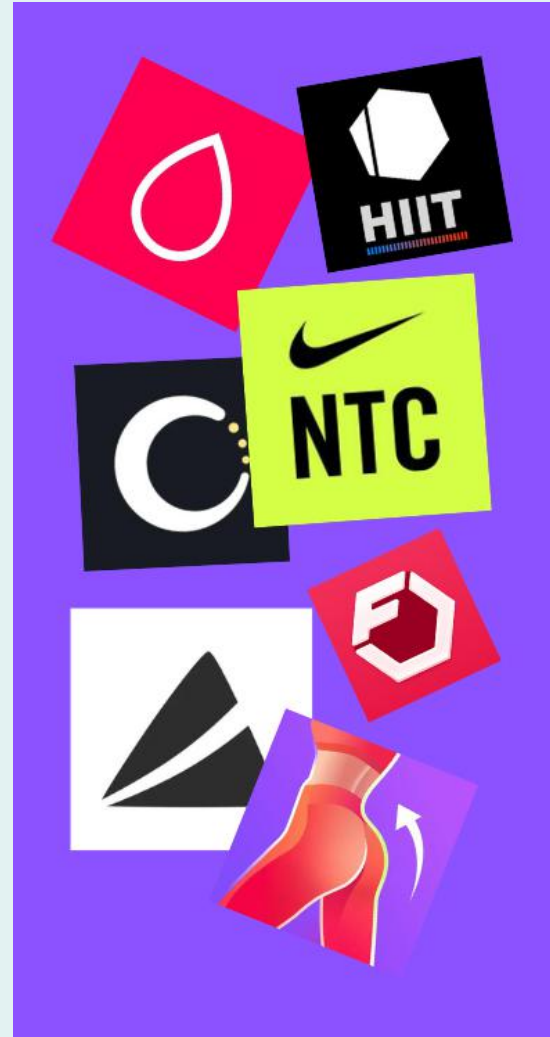


# WHAT DO USERS REALLY THINK OF THE TOP WORKOUT APPS?

MAY 2023



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At CWA, we understand the challenges of discovering the ideal workout app. With thousands of options catering to various workout types and boasting an extensive array of features, the huge range of choice can be overwhelming.

That's why we've employed cutting-edge AI technology to analyze hundreds of user reviews. In this report we provide you with the essential facts and opinions about the top workout apps, to help you make the best choice!

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## HOW WE CREATED THIS REPORT

By taking user reviews from the App Store and using some clever AI to identify the top sentiments for each app.

