

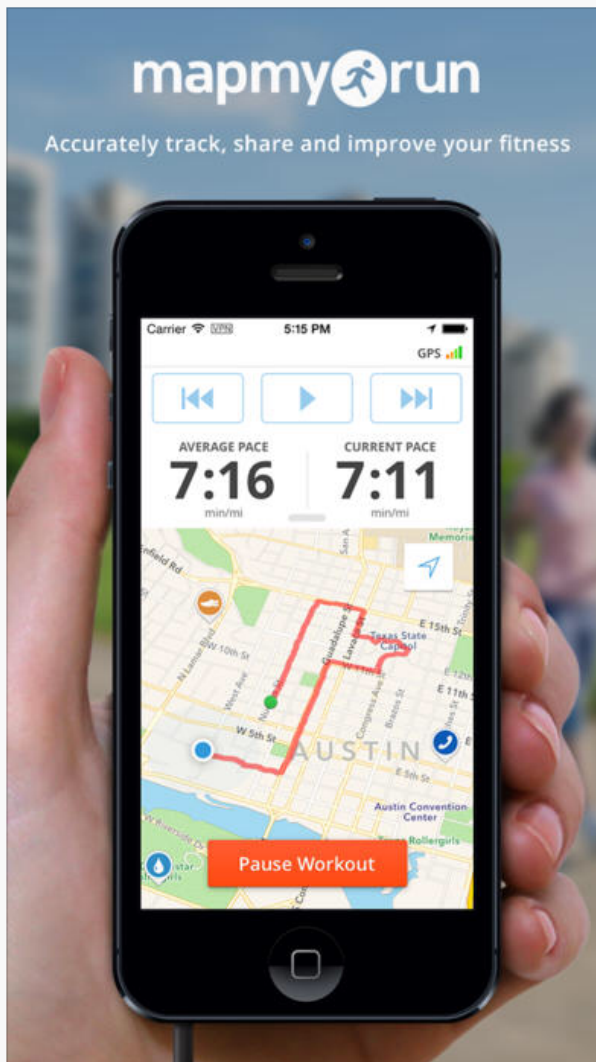
Class #8

Mystery Class – Fitness Apps

Lori has decided to train for her first 5K run. She would like to hire a personal trainer but doesn't have the budget for this. She has an iPhone and has been checking into free apps that would be just as helpful as a personal trainer! She would like to track her heart rate, mileage, and integrate her iPhone music playlists. However, her first priority is training for the 5K. Which app would be the best choice?

#1

Map My Run



Track running, cycling, and other activities with:

- Pace
- GPS Route Mapping
- Distance
- Route navigation
- Calorie Counting
- Nutrition, food, diet & weight

tracking

- Real time Stats during workout
 - Voice

prompts that give updates on progress

- Sync with heart rate sensor
- Post workouts to Facebook &

twitter

- Tracks in the background so

you can

listen to music, take calls, and use any other feature of your phone while still tracking

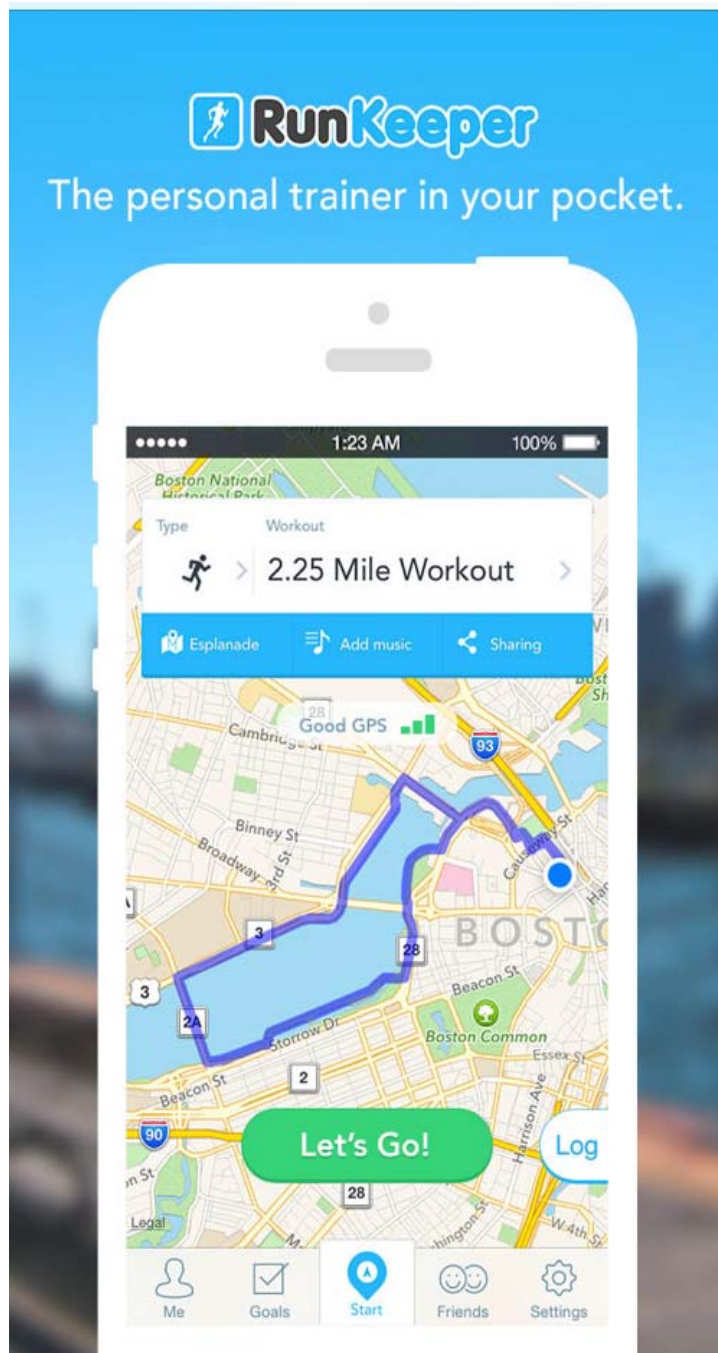
- Compatible with iPhone, iPad

and iPod

touch. The app is optimized for iPhone 5

#2

RUN KEEPER



Tracks your runs, walks, bike rides, and all other fitness activities.

