



# Apple Fitness +

*January 2022 SIG, Prescott Mac Users Group*

# Apple Fitness +

- ✦ *What is it*
- ✦ *What devices support it*
- ✦ *How do I get it*
- ✦ *How much does it cost*



Yoga



HIIT



Strength



Pilates



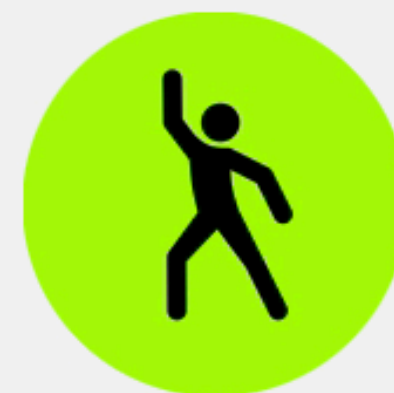
Treadmill Walk



Treadmill Run



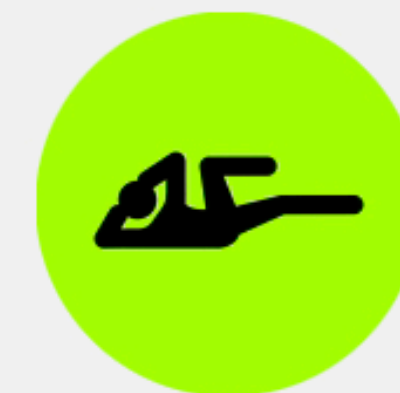
Rowing



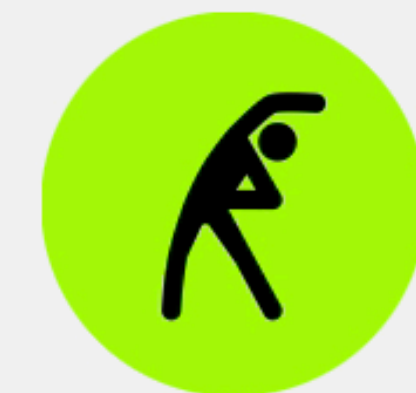
Dance



Cycling



Core



Mindful  
Cooldown

# What is Apple Fitness +

- ✦ *It is a fitness subscription service powered by the Apple Watch. If you don't have a watch yet, go buy one before signing up!*
- ✦ *It includes 11 different workout types, including HIIT, Pilates, Strength, Yoga, Core, Cycling, Treadmill, Dance, Rowing & Mindful Cooldown, and Meditation*
- ✦ *Apple Watch provides real time Metrics, like Heart Rate, distance, time, etc.*

