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Home Workout - No Equipment

Editors' Choice

Leap Fitness Group Health & Fitness

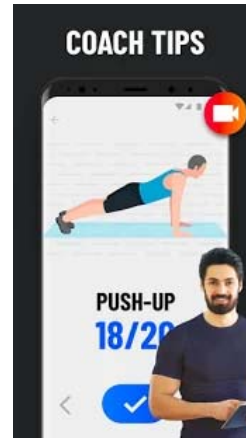
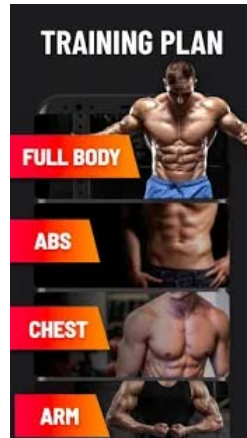
★★★★★ 1,729,344

PEGI 3

Contains Ads · Offers in-app purchases

Add to Wishlist

Install



Home Workouts provides daily workout routines for all your main muscle groups. In just a few minutes a day, you can build muscles and keep fitness at home without having to go to the gym. No equipment or coach needed, all exercises can be performed with just your body weight.

The app has workouts for your abs, chest, legs, arms and butt as well as full body workouts. All the workouts are designed by experts. None of them need equipment, so there's no need to go to the

READ MORE

REVIEWS

Review policy and info

4.9



1,729,344 total



John Elliott Jr.

★★★★★ March 15, 2021



31



This app is awesome great work outs and I felt I got stronger pretty quickly, I feel and saw significant differences in muscle tone and strength in a couple weeks. Now if only it can make me chose to eat right! :-)



the real one

★★★★★ March 7, 2021



812



i like all the fetures its has on it i feel my self getting healthier and it makes it easier for me to do workouts and theares so mnay dfferent workouts that includes your abdominal, chest, legs

, hip, arms, your butt. and workouts that reduce back and neck pain downloading this app was so worthit dow...

Full Review



Brain Spots

★★★★★ March 11, 2021

376

The best type of workouts and ways to get fit or cut and ripped like van dam are workouts you do using your own body weight, basically almost crossfit. This is about getting healthy and fit like being able to do the human flag pole all core strength not jacked looking like spongebob



Christiaan Brink

★★★★★ March 12, 2021

33

clear, free and easy exercises for at home. It does exactly what I want it to do, therefore it is fantastic

[READ ALL REVIEWS](#)

WHAT'S NEW

- Fix bug

ADDITIONAL INFORMATION

Updated March 4, 2021	Size 17M	Installs 100,000,000+
Current Version 1.1.2	Requires Android 4.4 and up	Content Rating PEGI 3 Learn more
In-app Products TRY 9.89 - TRY 254.99 per item	Permissions View details	Report Flag as inappropriate
Offered By Leap Fitness Group	Developer Visit website northpark.android@gmail.com Privacy Policy 152 BEACH ROAD #14-02 GATEWAY EAST, SINGAPORE	

Similar

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Six Pack in 30 Days
Leap Fitness Group

★★★★★

Lose Weight App fo
Leap Fitness Group

★★★★★

Height Increase - In
Leap Fitness Group

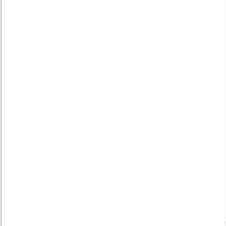
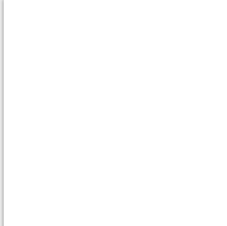
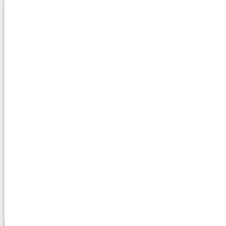
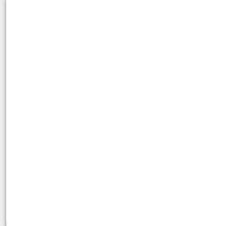
★★★★★

Lose Weight App fo
Leap Fitness Group

★★★★★

More by Leap Fitness Group

See more

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