Charles Proxy:

Charles is an HTTP proxy/HTTP monitor/Reverse Proxy that enables a developer to view all of the HTTP and SSL/HTTPS traffic between their machine and the Internet. This includes requests, responses and the HTTP headers (which contain the cookies and caching information).

Charles is an HTTP proxy server. Proxying requests and responses enables Charles to inspect and change requests as they pass from the client to server, and response as it passes from the server to client.

* Download Charles proxy from Charles proxy official website.
* First find the ip address of the local machine
* Find port number from Charles proxy setting
* Then enter these ip address and port number in iphone > config proxy > manual