### More of What You Do



**JUST LIKE YOUR LAST WORKOUT**  
Rowing with Josh  
10min • Hip-Hop/R&B



**MORE TREADMILL TO TRY**  
Treadmill with Scott  
20min • Latest Hits



**STRENGTH YOU MIGHT LIKE**  
Strength with Sam  
10min • Everything Rock

### Try Something New



**ANOTHER GREAT STRENGTH TRAINER**  
Strength with Gregg  
30min • Upbeat Anthems



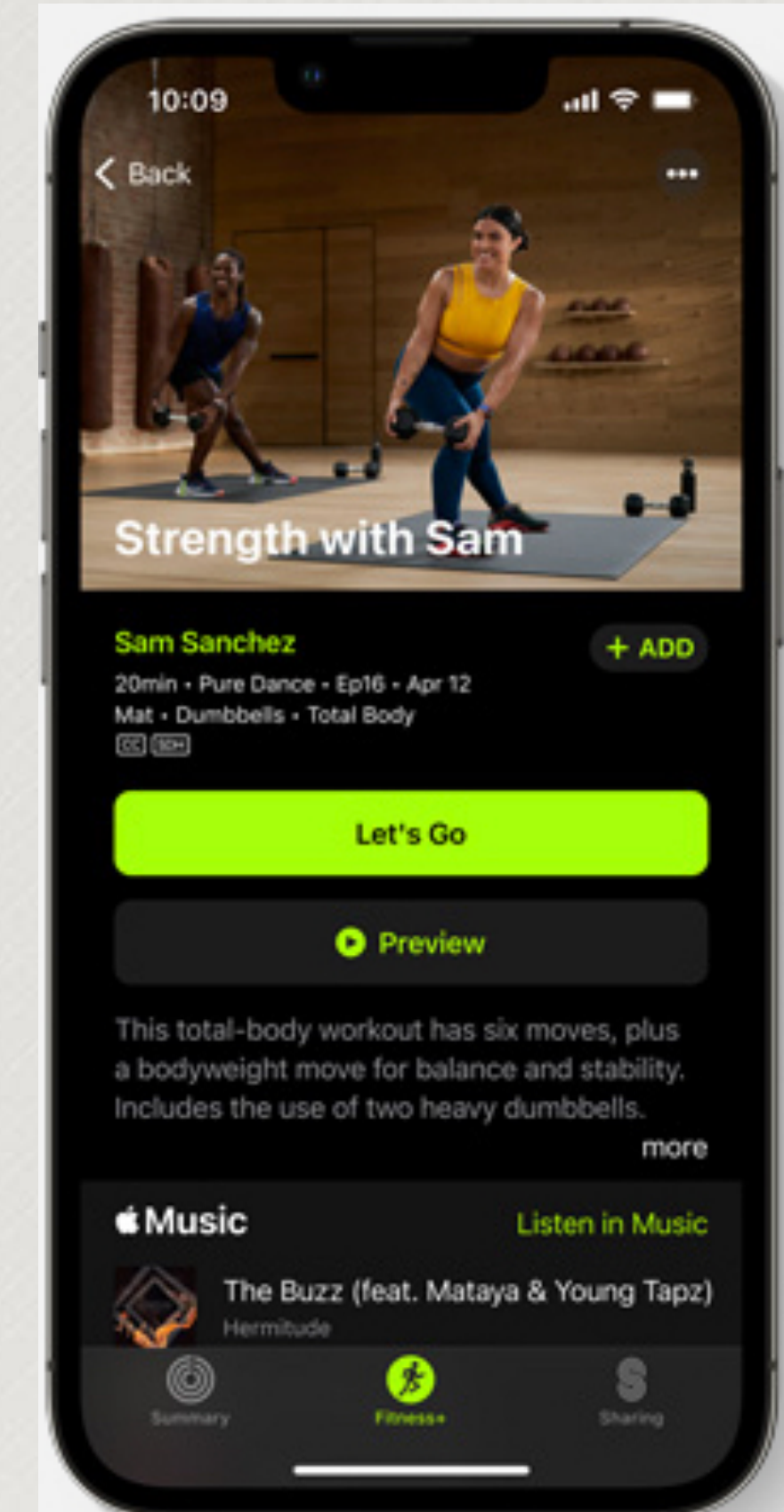
**ADD TO YOUR ROUTINE**  
Yoga with Jonelle  
10min • Chill Vibes



**TRY ANOTHER STRENGTH TRAINER**  
Strength with Kyle  
20min • Hip-Hop/R&B

# What is Apple Fitness +

- ✦ *New workouts added every week*
- ✦ *Workouts range from 5 minutes to 45 minutes*
- ✦ *Large and varied choice of certified instructors/coaches*
- ✦ *Instructors are all high energy, engaging and motivational*
- ✦ *Beginner sessions and more advanced sessions*



