Workout where you are

Tone up and tighten your body with PoWorkout. Twelve fast workout routines containing cardio and strength training - for anyone wanting a more firm, stronger and tighter body. Get your training done effectively with PoWorkout anywhere, anytime. Start and log your training using your iPhone. Gather workout points and share your success on Facebook and Twitter.

Start training on your own level and advance in your own pace. Become a more well trained version of yourself with iPhone application **PoWorkout**.

Choose your workout routine and level, press start button, workout as iPhone application **PoWorkout** guides you to and log your training. **PoWorkout** remembers the number of sets and repetitions from your last workout and can function as your personal trainer in your iPhone.

12 complete workout routines
PoWorkout is forthcoming, effective and fun training that goes fast to perform. Choose to train the exercises in each workout routine as circuit training or one by one. Each workout routine takes 5-10 minutes.

The twelve workout routines of functional strength training and fat burning can be combined with each other or be trained one at the time, although one **PoWorkout** is enough to get you sweat!
- It's easier to succeed with the training by going for fun, fast, effective and forthcoming workouts. Each PoWorkout routine is enough as a workout, but if you are still on training mood after one routine, just click on and continue with your training. All routines can be combined with each other, explains Susanne Jarl and Caroline Nilsson, the two swedish women behind **PoWorkout**.

Workout where you are
Your iPhone is most likely always where you are, so you can train your **PoWorkout** at home, at the gym, in the hotel room, on your vacation or business trip. Each workout routine in **PoWorkout** is also great to combine with your run, power walk, cross training, cycling. Train it before, after or during.

Measure your results
Keep track and measure your training results by gathering points. The more points you collect, the better shape you get in!

Share your joy of workout
If you want to, after you finish **PoWorkout**, share your success workouts with your friends by using for example Facebook and Twitter.

PoWorkout is available now in App Store.

For more info, visit poworkout.com or contact the developers:
Susanne Jarl, +46 76-803 10 22, susanne@susnet.se
Caroline Nilsson, +46 70-660 16 11, caroline@carolinenilsson.com

Description in App Store:
Tone up and tighten your body with PoWorkout - for anyone wanting a more firm, stronger and tighter body.

PoWorkout includes twelve fun, fast, simple and effective workout routines of cardio and strength training. You can exercise with it anywhere, anytime.

Choose your workout routine and level, hit start button and PoWorkout will guide you thru the entire workout and log your training results.

Begin training on your own level and advance in your own pace. Gather workout points and if you like, share your progress with friends on Facebook and Twitter.

You can choose to do the exercises in each workout routine as circuit training or one by one. Each workout routine takes 5-10 minutes. PoWorkout is forthcoming, effective and fun training that goes fast to perform.

PoWorkout will remember the number of sets and repetitions from your last workout and can function as your personal trainer in your iPhone.

Combine the twelve workout routines with each other or train one at the time, one PoWorkout is enough to get you sweat!

Workout where you are, your iPhone is most likely always where you are. PoWorkout at home, at the gym, in the hotel room, on your vacation or business trip.

TIP! The workout routines are also a great complement to your run, power walk, cross training, cycling, group training classes and other cardio. Train it before, after or during.

Keep track and measure your training results by gathering points. The more points you collect, the better shape you get in!

Do 5-8 PoWorkouts per week and you will note results within 3-4 weeks. Become a more well trained version of yourself with iPhone application PoWorkout - your PoWerful workout.

PoWorkout is developed by Susanne Jarl and Caroline Nilsson, Stockholm, Sweden. They both love to workout fast and effective! Caroline has been in the fitness industry nearly 20 years and also has a workout site, gymglam.se. Susanne is a Computer Engineer and also runs the popular food site recepten.se.

PoWorkout Trim-Edition is the first episode of smart training programs - welcome to join us from the beginning!

We would also love to hear you feedback, submit it on poworkout.com and be a part of making PoWorkout even better.

Feature list
- 12 complete workout routines and 36 different simple but effective exercises: 1. Fab Abs, 2. Belly Work, 3. Back Blitz, 4. Core Force, 5. Power Posture, 6. Toned legs, 7. Firm Bum, 8. Booty Shape, 9. Explosive Body, 10. Total body mix, 11. Athletic Cardio, 12. Functional Fat Burning
- 30 levels so you can start training on your own level and advance in your own pace.
- Point system to keep track and measure your training results by gathering points.
- High resolution and inspiring photos to show the exercises.
- Video showing each exercise.
- Detailed technique descriptions in text.
- Tips and alternatives to all exercises if you are a beginner or very well trained.
- Start up tips for beginners for each exercise.
- Alternatives for very well trained to make each exercise even tougher.
- Possibility to share your success workouts with your friends by using for example Facebook and Twitter.

This is outstanding for PoWorkout
- Function as your personal trainer in your iPhone, PoWorkout remembers the number of sets and repetitions from your last workout.
- The app guides you thru the workout.
- Point system to increase your workout motivation.
- Workout anywhere, anytime
- No exercise equipment needed, you train functional moves using your own body.
- Many levels so you can train as you like.