

STAY FIT. STAY STRONG.

APEX FITNESS

Key Features

- Get available exercises for all body parts using your gym equipment
- Create and track new workouts
- Reuse previously completed workouts
- Includes recommended exercises for your goals
- Includes bodyweight exercises to complete your workout routines
- Add or remove your gym equipment
- View previously completed workouts
- E-mail reminders sent after 48 hours of inactivity
- Completely FREE!!!

Contact Information:

651.123.4567



APEX FITNESS is designed for all levels of users to have the ability to customize their own exercise workouts based on the machines or equipment available to them. This is also a perfect application for beginners, who are looking to stay fit but don't have countless hours searching the web for exercise workouts based on limited equipment. Users will be able to save and track their workouts.

- Create workouts using only the specific equipment available to you
- Personalized your workout plan with lists of exercises that you can do
- Save and track your workouts
- User profile allows you to add and update your gym equipment
- Option e-mail reminders to keep you on track

For more Information visit:

www.APEXFITNESS.com