# What is Apple Fitness +

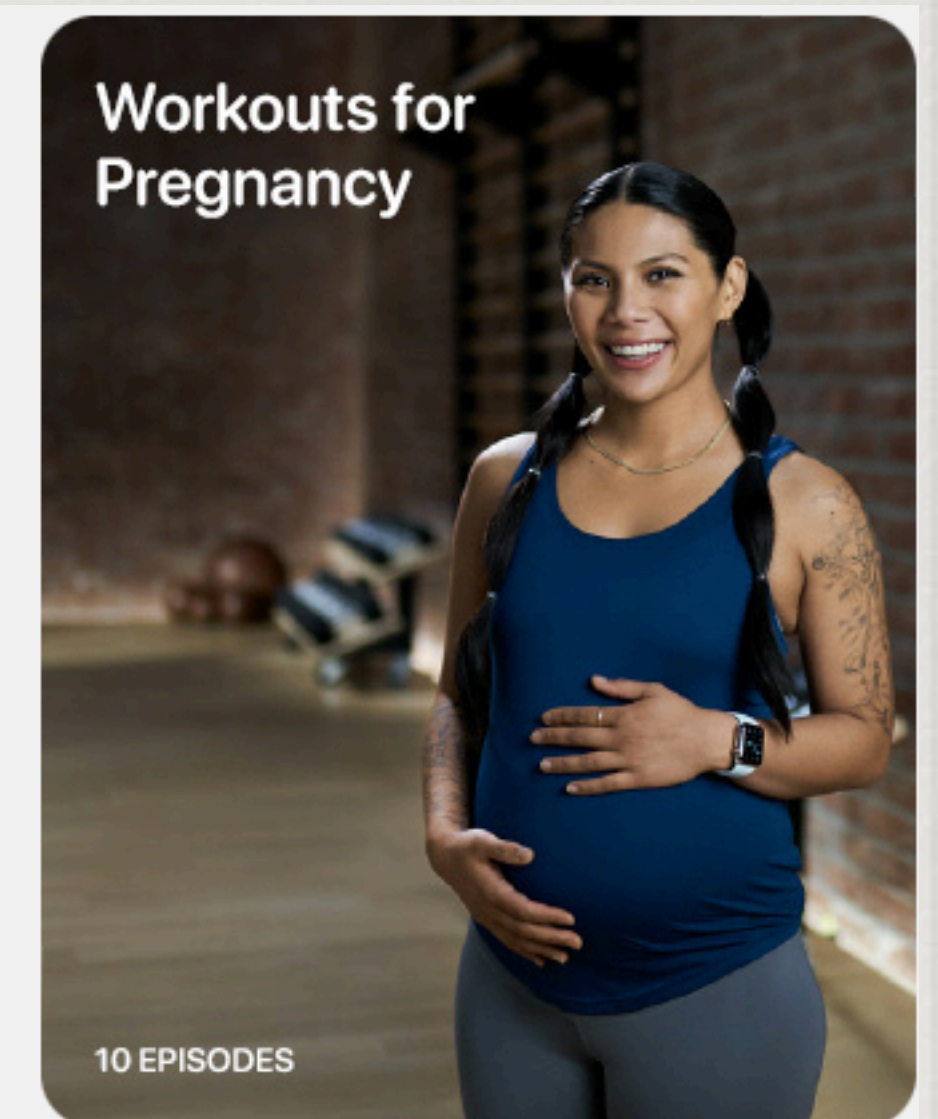
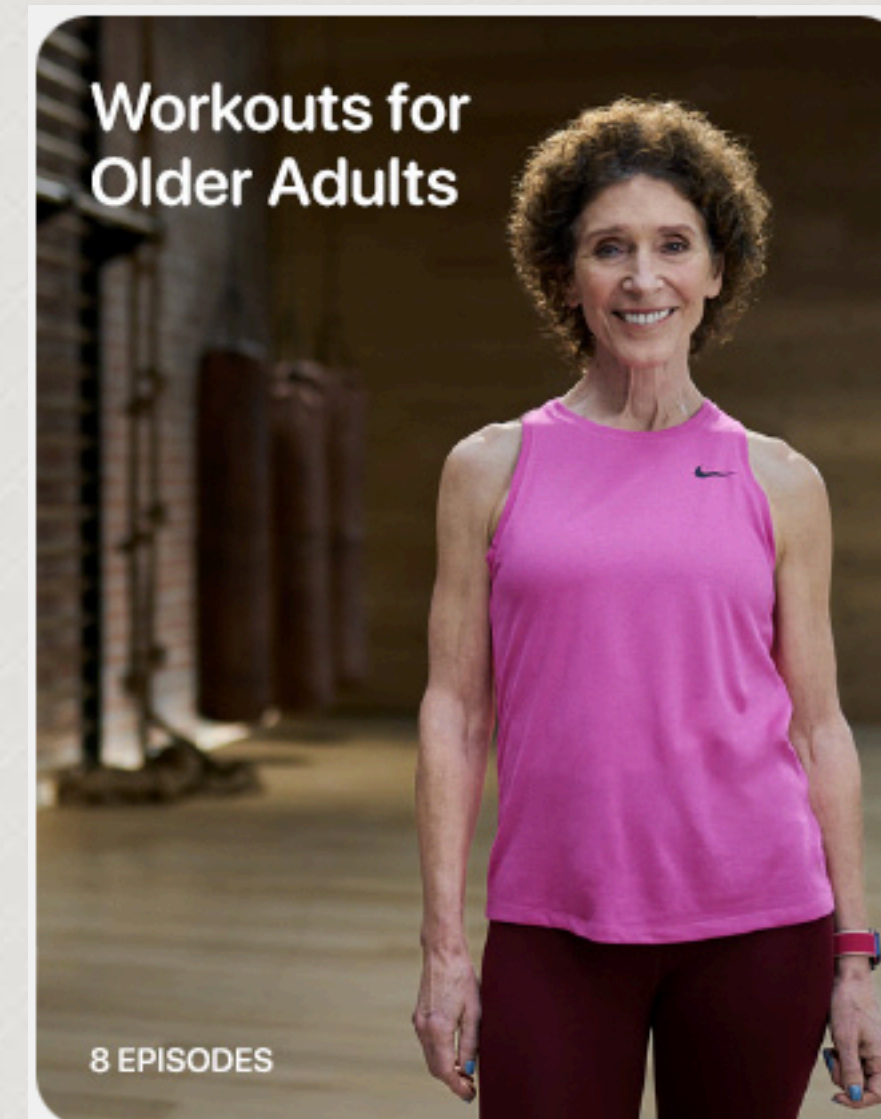
- ✦ *Each session has 2-3 examples of different intensities of each exercise*
- ✦ *Work each exercise at your own pace*
- ✦ *Perform exercises in privacy of your own home whenever it is convenient*
- ✦ *Video of each trainer with audio music choices from Apple Music*
- ✦ *Group workouts via SharePlay support up to 32 people*

