

## **The updated Wosport app turns your phone into a personal workout trainer**

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Professional personal trainer, Marcos Camn Latre announces wosport for iOS, an update to the popular fitness app. Featuring effective yet simple workouts, wosport allows you to customize and track your workout progress to hit the muscles you want to work out. The app allows you to work out at your convenience and receive activity reports on your progression in several parameters of your body including body mass index (BMI), recovery rate, oxygen consumption, and more.

Zaragoza, Spain - Professional personal trainer, Marcos Camn Latre is proud to announce the release of wosport for iOS, a new update to the popular fitness app based on users' feedback. wosport allows you to customize and track your workout progress to hit the muscles you want to work out. Whether you want to feel the burn in your abs, shoulders or lower body, Wosport provides the right exercise to do the job. Users enjoy the simplicity of this app because it allows you to work out at your convenience and receive activity reports on your progression in several parameters of your body including body mass index (BMI), recovery rate, oxygen consumption, and more.

"I created Wosport with convenience and simplicity in mind for people who want to achieve their fitness goals," said Wosport Developer and Founder Marcos Camn Latre. "You don't have to drive to the gym or buy expensive equipment to get effective results. Wosport has six types of workouts and 180 circuits of exercises customized for each individual user to feel as if they have a personal trainer who understands their health and body."

Wosport features different types of workouts made for your specific goals, age, gender, intensity level and workout frequency. By following exercises honed to your body type and needs, you are guaranteed results in a fun and effective way. Wosport gives pictures and instructions to ensure you are working out the correct way and hitting the right muscles. With Wosport's tough training, you will need to put in 100% of your energy during each session. At the end of them, you will learn tips and facts related to health and fitness and understand more about each training exercise. If you want more workouts, you can make in app purchases for additional features. Bid farewell to those extra pounds and say hello to a new and healthy you with Wosport.

### About Wosport:

Wosport is the perfect all-in-one app to achieve your health and fitness needs. Wosport guarantees results without the need to pay for expensive equipment or monthly gym membership fees. Get to know your body's capabilities and limits as Wosport becomes your own personal trainer.

### Device Requirements:

- \* iPhone, iPad, and iPod touch
- \* Requires iOS 7.0 or later
- \* 13.2 MB

### Pricing and Availability:

wosport (v203) is Free and available worldwide exclusively through the App Store in the Health & Fitness category. Follow us on Twitter and Facebook to stay updated with the app.

### wosport (v203):

<http://wosportapp.com/>

Download from iTunes:

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

<https://itunes.apple.com/app/id862991011>

Screenshot 1:

<http://a4.mzstatic.com/us/r30/Purple3/v4/04/d8/cf/04d8cfd7-090c-c0d9-9a6d-7a242860e470/screen568x568.jpeg>

Screenshot 2:

<http://a4.mzstatic.com/us/r30/Purple5/v4/f2/d1/6f/f2d16f4c-c30f-dd41-c086-ffa19757f8d4/screen568x568.jpeg>

Screenshot 3:

<http://a5.mzstatic.com/us/r30/Purple3/v4/db/09/d3/db09d362-4463-0a49-b0aa-a403ecfe936c/screen568x568.jpeg>

App Icon:

<http://a4.mzstatic.com/us/r30/Purple7/v4/8a/c7/1e/8ac71ee1-3e8f-1fa3-db64-83f9e66f82af/icon175x175.png>

Marcos Camn Latre is a professional personal trainer who has a passion towards helping others achieve their fitness and health goals. In the light of his passion, he decided to make an app for training. After much time and effort, WOSPORT was built. All Material and Software (C) Copyright 2015 Marcos Camn Latre. All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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Founder

+34676543106

[account@comboapp.com](mailto:account@comboapp.com)

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