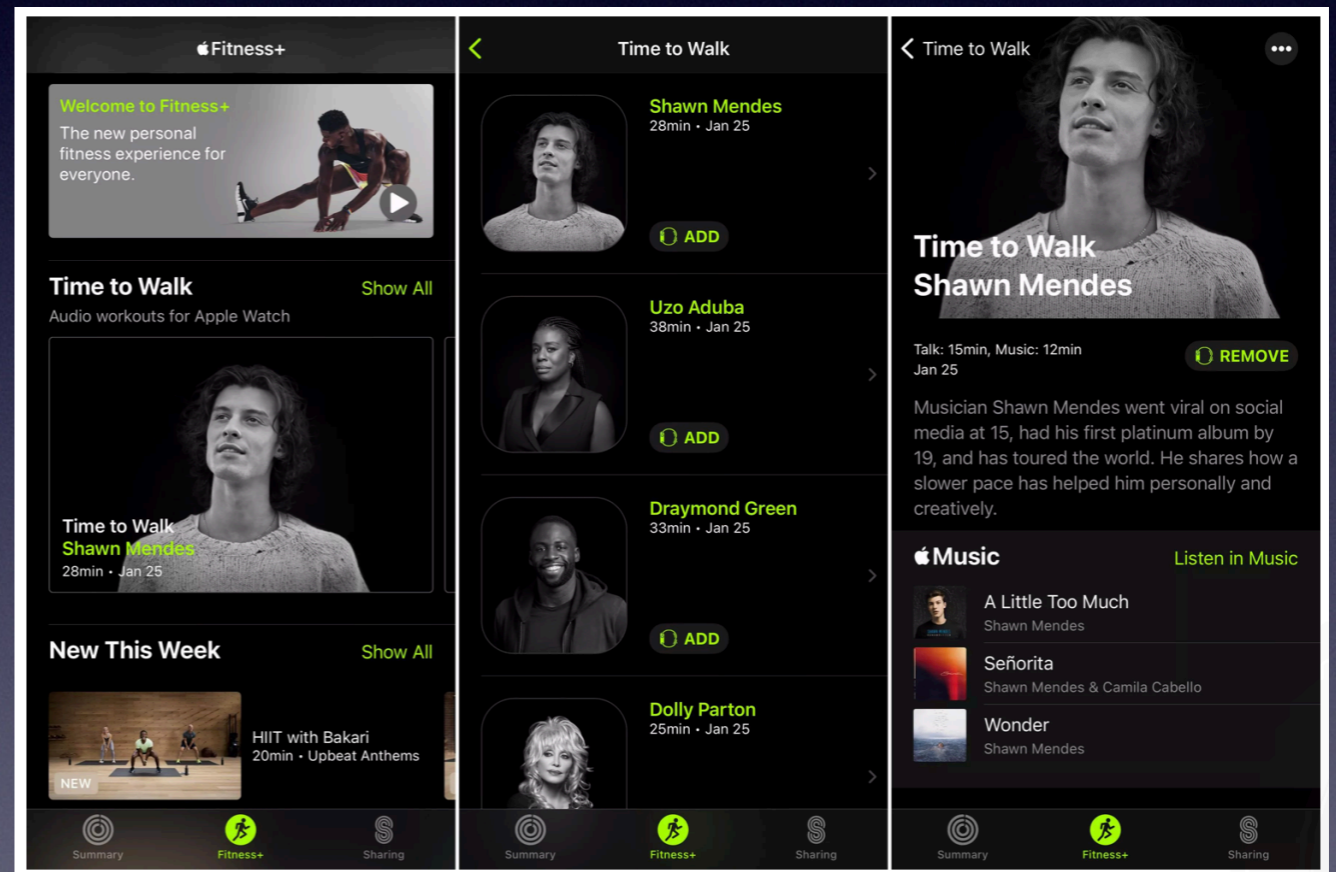


Done

Mindful Cooldown

# Time to Walk

- Walking with celebrities
- Share life experiences and lessons
- Songs that are personal to them







*Exercise is king  
and nutrition is queen:  
together, you have  
a kingdom.*

*--Jack LaLanne*