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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.