

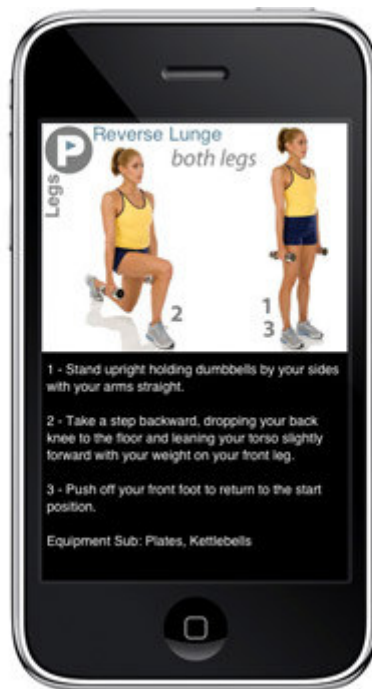
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THE BEAUTY EXPERT

HAIR MAKEUP FRAGRANCE SKIN CARE AND MORE
DAILY BEAUTY REPORTER BLOG

Killer Weight Loss App

April 08, 2009



If you're like me, your iPod (and a little Beyoncé) make the odds of working out spike. And there's a brand-new way good old Apple can help you shape up. **FitnessBuilder**, an app for iPhones and iPod Touch, is kind of like the Polly Pocket edition of a personal trainer. There are a zillion apps out there, but unlike other fitness ones we checked out that offer creepy pictures of Sims-like characters doing push-ups, or estimate calories burnt with weird algorithms, FitnessBuilder comes with ready-made workouts, images, and videos for every situation. Have twenty minutes and a yoga ball? You're in luck. Want to get toned in three days? Go for Body Building Three-Day. At \$19.99, it's a little pricier than some other applications, but well worth it—and a lot better than buying five games.