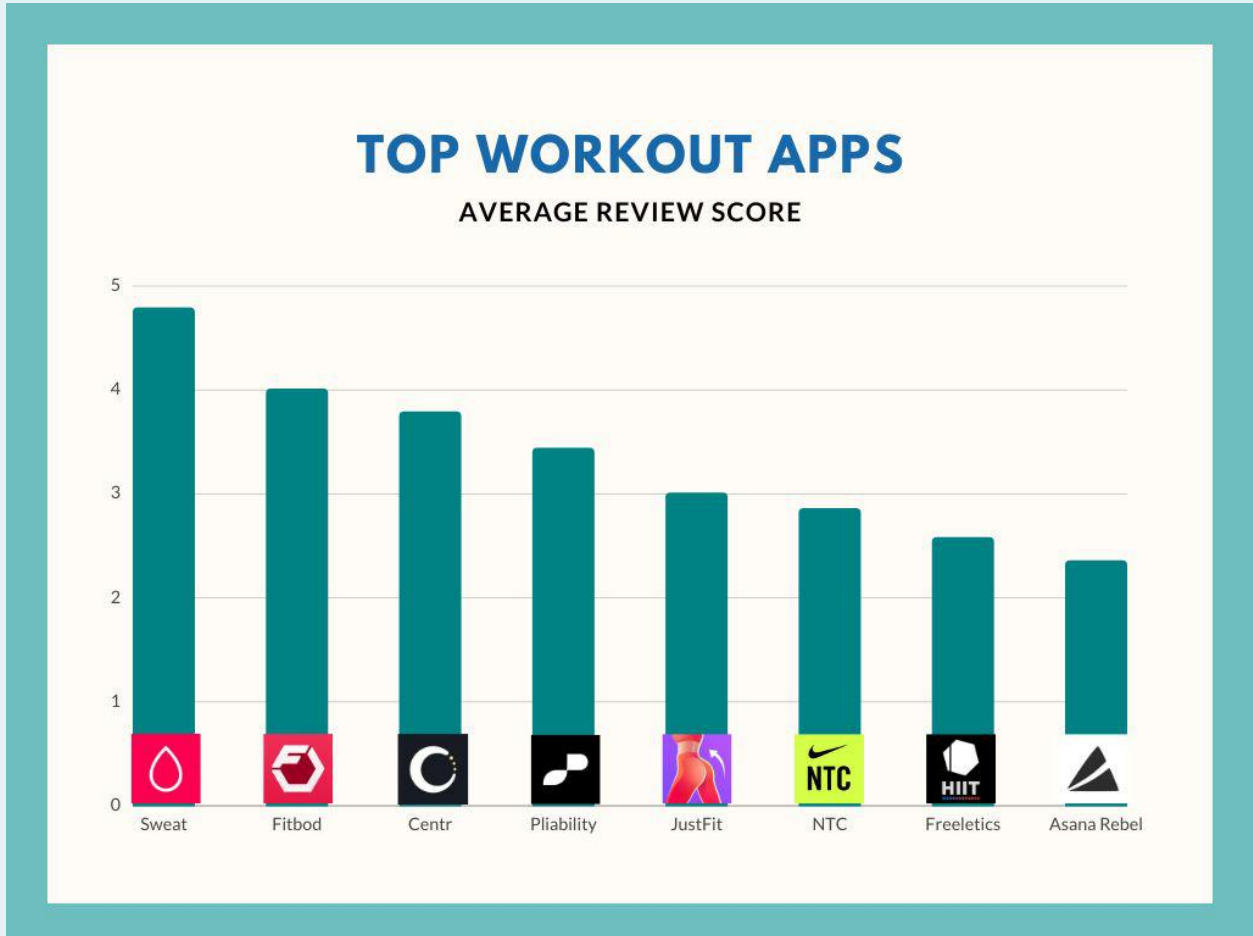
We picked 8 top performing apps from various workout categories, including fitness, yoga and flexibility, strength workouts and HIIT.

We only considered reviews from January 2023 until May 2023.

We have ranked the apps from best to worst, by calculating the average review score for all reviews in the sample period.

Sources for all reviews can be found at the end of this report.

# WORKOUT APP COMPARISON



## #1 SWEAT

Female focused workout app from influencer Kayla Itsines  
[www.sweat.com](http://www.sweat.com)

4.8

(average review score from 500 reviews)

**#2 FITBOD**

Strength training routines specifically for working out in the gym

[www.fitbod.me](http://www.fitbod.me)

**4.0**

(average review score from 319 reviews)

**#3 CENTR**

All round fitness app created by Hollywood film star Chris Hemsworth

[centr.com](http://centr.com)

**3.8**

(average review score from 68 reviews)

**#4 PLIABILITY**

Stretching and mobility app, formerly known as ROMWOD

[www.pliability.com](http://www.pliability.com)

**3.4**

(average review score from 25 reviews)

**#5 JUSTFIT**

Female focused fitness app promoting workouts for lazy people

[www.justfit.app](http://www.justfit.app)

**3.0**

(average review score from 500 reviews)

**#6 NIKE TRAINING CLUB**

At home workout routines brought to you by the fitness giant Nike

[www.nike.com/gb/ntc-app](http://www.nike.com/gb/ntc-app)

**2.9**

(average review score from 76 reviews)

**#7 FREELETICS**

Hardcore high intensity fitness workouts

[www.freeletics.com](http://www.freeletics.com)

**2.6**

(average review score from 38 reviews)

