

# Fitness Builder review

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## We review Fitness Builder, a premium app with a fab interface that lets you plan your workouts

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There are a lot of fitness apps on the iPhone these days and many of them are free. When we were browsing the App Store for some to review, and stumbled across one that costs as much as Fitness Builder does, we were intrigued to see what the [developers](#) were offering for the price tag.

The first thing Fitness Builder asks you to do is to create a free account (or alternatively use your Facebook login) in order to 'access the 400+ workouts and 4000+ images' that the app provides. This might explain why it requires a Wi-Fi connection. However, this is only half the story - to access the full number of fitness workouts and images you'll need to pay for a 'Plus' subscription.

The standard fee will 'only' net you 200 workouts and 2000 images and videos. Once you're logged in and you've set your profile with data such as age and height, you're good to go. The first thing you'll notice at this point is that Fitness Builder has high production values.

The interface is one of the best we've seen for any iPhone app so far. The first thing we did was to add a workout, something that immediately illustrates how comprehensive the lists are. The workout creation page is as slick as the rest of the app and lets you choose a body part, such as back of back or biceps, and then lets you choose the equipment that you want to use such as barbell or dumbbells, ideal if you're working with limited gear.

Once this is done the app lists all the workouts it knows using that combination, providing photographs and instructions in a step-by step format for each one. You can drag and drop the icons into the bar on the left hand side making a combination of workouts you want to use.

You're also given the option to view the instructions for a workout in video format, which has the voice of a cheesy American muscle man, carefully and clearly explaining the steps for each one. Not only is the 'meat and bones' of the app executed perfectly but Fitness Builder also boasts a comprehensive feature list. From the home page you can a fitness calculator which helps measure things such as body mass index, access their news feeds via twitter and make a log of your progress.

We can't imagine finding a more comprehensive or better made app than this. You definitely get your money's worth.

### Fitness Builder info

**Platform:** Apple iPhone

**Cost:** Free

**Developer:** Pumpone

**Website/Demo:** [Pumpone website](#)

**Ease of use:** ★★★★★☆

**Value:** ★★★★★★

**Features:** ★★★★★★

**Overall** ★★★★★★

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