# What is Apple Fitness +

- ✦ *You choose when, where, the trainer, the time, the music, the flow*
- ✦ *You work as hard or as easy as you want*
- ✦ *You start or stop as you need*
- ✦ *All this to get you up, exercising, getting healthy, keeping healthy*
- ✦ *There are over 1,000 classes in total in all the categories!*

# What is Apple Fitness +

- ✦ *Workouts available for beginners*
- ✦ *Meditations for beginners*
- ✦ *Workouts geared for older adults*
- ✦ *Workouts specifically designed for Pregnancy*
- ✦ *Great motivations to get up and get going, regardless of your physical state*



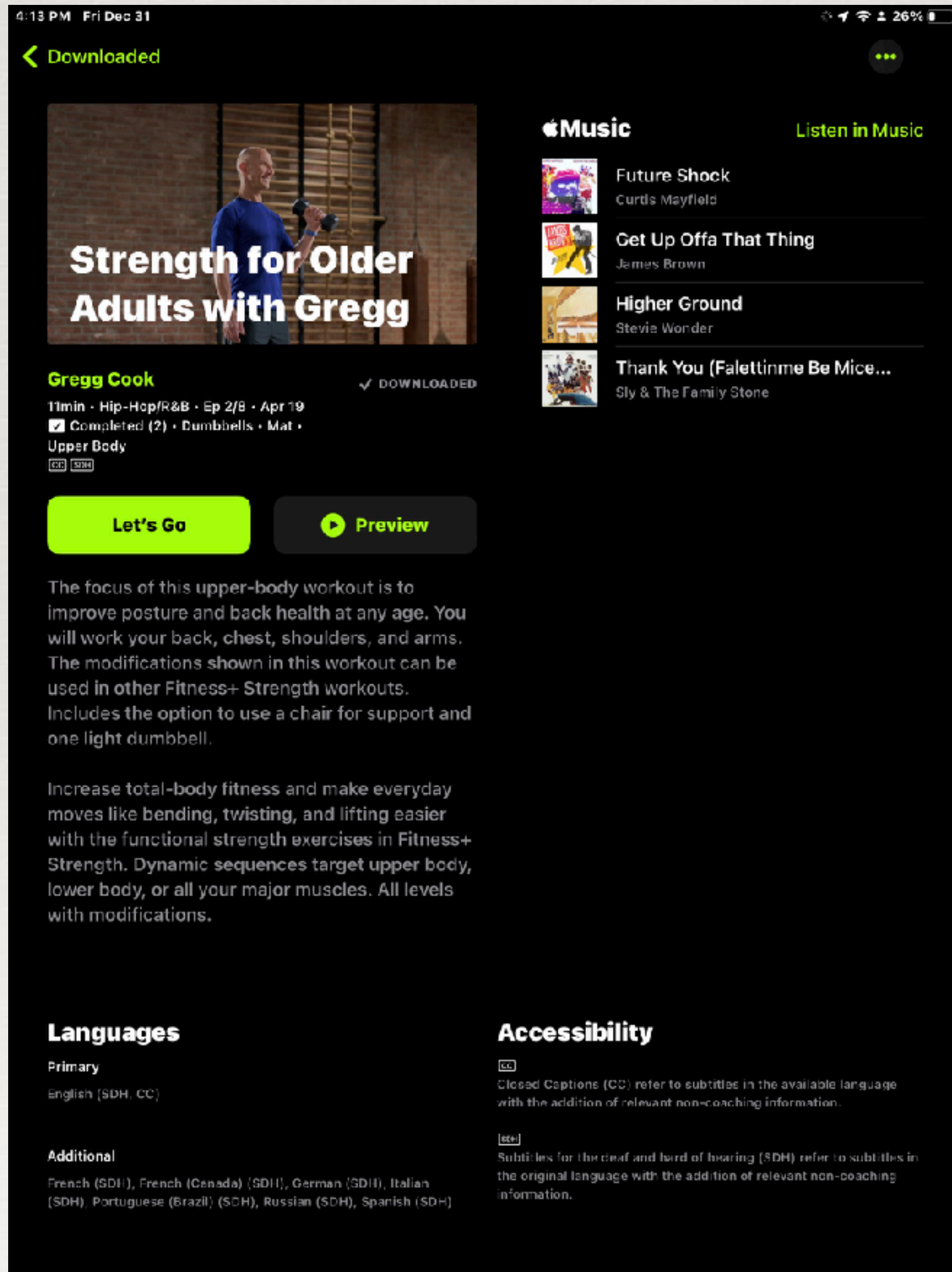


# What is Apple Fitness +



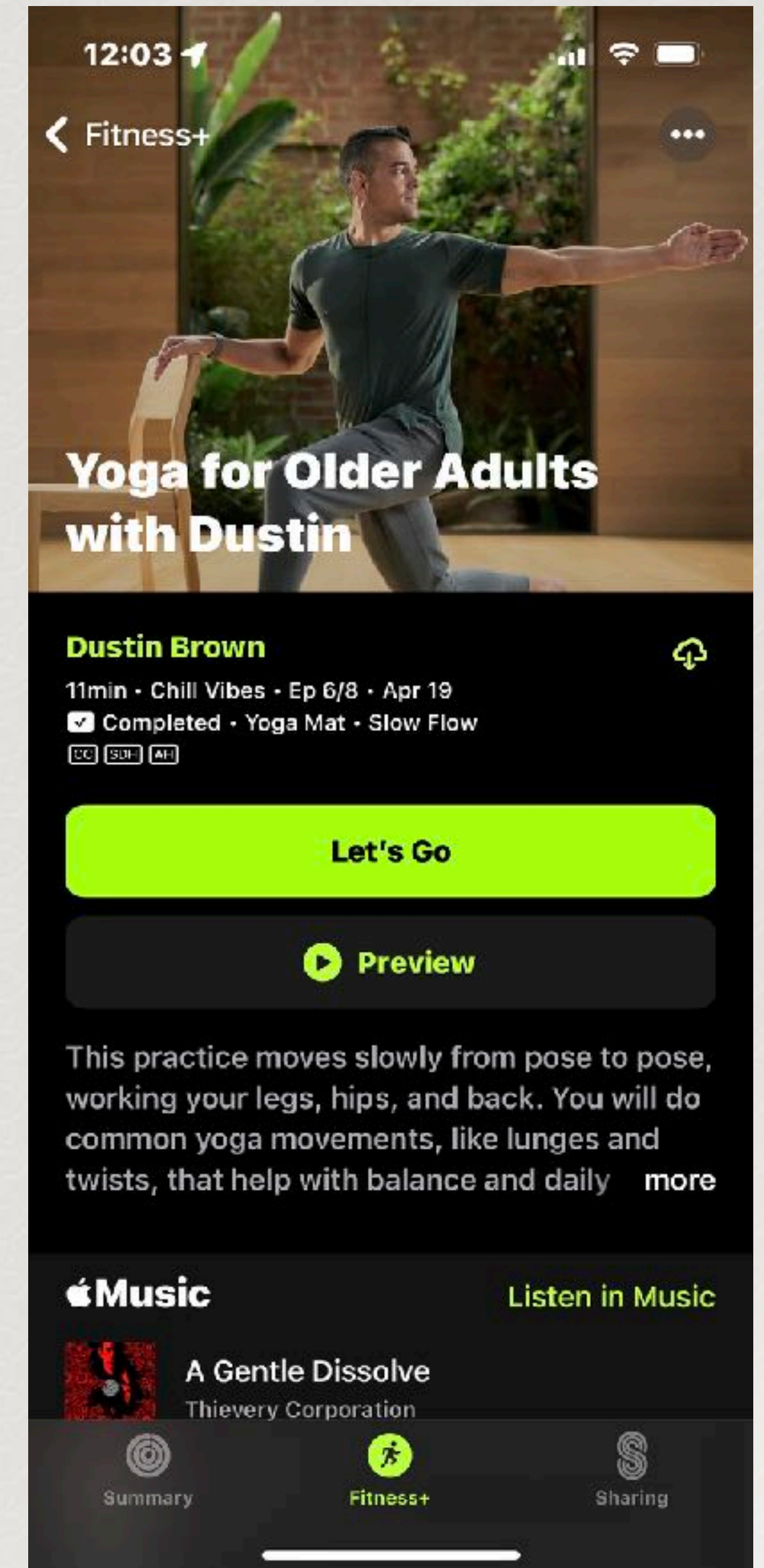
- ✦ *Includes exercises for stationary bikes, rowing machines and treadmills*
- ✦ *Unlike Peloton or Nordic Track, allows user to use whatever equipment they have*
- ✦ *If your equipment is compatible with Apple's GymKit, then the watch will connect and sync to the equipment*