**#8 ASANA REBEL**

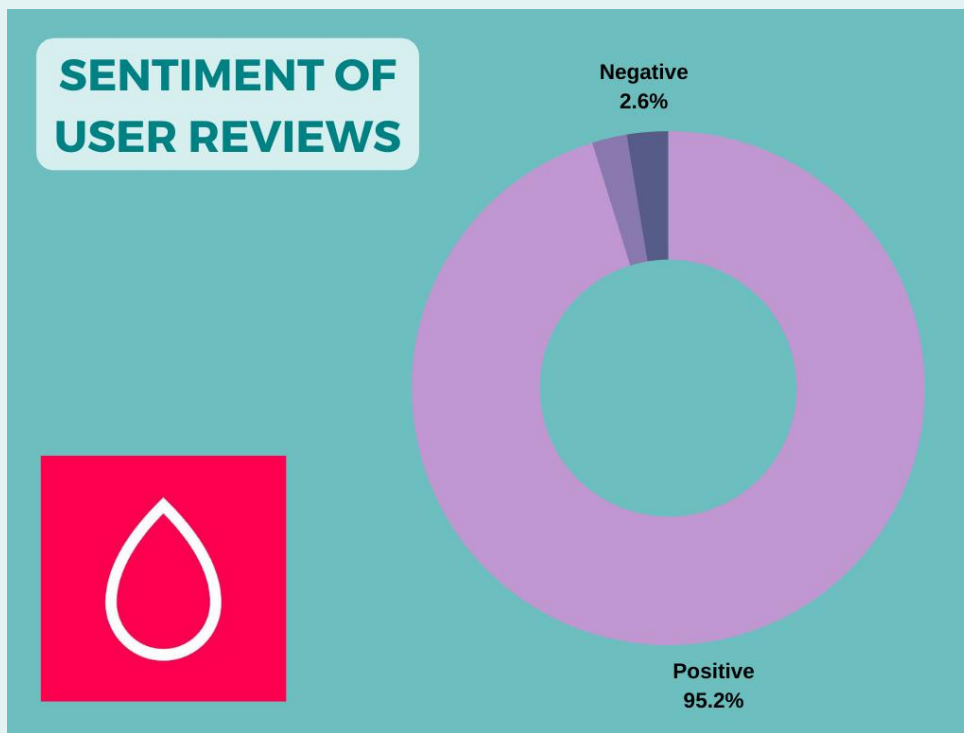
Stylish fitness app based on yoga inspired workout routines



[asanarebel.com](http://asanarebel.com)

**2.4**

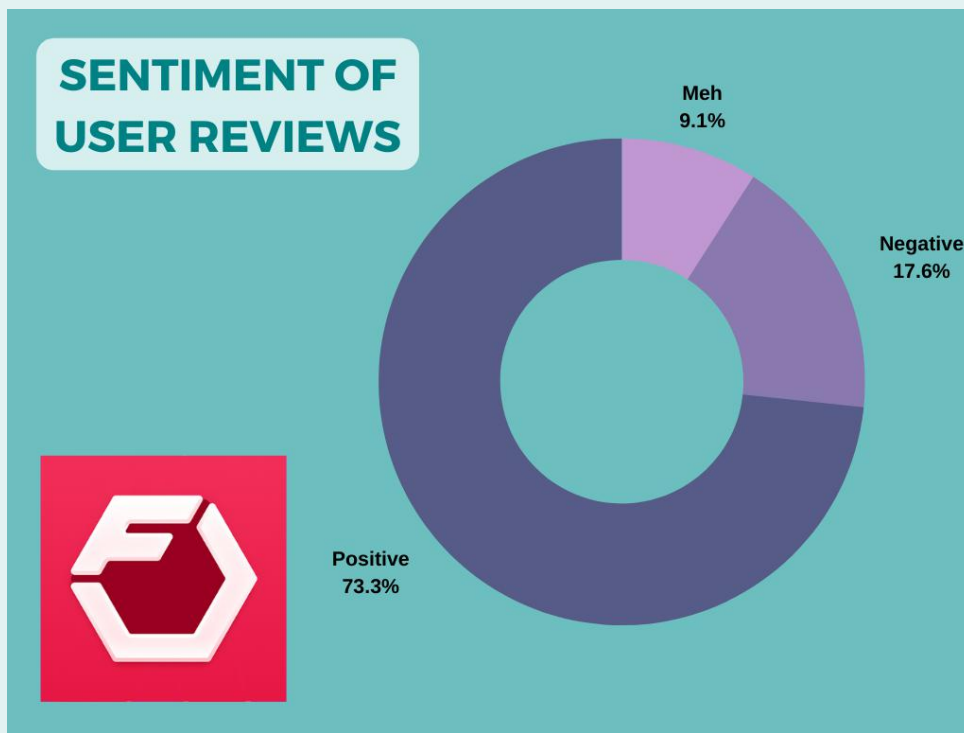
(average review score from 135 reviews)



