

# [Coach in Your Pocket](#)



Image by [Newsted](#)

During lockdown, I started going outside to work out. About five times per week, first thing in the morning, for 30 minutes.

First I used YouTube, which I found it too cumbersome to find good workouts.

After hearing good things about [Freeletics](#), I decided to give it a try. Now, three months later, I really like it.

You simply choose a 6 or 12 week program, and then follow the guidance. For each exercise, a detailed instruction video is shown.

I also like that it saves your “Personal Best” for each workout, so you can beat it in the future.

I chose the 15 minute program. I run to the park, do my workout, and run back. For a total of 30 minutes. There is never an excuse not to do it.

Over time, I started seeing other people doing the same thing, which created a nice "open air" gym atmosphere.

If you want to try it out, [use this link to get 20% off](#).