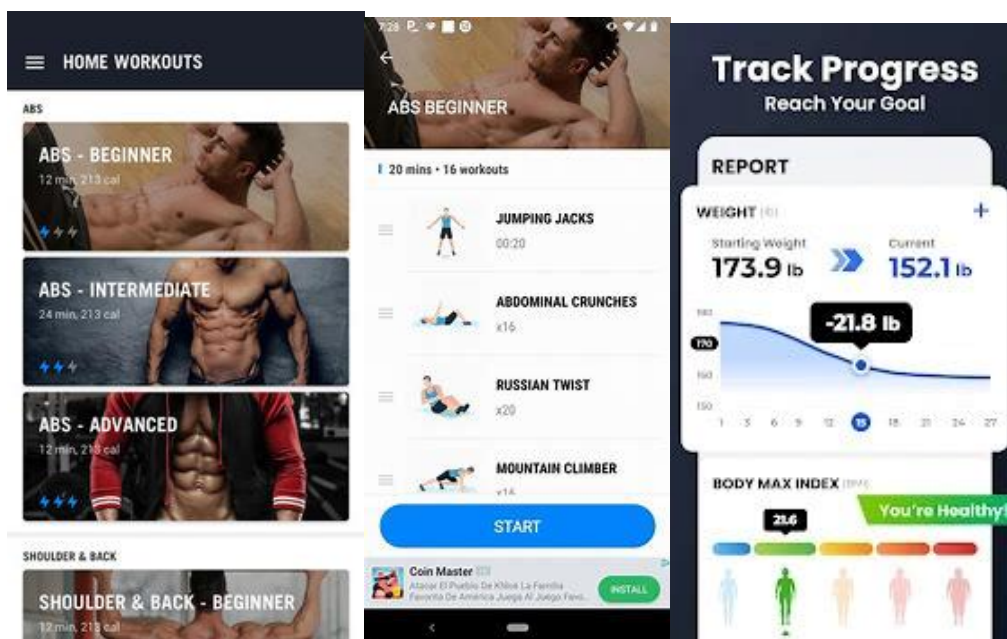


# Mobile Apps Review

## HOME WORKOUT

This app is the solution for those who prefer to exercise at home. It offers a variety of workout routines that target different muscle groups. Because of this, the users can customize our fitness journey to our liking. This app also detailed video links and animations to guide the user when doing certain exercises to prevent injuries. It also provides daily reminders to keep the user in track of our wellbeing. This app also provides different types of diet plans as well. They provide the diet plan by making the user do surveys. This is done the first time you open the app after downloading and it ask questions like how frequently you do workout, what you consume daily and how many push ups we can do in a row.

One of the major strengths of this app is its user-friendly interface, making it easy for all users with different needs. Having to use no equipment for these workouts is another reason why this is easy for anyone to try out. As I mentioned earlier, there are various workouts which focus on certain muscle groups such as abs, chest, legs, arms, shoulders & back. And all of them are categorized under three levels as 'Beginner', 'Intermediate', and 'Advanced'. The following image shows how the levels of the ab workouts are viewed on the app.



## Ravinath

As you can see in the second figure above, the exercises that are in the workouts are clearly showed through simple animations and video guidance for each exercise, so you can make sure you use the right form during each exercise. And on the third image, we can see how it tracks our progress and give a report on how well we've done. Some features of this app which is shown on its online website is shown below.

### Features

- \*Warm-up and stretching routines
- \*Records training progress automatically
- \*The chart tracks your weight trends
- \*Customize your workout reminders
- \*Detailed video and animation guides
- \*Lose weight with a personal trainer
- \*Share with your friends on social media

(More info about this app can be found in GooglePlay)

Its main weakness which should be mentioned is the various ads which pop up when you're trying to start a workout. Most ads are about 1 minute long which can be quite irritating because you have to watch it after you get pumped up before you begin the workout. Even though it is a headache to watch ads it's not really a major issue. But it could benefit from a wider range of difficulty levels to cater to more advanced users.

When you go to Play Store, all the reviews you see on the app are mostly positive. Such as,

In the reviews the problem regarding the ads is also mentioned and how paying for ad-free use also has other benefits.

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***“This app is ad supported when free or you can pay to remove the ads and use it with some other benefits. I will likely pay for it as some point as I greatly appreciate the options and implementation.”***

***- Austin Danisher***

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Some people have also mentioned that the ads aren't a major issue and it doesn't affect their workouts.

Below are some more pictures for reference which shows the apps focused areas

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***“The ads are minimal and non-intrusive, letting you concentrate on your workout without interruption whilst giving the app revenue helping keep the app a free experience for you and anyone you know.”***

***- Kip Homerski***

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and how it makes our workout plans for a specific time period.