# SWEAT



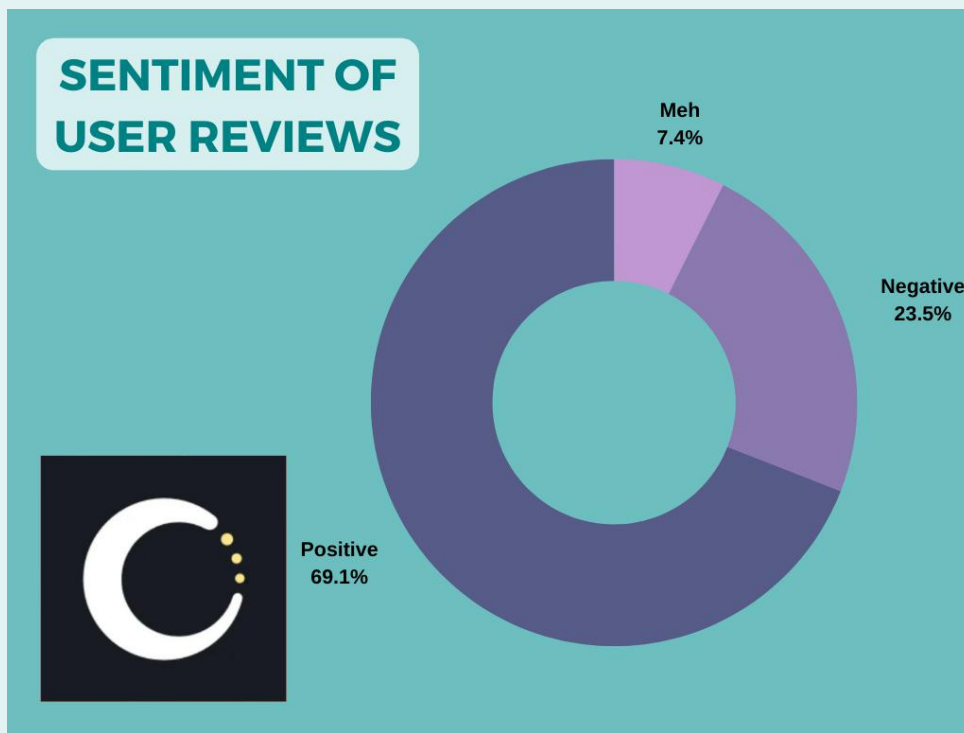
 <p><b>TOP 5 REASONS WHY USERS LIKE SWEAT</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE SWEAT</b></p>
Great variety of workouts [105 reviews]	Missing features [14 reviews]
Motivational trainers [67 reviews]	App crashes/technical issues [7 reviews]
Convenient and easy to use [41 reviews]	Poor variety of workouts [7 reviews]
Effective workouts for results [25 reviews]	Too expensive [4 reviews]
Community/supportive atmosphere [12 reviews]	Repetitive exercises [1 review]