## iPad View

## iPhone View



# What is Apple Fitness +

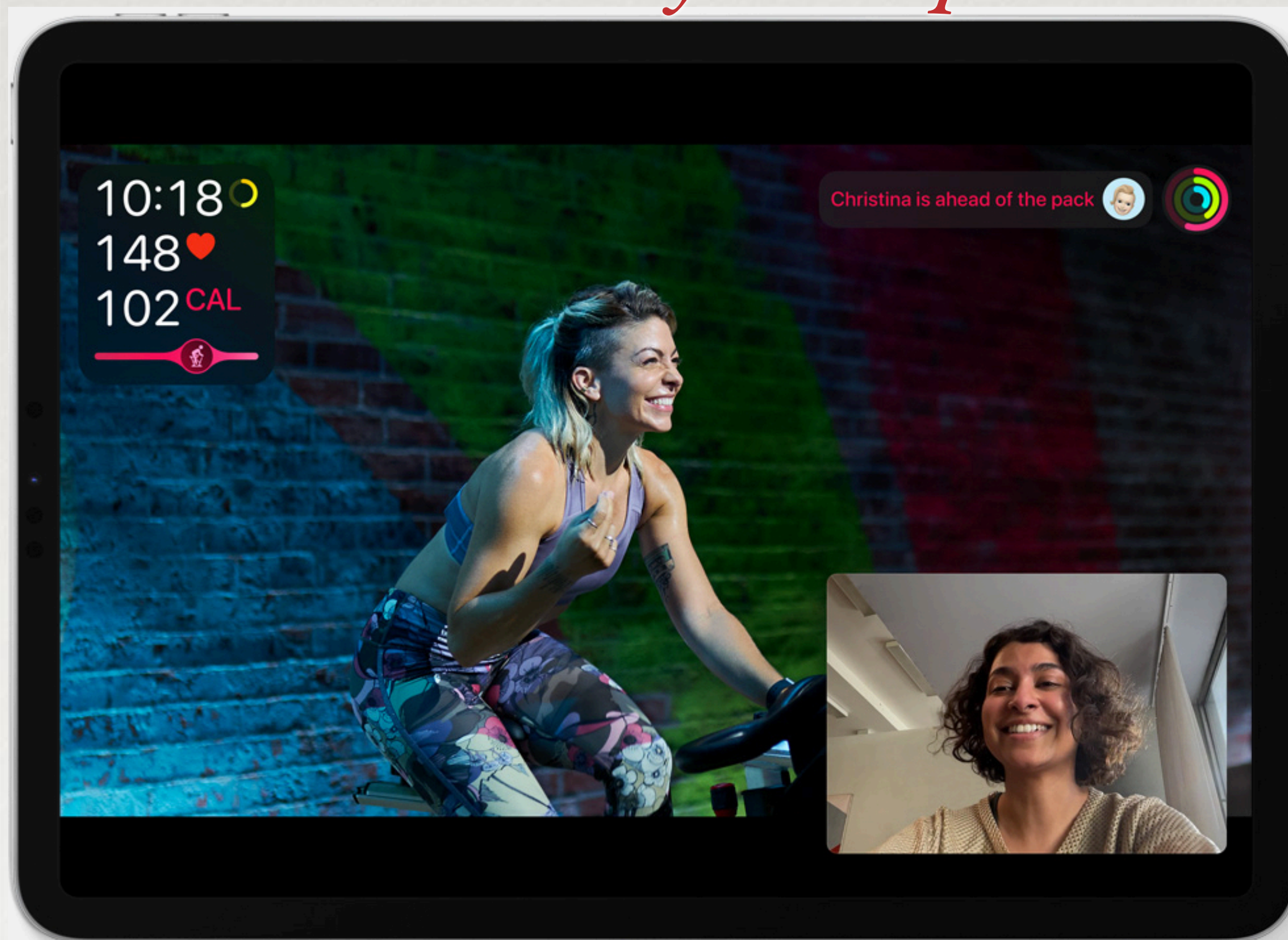
- ✦ *Time to Walk & Time to Run - plug in your AirPods*
- ✦ *Miles and miles of inspiration*
- ✦ *The world's most interesting people share inspiring stories, photos, music as they join you while walking*
- ✦ *Downloadable to Apple Watch so you can keep the iPhone at home*
- ✦ *Prince William, Keith Urban, Lady Gaga, Dr. Sanja Gupta, Sharen Mendes, et al*

