WorkoutKit / Customizing workouts with WorkoutKit

Sample Code

Customizing workouts with WorkoutKit

Create, preview, and sync workouts for use in the Workout app on Apple Watch.

Download

iOS 18.0+ | iPadOS 18.0+ | Xcode 16.0+

Overview

> **Note**
>
> This sample code project is associated with WWDC23 session 10016: Build custom workouts with WorkoutKit and WWDC24 session 10084: Build custom swimming workouts with WorkoutKit.

Configure the sample code project

Before you run the sample code project in Xcode:

1. Open the sample with the latest version of Xcode.

2. Select the top-level project.

3. Click the target and select a team in the Signing & Capabilities pane.

Plan a workout and track its progress

To run the sample code project in Xcode:

1. Make a clean build and run the sample app on an iPhone with iOS 18 or later.

2. Tap the calendar icon in the top right of the sample app and select a workout type.

3. Open the Workout app on a paired Apple Watch running watchOS 11 or later.

4. The planned workout appears at the top of the Workout list on the watch.

5. Tap to begin the workout.

6. Wait at least 1 minute for the Workout app to complete the workout.

7. End the workout.

8. In the sample app, swipe the Workout list to refresh the view.

9. A green checkmark appears next to the completed workout.