# FITBOD



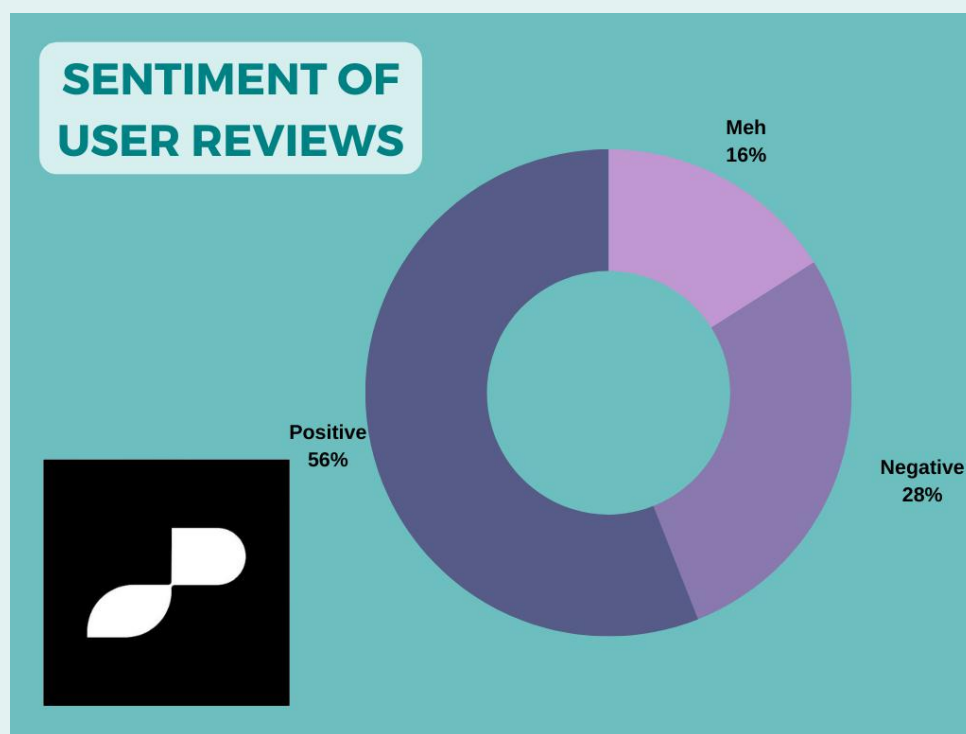
 <p><b>TOP 5 REASONS WHY USERS LIKE FITBOD</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE FITBOD</b></p>
Great variety of workouts [38 reviews]	Bugs/glitches [18 reviews]
Customizable workouts [10 reviews]	Missing features [9 reviews]
Ease of use/tracking progress [7 reviews]	Limited variety of workouts [5 reviews]
Motivational trainers [6 reviews]	Missing exercises [4 reviews]
Provides guidance and structure [2 reviews]	Too expensive [3 reviews]



# CENTR



 <p><b>TOP 5 REASONS WHY USERS LIKE CENTR</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE CENTR</b></p>
Great variety of workouts [11 reviews]	Lack of workout variety [8 reviews]
Meal plans and nutrition [6 reviews]	Technical issues/bugs [7 reviews]
Motivational trainers [6 reviews]	Missing features (inc ability to edit past workouts) [4 reviews]
Convenience and portability [2 reviews]	Scam/hidden charges [2 reviews]
Progress tracking and goal setting [1 review]	

