

 **Fitness+**

Now all you need is iPhone.

[Learn about Fitness+](#)[Try Fitness+ free¹](#)

Start your year with Apple Fitness+. Choose from 11 workout types — everything from HIIT to Yoga. And meditations, too. With new workouts and meditations added every week, from 5 to 45 minutes. Take it further with Apple Watch.



Find it in the Fitness app on iPhone, iPad, and Apple TV.



Share Apple Fitness+ with up to five family members.²

iPhone 14

Big and bigger.

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Apple WATCH SERIES 8

A healthy leap ahead.

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1. Apple Fitness+ requires iPhone 8 or later, or Apple Watch Series 3 or later paired with iPhone 6s or later. New subscribers only. \$9.99/month after trial. Plan automatically renews until cancelled. Terms apply.

2. Requires Family Sharing. See [apple.com/family-sharing](#) for more information.

A subscription is required for Apple Fitness+.

Apple Fitness+ requires iPhone 8 or later with iOS 16.1 or later or Apple Watch Series 3 or later with watchOS 7.2 or later paired with an iPhone 6s or later with iOS 14.3 or later.

Fitness app on Apple TV requires tvOS 14.3 or later.

Fitness app on iPad requires iPadOS 14.3 or later.

To get the newest features, make sure your devices are running the latest software version.

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