Sample Code

Building a multidevice workout app

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

Download

iOS 17.0+ | iPadOS 17.0+ | watchOS 10.0+ | Xcode 15.0+

Overview

Note

This sample code project is associated with WWDC23 session 10023: Build a multidevice workout app.

Configure the sample code project

This sample code project needs to run on physical devices. Before you run it with Xcode:

- Set the developer team for all targets to let Xcode automatically manage the provisioning profile. For more information, see Assign a project to a team.
- In the Info pane of the `MirroringWorkoutsSample Watch App` target, change the value of the `WKCompanionAppBundleIdentifier` key to the bundle ID of the iOS app.

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 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.

`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.