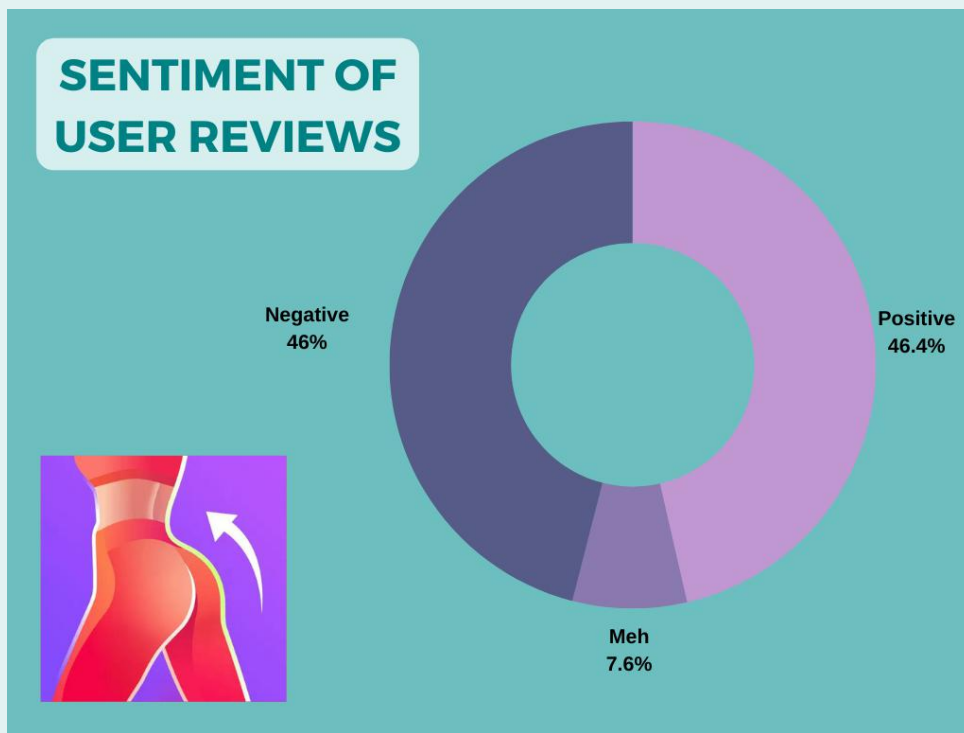
# PLIABILITY





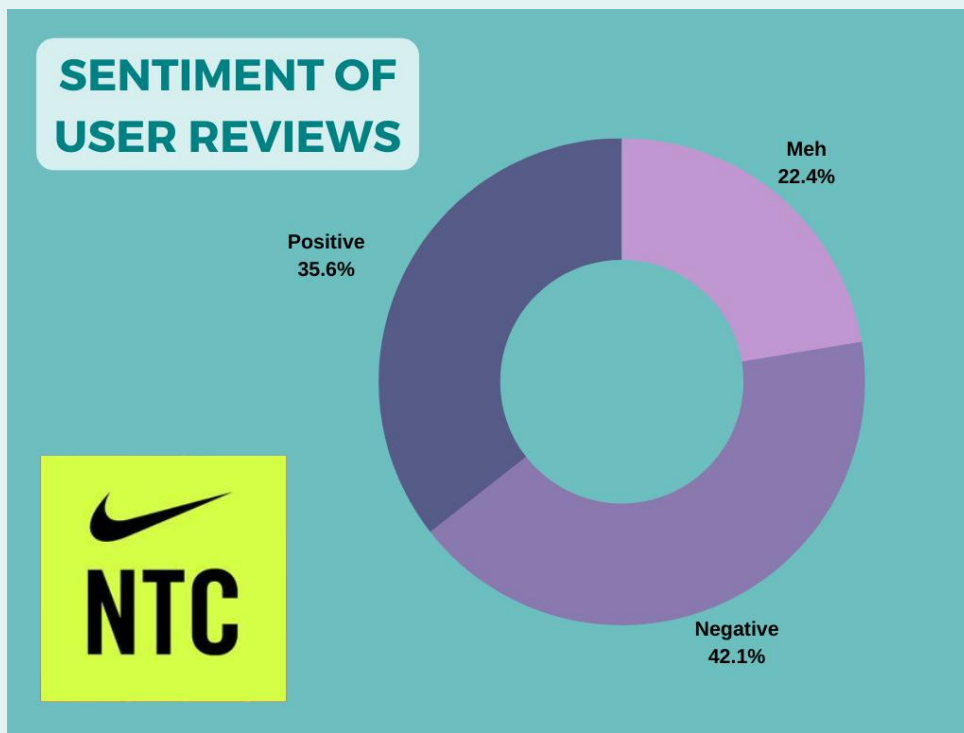
 <b>TOP 5 REASONS WHY USERS LIKE PLIABILITY</b>	 <b>TOP 5 REASONS WHY USERS DISLIKE PLIABILITY</b>
Great variety of stretches [7 reviews]	Cancellation process [3 reviews]
Improved flexibility and mobility [6 reviews]	Payment and billing issues [2 reviews]
Effective in fixing specific issues/injuries [4 reviews]	Lack of variety and customization [2 reviews]
Good guidance and instructions during workouts [3 reviews]	Technical issues/glitches [1 review]
Relaxing and calming workouts [2 reviews]	Mobility test issues [1 review]