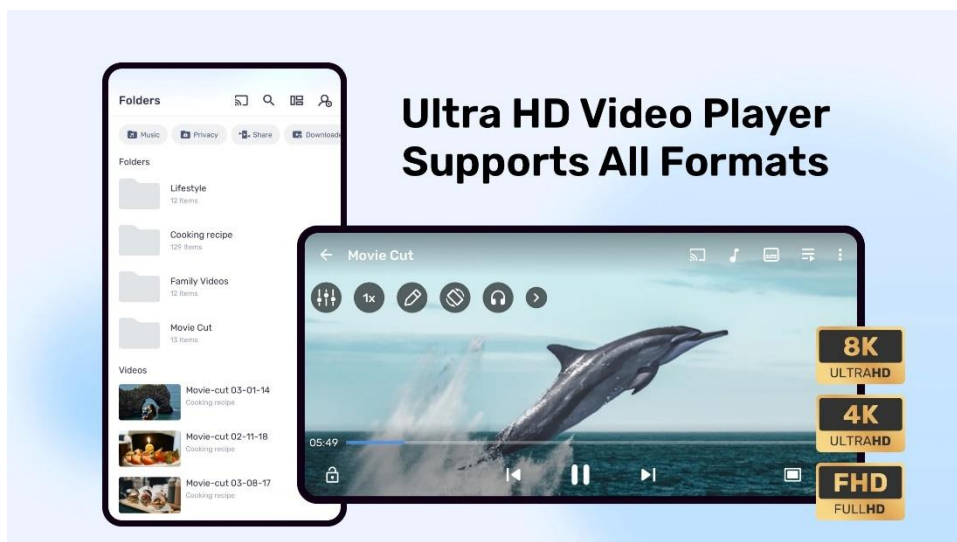


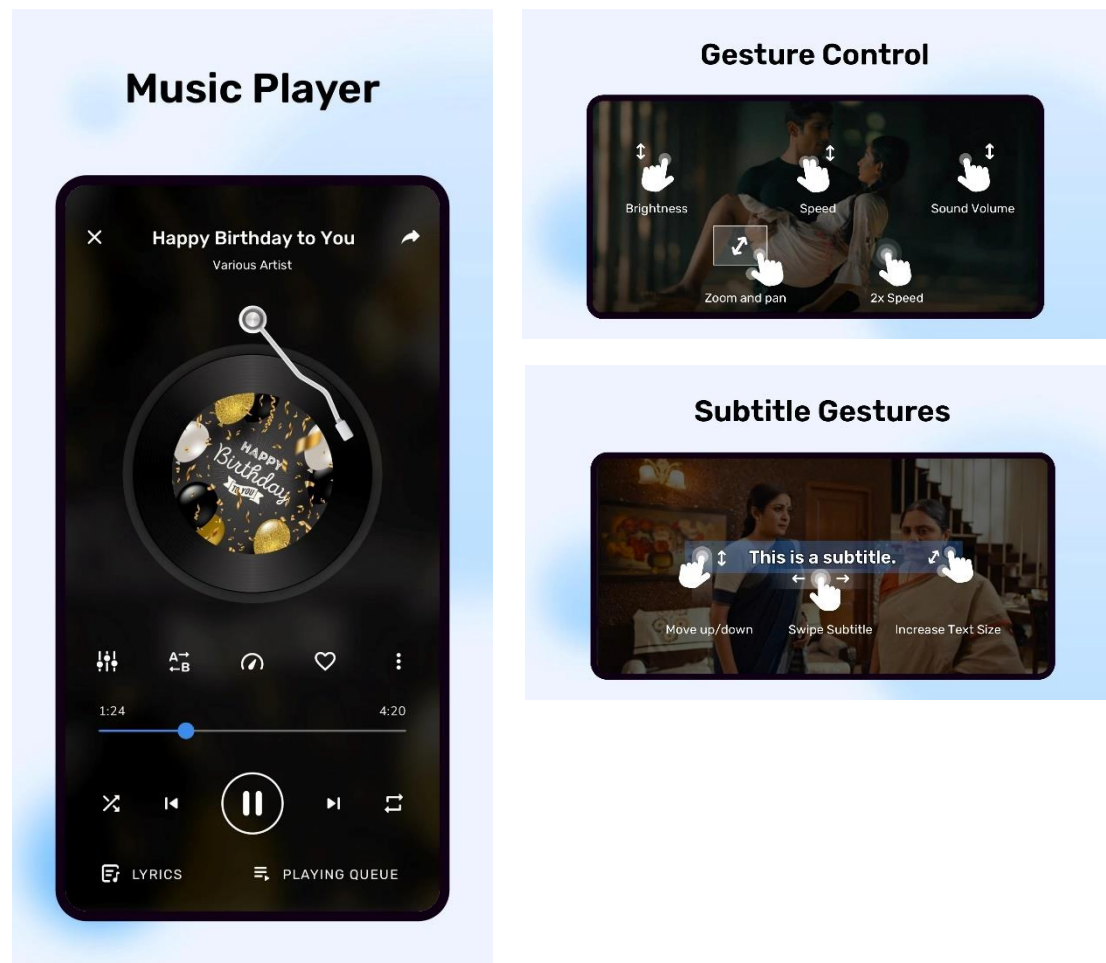
Overall, the Home Workout app is an excellent choice for people improve their health and fitness routine in the comfort of their home. As mentioned before, it has a variety of workouts, a user-friendly interface, and personalized workout plans. Despite a few minor issues, it's a good tool for home fitness and it's definitely worth a try!