# What is Apple Fitness +

- ✦ *Who benefits from Fitness + :*
- ✦ *Those who have busy schedules*
- ✦ *Those who can't get to in-person classes*
- ✦ *Great for beginners*
- ✦ *Great for starting back up after injury or surgery*
- ✦ *Great for allowing you to work at your pace and NOT feel embarrassed*
- ✦ *Great for getting in shape at your own pace*
- ✦ *Not intimidating like being in a class*
- ✦ *Rebuild muscles and confidence*

# What is Apple Fitness +

## *Share Play Example*



## *Easier Exercise Example*



# Apple Fitness Devices

- ✦ *Apple Watch Series 3-7 supported for monitoring key statistics while exercising*
- ✦ *Available on the Fitness App in iOS or TV OS*
- ✦ *View videos on Apple iPhone, iPad or Apple TV hardware*
- ✦ *All data on Apple Watch synced to iPhone, iPad or Apple TV in real time*

# Apple Fitness Devices

Apple Fitness+ requires iOS 14.3 or later, iPadOS 14.3 or later, watchOS 7.2 or later, and tvOS 14.3 or later.<sup>6</sup>

To get the newest features, use Apple Fitness+ with Apple Watch Series 3 or later with watchOS 8 paired with iPhone 6s or later with iOS 15; iPad with iPadOS 15; and Apple TV 4K or Apple TV HD with tvOS 15.



