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## Sample Code

# Building a workout app for iPhone and iPad

Start a workout in iOS, control it from the Lock Screen with App Intents, and present the workout status with Live Activities.

Download

iOS 26.0+ | iPadOS 26.0+ | Xcode 26.0+

## Overview

### Note

This sample code project is associated with WWDC25 session 322: [Track workouts with HealthKit on iPhone and iPad](#).

## Configure the sample code project

To configure the sample code project, do the following:

1. Open the sample with the latest version of Xcode.
2. Set the developer team for all targets to let Xcode automatically manage the provisioning profile. For more information, see [Set the bundle ID](#) and [Assign the project to a team](#).

## See Also

## Sessions



## Running workout sessions

Track a workout on Apple Watch.



## Build a workout app for Apple Watch

Create your own workout app, quickly and easily, with HealthKit and SwiftUI.



## Building a multidevice workout app

Mirror a workout from a watchOS app to its companion iOS app, and perform bidirectional communication between them.

```
class HKWorkoutSession
```

A session that tracks a person's workout.

```
class HKWorkoutConfiguration
```

An object that contains configuration information about a workout session.

```
enum HKWorkoutSessionState
```

A workout session's state.

```
class HKLiveWorkoutBuilder
```

A builder object that constructs a workout incrementally based on live data from an active workout session.

```
class HKLiveWorkoutDataSource
```

A data source that automatically provides live data from an active workout session.