## MX Player

MX player is an all-round video player that supports many popular video formats. It has a very user-friendly interface with a superb design which makes using the app more interesting for the user. This app can not only play videos, but it can play music as well. This is a video player app that allows users to organize their videos into folders of their choice. It also has many settings options, such as changing the theme, adding subtitles, language, changing frame rate, and video length. Although this app has many features, the main feature of this app is the fact that it allows users to organize their videos into folders of their choice. The app is available on Play Store.

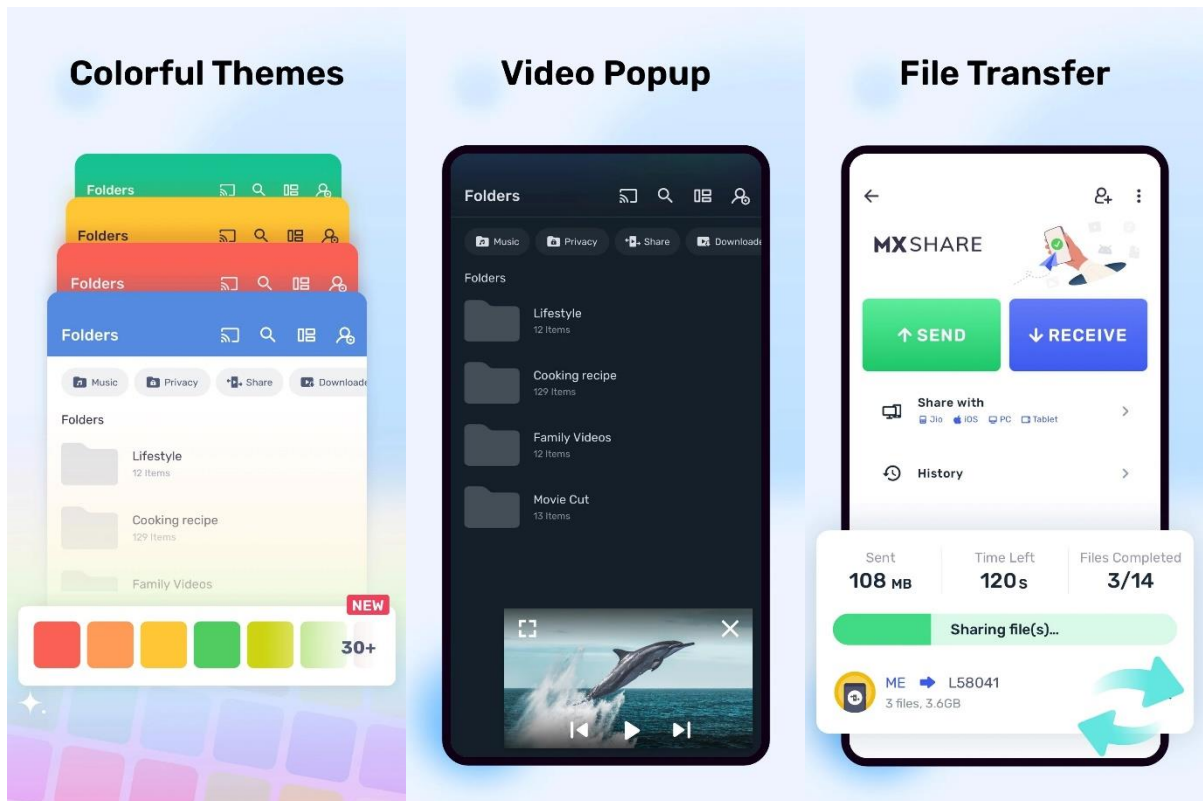
MX player's user-friendly interface has made it very attractive and easy for the user to use. This is because you can play your videos in just two clicks just after opening the app. Once you open the app, you will be presented with the folders where your videos are stored. And it highlights the folders if any new videos are added. The app also has an Advanced Gesture Control feature that allows users easy control of various functions such as brightness, volume, video seeking, fast-forwarding, zoom and pan, rewinding, playback speed adjustment, subtitle-based seeking, and even resize or reposition subtitles. You can see the many of these features available on the app in below images.