Calculate running pace, route distance, elevation, and calorie burn in high accuracy and real time.

Find and follow pre-planned routes and see your location route on a map.

Follow training plan workouts or create your own with audio coaching.

Get audio updates while you work out about your total mileage, calorie count, pace, & speed.

Syncs with heart rate monitor to track your heart rate and stay in heart rate zones.

Use your iPhone 5 to track cadence and steps while you train.

Run while listening to music – Run Keeper automatically integrates with your phone's music app.

Easily add your indoor cardio and gym workouts right in the app to keep a full training log.

Get coached through each workout while you run with audio cues.

#3

RUN 5K



This app will take you from not running to being able to run a 5K in just 8 weeks.

Voice coaching gives you easy and clear instructions.

Each workout has an inspiration quote.

Earn achievements as you complete each exercise.

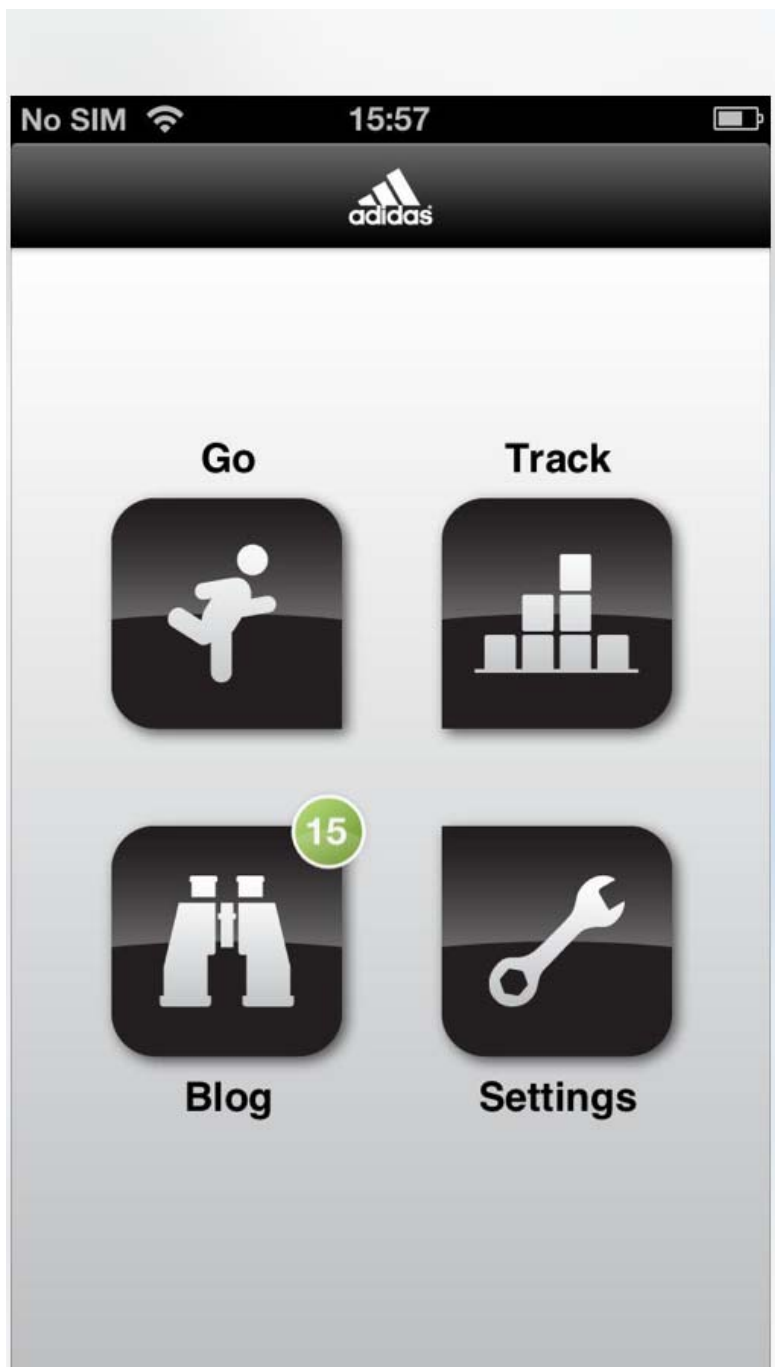
Share your achievements with your friends through social media.

Listen to your own music while running. Instructions blend with your music.

The free version includes the first 5 workouts. The rest are available to unlock with an in app purchase (for 2.99).

#4

ADIDAS MICOACH



Micoach uses GPS and real time voice coaching in your ear to pace you through easy to understand workout zones as you run.

Choose a training plan tuned for your sport to build speed and endurance.

Track and share your achievements with the app or at micoach.com

Measures your distance, pace, calories burned and elapsed time.

Get daily planned workouts and coaching feedback delivered to your phone.

Easy access to your music during your workout.

Tracks your shoe usage with wear alerts.

Highly customizable audible alerts.