

## Transform your phone into a free personal trainer with Updown Fitness

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Updown Technologies, Inc. today announces Updown Fitness 1.5.0, their free personal workout trainer developed for iOS and Android devices. Bored with your same old gym routines? Then Updown Fitness is for you. This app helps anyone from beginners to experts create, perform, and share the perfect workout. Easily create workouts from scratch by choosing from over 1500 fully animated exercises at your fingertips. Or, have Updown create a workout for you, just like a real personal trainer.

Madison, Wisconsin - Updown Technologies, Inc. today is excited to announce the official release of Updown Fitness 1.5.0, their free personal workout trainer developed for iOS and Android devices. This interactive and smart app creates customizable workouts from a database of 1500 exercises that can accommodate any user. Updown allows individuals to exercise at any location at any time, no matter the experience level.

Updown Fitness transform a users' phone into a personal trainer without the cost. Users can choose from five different workout types: cardio, strength, core, cross, and stretch. Additionally, a user can create a workout from scratch if so inclined. Once a workout type is chosen, users then select their time, location, and level of intensity to make a workout truly theirs.

The app instantly produces a workout which the user can then perform by following along with the timers and animations. The app records and analyzes all workouts completed and is as specific as possible to provide the best results. A feature unique to Updown, a proprietary algorithm uses the past recorded data when creating new workouts. Parameters such as reps and weights are adjusted to the users's strength levels and will gradually become more challenging so that the user will never hit a plateau.

Developed with the notion that fitness is more fun with friends, Updown allows for users to easily share workouts with friends through the app and also allows users to share their results on Facebook. The app also keep users on track by providing a points and level system. Individuals earn points from the progress they make and stay motivated by striving to improve their own score or competing with their friends.

As a spokesperson from Updown Technologies, Inc. states, "Our vision is to develop an easy-to-use, smart fitness application that is specific to your needs and desires." Through its impressive custom functions, social networking component, and clean design, the Updown Fitness app is a fantastic choice for the busy and motivated individual who desires to build and perform the perfect workout routine. There are no more excuses with Updown.

### Device Requirements:

- \* iPhone, iPad, and iPod touch
- \* Requires iOS 6.0 or later
- \* 15.7 MB

### Pricing and Availability:

Updown Fitness 1.5.0 is Free and available worldwide through the App Store in the Health & Fitness category. There is also an Android version available on Google Play. Members of the press may also find additional information at Updown Technologies online.

### Updown Fitness 1.5.0:

<https://www.updowntech.com/>

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

Download from iTunes:

<https://itunes.apple.com/app/updown-fitness/id1057346888>

Download from Google Play:

<https://play.google.com/store/apps/details?id=com.ionicframework.updownapp567681>

Screenshot:

[https://lh3.googleusercontent.com/EGzGVeWAV\\_qzCAeASEtg9QZnkYgQwETup95asShTA9YGTbfijrxJktuoZ2CyiZQWhl8=h310](https://lh3.googleusercontent.com/EGzGVeWAV_qzCAeASEtg9QZnkYgQwETup95asShTA9YGTbfijrxJktuoZ2CyiZQWhl8=h310)

App Icon:

<http://www.androidheadlines.com/wp-content/uploads/2016/01/Updown-Fitness-Review-1.png>

Founded in 2015 and headquartered in Madison, Wisconsin, Updown Technologies aspires to make the world more active. The Updown team understands the competing tasks that vie for individuals' attention every day, and they want to keep their users motivated by making workouts fun, simple, and rewarding. United by their common passion for health, the Updown team also aims to build a community of users who encourage each other to achieve their personal fitness goals. All Material and Software (C) Copyright 2015-2016 Updown Technologies, Inc. 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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