There is also an option where you can change the app theme, video pop-up option and fast file transfer. All these features help the user by to engage in higher activity when on the app. Though having this many features do make it harder to remember everything and it becomes complex.





MX player has helped many users with their advanced video viewing technology. This can be observed by the reviews given on it by different users in PlayStore as above.

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***“EXCELLENT. A little advanced and complicated, with a few ads, but once you get used to it is good.”***

***- Umer ruknuddin***

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***“This is an exceptional video player application. The user interface to being with is super friendly and comfortable. The features make it easy to navigate through customisable settings to ease watching cinematic masterpieces.”***

***- Muhammad-taha Ibrahim***

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***“The only Player I use, for video. Love it. Plays in background too, but hard to find that setting. Thanks, great app. I've used it for years now.”***

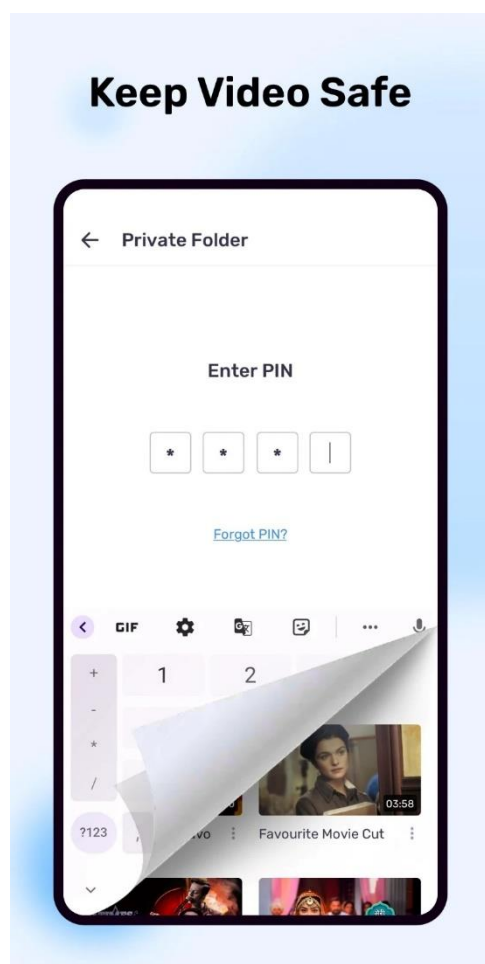
***- Glen Merwyn***

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# Ravinath

MX player is a reliable video player app that has been around for a while as it is mentioned above “I've used it for years now”. The above comments are testaments to the app's reliability and stability. It is always reassuring to know that an app can be used for an extended period without any issues.

One strength of MX player is that it has an option to lock some of your videos using a pin so no one can access them. This feature provides an extra layer of security to your private videos. You can easily enable this feature by going to the settings of the app and selecting the videos you want locked. Once you have locked your videos, they will be protected by a pin that only you know. This is a great way to keep your private videos safe and secure. An image of this feature is given below.





## Ravinath

MX player is a great video player app that offers many features and settings options. However, one weakness of the app is that it takes up to 20MB of device storage space due to its many setting options. This could be a problem for users with limited storage on their devices. If you have a device with limited storage space, you should consider using a different video player app that takes up less storage.

Another major weakness of this app is that advertisements pop up whenever you're watching a video. This is one of the most common complaints about the app. This can be observed by the reviews given above about this issue on PlayStore from other users.

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***"If you want to watch 1 h movie you have to watch same add for 100 times which makes you feel frustrated."***

***- Meena Thapa***

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***"Adds suck above all whenever I pause the video it does not stop at the exact point where I pressed to stop but it moves few seconds reverse."***

***- A.H Creative***

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These ads can be quite irritating and can disrupt your viewing experience. Fortunately, you can remove ads from MX player. You can either purchase the pro version of the app which is ad-free or use an ad blocker such as NordVPN threat protection 12.

So overall mx player is a great video player app that offers many features and settings options. It is easy to use and reliable. The ability to lock some of your videos using a pin is a great feature that provides extra security to your private videos. It does have some weaknesses as well such as taking up some storage space and ads keep popping up. Despite these weaknesses, MX player is still a great video player app that I would recommend to anyone looking for a reliable video player with many features.

Source used to find out about video players and its benefits: -

Ravinath

<https://www.contus.com/blog/best-html5-video-players/>