

SELF

Fresh Fitness Tips

Calling all fitness lovers

Monday, May 11, 2009 at 9:00 AM
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It's Karina again, hi! I was recently introduced to yet another reason to covet the iPhone and since this one is fitness related, I just had to share...

I attended the launch party for **FitnessBuilder**, a new iPhone application by **PumpOne**, which is a company that specializes in portable personal training. (FitnessBuilder is PumpOne's first iPhone app.) While there, I chatted with one of the cofounders Declan Condron, who has a background in exercise physiology. Declan took out his own iPhone and tapped around the application to show me how it works, explaining along the way. And while the event itself was pretty snazzy (check out the picture below!), it was easy to tell FitnessBuilder was more than a flashy iPhone gadget.

I got to play around with the application myself at this mock Apple store area. (If only I had taken this cool picture; it's courtesy of PumpOne.)



FitnessBuilder has over 400 pre-designed workouts, from abs exercises to post-natal training. It guides you through the workout

with specific instructions, videos and images (more than 4,000!), and lets you track and log your progress as you

go. Personally, I love how specific everything is. One of my favorite components was the search option that categorizes workouts based on your space or setting limitations. For example, you can select workouts without equipment or routines for training in a hotel. And if you don't care for any of the ready-made workouts, you can build your own! (Check out PumpOne.com for more details.)

This is the "Workout Builder" screen.



All in all, I was impressed with how well-developed FitnessBuilder is and I could see myself using it regularly, especially for those times I get to the gym and can't figure out what to do -- that is, if I didn't plan ahead with my SELF magazine! Now if only I had an iPhone... Looks like it's time to start saving!