# JUSTFIT

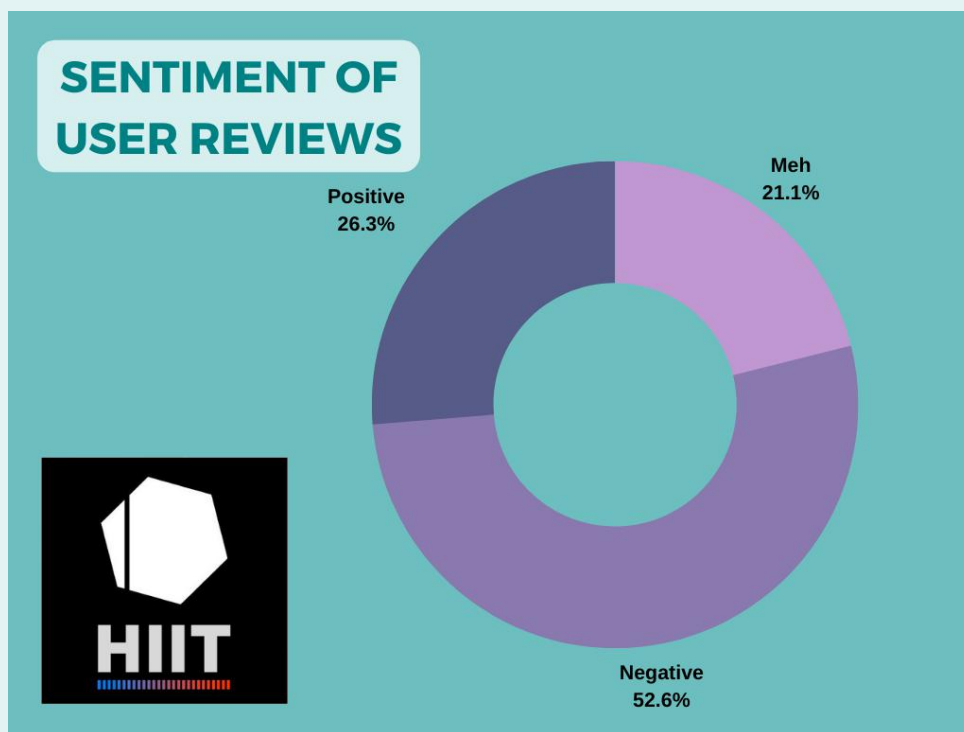




 <p><b>TOP 5 REASONS WHY USERS LIKE JUSTFIT</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE JUSTFIT</b></p>
Great variety of workouts [58 reviews]	Deceptive advertising/misleading free trial [79 reviews]
Motivational trainers [33 reviews]	Glitches in the app/bugs [15 reviews]
Effective for weight loss [4 reviews]	Poor customer service [10 reviews]
Convenient/accessible workouts [3 reviews]	Limited variety of workouts/poor selection of exercises [9 reviews]
Easy to use/sign up [2 reviews]	Too many ads/pop-ups [7 reviews]



