

Zones

Training with
Exercise Intensity
for iPhone and Apple Watch



Flask Releases Training App for iPhone and Apple Watch - Zones for Training with Exercise Intensity

Zones monitors your exercise intensity and visualize it in meaningful ways. Know your activities and be smart about how you workout.

On Apple Watch, Zones uses many features of watchOS 3, and it takes your fitness training to the next level.

- Monitor real-time exercise intensity and heart rate during workouts.
- Tap you on the wrist when your heart rate zone changes.
- Track your workouts without iPhone.

On iPhone, you can use Zones as a total workouts dashboard.

- Show your time spent in the four Heart Rate Zones which indicate the exercise intensity.
- Display all workouts data from the Health app.

We have developed a new app for the latest OS. Please try the latest features in Zones.

App Name	Zones
Price	Free
Launch Date	Tuesday, September 13, 2016
Compatibility	iOS 10.0 or later. watchOS 3.0 or later.
Category	Health & Fitness
App Store	https://itunes.apple.com/app/id1139688415
Web	http://flaskapp.com/zones/

Developer

[Flask LLP](#)

Flask is an indie app development company. We are a small team of two, working in Tokyo, Japan. We are focusing on making iOS apps, mainly Health & Fitness category. We are known for [FitPort](#) app and [Standland](#) app, featured in many publications.

Hideko Ogawa
info@flaskapp.com