**ASO for:**

**Lose weight everyday (Android/ play store)**

**Written according to Google ASO factors**

**Google policy link https://android-developers.googleblog.com/2021/04/updated-guidance-to-improve-your-app.html**

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**App Title name (Aso optimized)**

**Weight Loss: Fitness Challenge**

**Short description (ASO Optimized)**

Do quick workouts to slim fast with 30 fitness challenges & shape your body. **(max 80 words allowed)**

**ASO Optimized Full description (595 words)**

Weight Loss & Fitness challenge app helps you lose weight through quick workouts and easy shape your body as you want, and the app has fat burner plans for everyone. You can achieve your slimming challenge with a faster way to fat loss in somedays like 21 days challenge weight loss and lose fat in 30 days and also have the best workout plan for beginners workout for women. We have planned fat burner exercise with diet plans that are helping to lose weight with 30 fitness challenges. Following this Fat loss extreme workout, you can efficiently shape your body gorgeous and slim in splits in 30 days. Each day, we will expand slimming Workouts to a loss weight plan at home step by step, and you will slim fast.

**Why choose Weight Loss: Fitness challenge app?**

👉 Lose weight every day with five mints workout and set your weekly goal

🏋️‍♀️Multiple workouts collections with Routine exercises

😍 A faster way to fat lose & Lose your belly fat with a slim fast taking waist workout

💡 Shape your body with a full body workout at home for women & men

🤞 Scientifically verified plans for belly fat burning workout to lose weight and improve health and different excises like thigh workout get slim thighs, waist workout, men weight loss and much more.

👌 Training guidance in every workout enable you to use the right physique to get better results

You can easily track weight loss progress with different kinds of workouts with Abs, Thigh, Arm, and Butt workouts will help you slim fast, and You will be able to remove the extra fat with a fat burner workout to improve your body shape. No need for any workout tool or equipment, you can do all exercises at your home any time. You can set your weekly workout goal to track burned calories with loss weight plan progress. Follow quick workouts that take 5 minutes each day with a faster way to fat loss and stay healthful.

Ho to use Weight Loss: Fitness challenge app:

* The open app and Set Your Workout goal and select the training period & day.
* Next, choose your workout from multiple loss weight plan excise such as Abs workout as beginner, intermediate or advanced then follow workout steps and do in time.
* You can also add info about you in your profile height & weight.
* With settings, you can Set your workout reminder, count downtime, sounds, Rest time, and language.
* Using Routine workouts, you can do exercise of morning warmup & sleepy time Stretch.

The entire workout plans are prepared to slim fast by Professional fitness trainers. The workout power boosts step by step, and all workouts are split into three different levels to fit All ages Women's & Men's:

Beginner: For who wants to start losing weight with workouts

Intermediate: For those people who desire to be a complete fitness challenge

Advanced: For people who wants to Boost workout strength with a full body workout at home

We have All Types of workouts for losing weight & burning fat from the human body parts.

✨ABS Workout:

With Abs workout, you can build your abs and get you to look toned of upper body workout. Abs exercise will improve Your body, solidity, and balance to burn fat & shape your body. We have different levels of ABS workouts in our app you can select and complete to build sold body without any Fat.

🏋️‍♀️ Butt Workout:

If you want to make a muscular butt, you desire to fulfill workouts from every angle. We have various Butt workouts for women's & men's. You can choose any butt exercise and develop your butt and remove extra fat from it.

😍 Thigh workout:

You can do a thigh workout get slim thighs with our app. It has many leg fat loss workouts to get strong legs and lose weight with simple exercises.

👀 Routine workout:

We have all Routine exercises to lose weight in your routine life. It's a faster way to fat loss to get a slim body without doing heavy workouts.

Now install Weight Loss: Fitness challenge app on your android devices and enjoy the endless experience of weight loss just completing workouts at home.