Apple Watch



iPhone



iPad



Apple TV

# Apple Fitness Devices

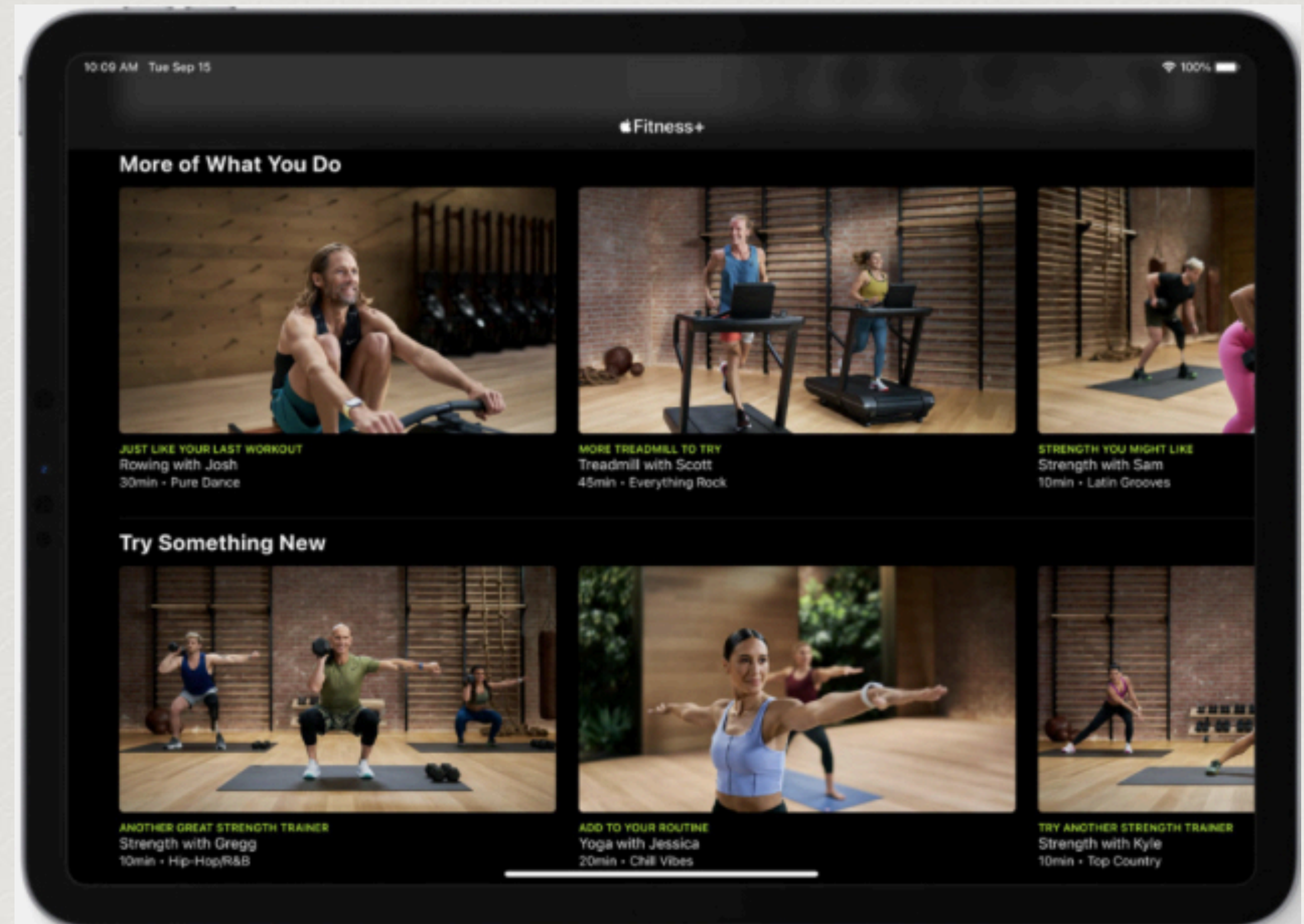
✦ *If you are streaming workout videos on an iPad, then you will need:*

✦ *iPad Pro*

✦ *iPad 5th generation*

✦ *iPad mini 4 or later*

✦ *iPad Air 2 or later*





# How Do I Get It??

- ✦ *Sign up for Fitness + and get one month free trial, then \$9.99/month or \$79.99/year. Subscription includes 6 family members!*
- ✦ *Buy an Apple Watch, get 3 months free trial*
- ✦ *Sign up for Apple One Premier, and get one month free trial, then \$29.95/month. Subscription includes 5 family members!*
- ✦ *Apple One Premier also includes Apple Music, Apple TV+, Apple Arcade, 2TB of iCloud, Apple News+ AND Apple Fitness +*

# Privacy

- ✦ *Workouts designed with privacy in mind*
- ✦ *Apple uses “on-device intelligence” to drive the workout recommendations*
- ✦ *Workout suggestions and data never escape from your device*
- ✦ *All workout data is saved to the Health App on the iPhone.*
- ✦ *No Calories Burned, Workouts, or trainers are saved to your Apple ID*

# DEMO

- ✿ *Patience please while it gets initiated...*
- ✿ *View Fitness + video advertisement on youtube: <https://www.youtube.com/watch?v=4fVFsbcXBkI&t=2s>*