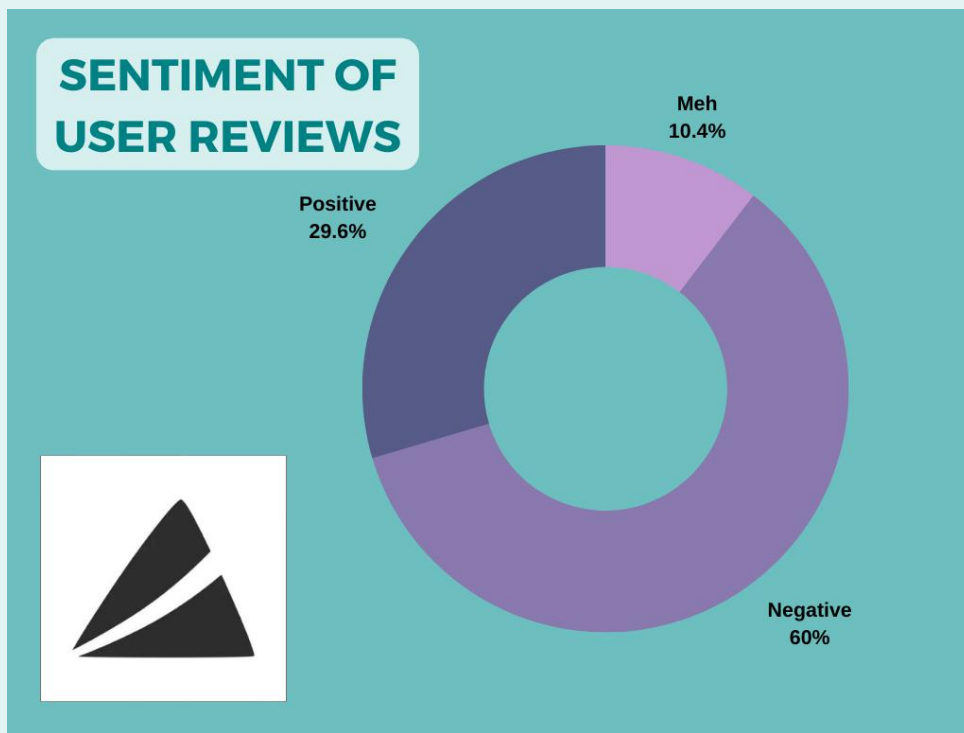
 <p><b>TOP 5 REASONS WHY USERS LIKE NTC</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE NTC</b></p>
Great variety of workouts [10 reviews]	Videos not working/playing [9 reviews]
Motivational trainers [4 reviews]	Poor download and preview features [6 reviews]
User-friendly and easy to navigate interface [2 reviews]	Cannot access or use app [3 reviews]
Free access to workouts and recipes [3 reviews]	Poor variety of workouts [3 reviews]
Diverse options for skill levels [2 reviews]	Too many bugs/glitches [2 reviews]

# FREELETICS



 TOP 5 REASONS WHY USERS LIKE FREELETICS	 TOP 5 REASONS WHY USERS DISLIKE FREELETICS
Effective/time-efficient workouts [114 reviews]	Difficulty navigating app [29 reviews]
Variety of exercises and workouts [64 reviews]	Bugs/glitches/technical issues [22 reviews]
Motivating and challenging [29 reviews]	Not beginner-friendly [12 reviews]
Personalized training plans [20 reviews]	Expensive pricing [10 reviews]
Can track progress and see improvements [19 reviews]	Lack of customization/personalization [9 reviews]

# ASANA REBEL



 <p><b>TOP 5 REASONS WHY USERS LIKE ASANA REBEL</b></p>	 <p><b>TOP 5 REASONS WHY USERS DISLIKE ASANA REBEL</b></p>
Great variety of workouts [17 reviews]	Issues with payment/cancelation [21 reviews]
Motivational trainers [8 reviews]	Lack of new workout content [7 reviews]
Convenient and easy to follow [3 reviews]	Too many bugs/glitches [5 reviews]
Good for yoga beginners [1 review]	Poor customer support [4 reviews]
	Not suitable for beginners [4 reviews]

# SOURCES

<https://apps.apple.com/us/app/romwod-mobility-recovery/id1175346453>

<https://apps.apple.com/us/app/asana-rebel-get-in-shape/id1067860796>

<https://apps.apple.com/us/app/freeletics-training-coach/id654810212>

<https://apps.apple.com/us/app/centr-by-chris-hemsworth/id1382530817>

<https://apps.apple.com/us/app/nike-training-club-fitness/id301521403>

<https://apps.apple.com/us/app/fitbod-workout-fitness-plans/id1041517543>

<https://apps.apple.com/us/app/sweat-fitness-app-for-women/id1049234587>

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