

Global Workout App Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Workout App market size is predicted to grow from US\$ 1346 million in 2025 to US\$ 1905 million in 2032; it is expected to grow at a CAGR of 5.2% from 2026 to 2032.

The trend of workout app development has been on the rise in recent years, with the increasing popularity of fitness and wellness. These apps offer a convenient and accessible way for users to track their workouts, set goals, and monitor their progress.

Some of the popular features of workout apps include personalized workout plans, video tutorials, social sharing, and integration with wearable devices. Many apps also offer nutrition tracking and meal planning features to help users achieve their fitness goals.

The COVID-19 pandemic has further accelerated the trend of workout app development, as more people are working out at home and seeking virtual fitness solutions. As a result, many fitness studios and personal trainers have also started offering their own workout apps to reach a wider audience.

LPI (LP Information)' newest research report, the "Workout App Industry Forecast" looks at past sales and reviews total world Workout App sales in 2025, providing a comprehensive analysis by region and market sector of projected Workout App sales for 2026 through 2032. With Workout App sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Workout App industry.

This Insight Report provides a comprehensive analysis of the global Workout App

landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Workout App portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Workout App market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Workout App and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Workout App.

This report presents a comprehensive overview, market shares, and growth opportunities of Workout App market by product type, application, key players and key regions and countries.

Segmentation by Type:

Home Workout App

Personal Workout App

Segmentation by Application:

Amateur

Professional

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

FitOn

Strava

7 Minute Workout

Nike Training Club

MyFitnessPal

Peloton

Aaptiv

All Out Studio

MapMyFitness

My Fitness

Daily Burn

ob? Fitness

Daily Yoga

PEAR Sports

Fitbit Coach

Openfit

Asana Rebel

Zwift

Fitness22

Runkeeper

Workout Trainer

5 Minute Yoga

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