

Ten Sought-After Functions in Workout Apps



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

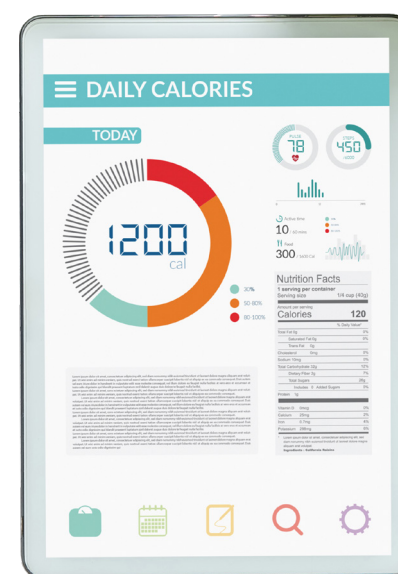
1. Affordability



2. Track Your Progress



3. Estimate Caloric Expenditure



4. Quick Workout Options



5. Synced Music



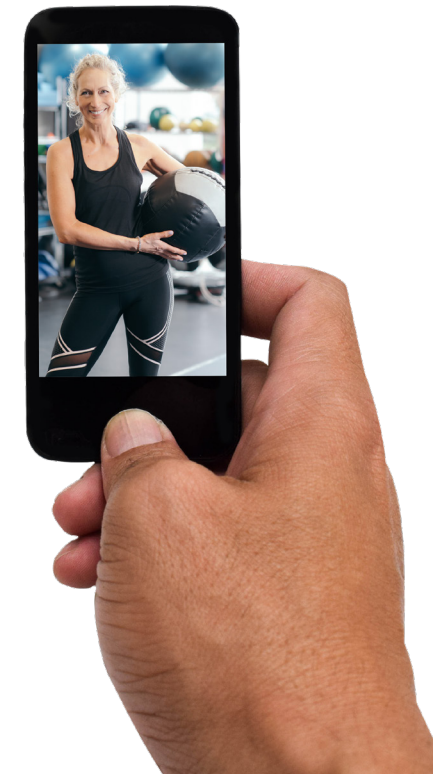
6. Muscle Matters



7. Amp Up Indoor Cycling



8. Workout Videos



9. Gamification



10. Charitable Connection



SHAREABLE RESOURCE: Ten Sought-After Functions in Workout Apps
Peterson, James A. Ph.D., FACSM
ACSM's Health & Fitness Journal:
November/December 2018 - Volume 22 - Issue 6 - p 72

http://bit.ly/app_functions