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iPhone, Therefore iFit: Use Your Cell to Pump Your Muscles and Plan Your Diet

June 9, 2009



SURE, THE IPHONE can make calls, but can it make over your body? We tested 50 health and fitness applications on the tech set's favorite gadget to see what has the magic touch. Here are our favorites.

» **FitnessBuilder**

(PumpOne, \$19.99) Released in April, it's admittedly pricey. But the app, which bills itself as "the world's largest exercise library," boasts 400 ready-made workouts and 4,000 exercise images. You can view any exercise with a male or female trainer, and you can search exercises by muscle group or equipment and then play a video to see it performed. Just prepare to be overwhelmed. Want to strengthen your lower back? You'll have 47 options.