



App Store Preview



Fitness Ally 4+

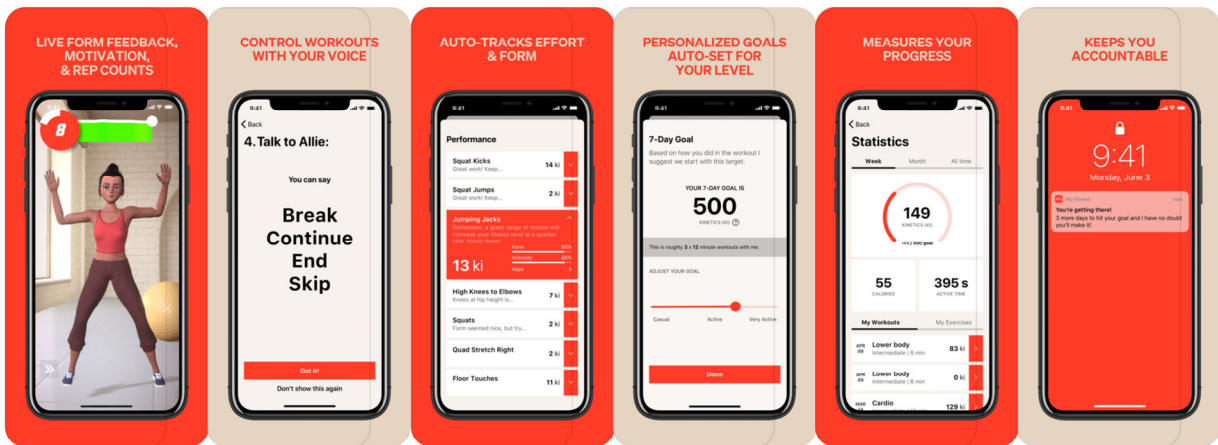
Personal Trainer Home Workout

Twenty Billion Neurons GmbH

★★★★★ 5.0, 10 Ratings

Free

Screenshots [iPhone](#) [iPad](#)



Fitness Ally is way more than a fitness app. Allie, your in-app personal fitness guide, is your partner in progress. Work out, lose weight, and get fit with easy, quick, and effective exercise training—no matter where you are! Use our fitness app to track your progress and achieve your personal fitness goals.

Compatible with iPhone XR, XS, XS Max, 11, 11 Pro, 11 Pro Max, new SE, iPad Pro 12.9" 3rd and 4th Gen, iPad Pro 11" 1st and 2nd Gen, iPad Air 3rd Gen, iPad Mini 5th Gen.

Using your device's camera and our ground-breaking technology, Fitness Ally creates unlimited personalized HIIT (high intensity interval training) home workouts just for you. Try our fitness app to lose weight and get fit!

- ◆ Virtual Personal Trainer Guides You - our trainer, Allie, provides tracking and form correction for workouts customized to your bodyweight, schedule, and activity level
- ◆ Live Form Feedback + Motivation + Rep Counts - Fitness Ally's groundbreaking artificial intelligence gives real-time form correction and feedback
- ◆ Auto Tracks Effort and Form - tracks your activity and form to make sure your workouts are the best they can be
- ◆ Control Workouts With Your Voice - your trainer understands voice commands so you can take breaks or skip exercises at any time—hands-free, using just your voice
- ◆ Personalized Goals Auto Set For Your Level - Fitness Ally is for everyone—people who have never set foot on a treadmill to certified gym rats. Difficulty settings from easy to hard, and different workout times, let you customize your intensity.
- ◆ Keeps You Accountable - reminders and notifications designed to keep you motivated and tailor daily workouts to your schedule
- ◆ Measure Your Progress - earn points for every exercise to track your progress, get detailed reports on your form & calories burned, and tips on how to get better
- ◆ Understands Complex Exercises - Fitness Ally is the only app to understand dynamic, complex exercises. No cheating is allowed as our AI trainer detects your movements and gives live feedback to help you improve!

Your Privacy Matters to Us - Fitness Ally uses your front-facing camera to provide feedback during your workout and log your performance, and you can turn on your microphone to give voice commands. Fitness Ally does not record, share, or store any video or audio—everything stays private and on your device.

We'd love it if you got in touch! To share your feedback or any issues you can reach us at support@allyfitness.com and we'll respond to you as soon as possible.

What's New

[Version History](#)

Version 1.2
Enhanced feedback accuracy and bug fixes!

Ratings and Reviews

5.0

out of 5



10 Ratings



mahalit, 05/18/2020

Effective way to work out!

I love how you get immediate feedback on your form, so you can improve as you exercise; thus making the most of my workout. It also helped me be more motivated to do the workout to the best of my abilities, because I know she's "paying attention". Never thought working out with an avatar would make it so much more enjoyable!



Sk121000, 05/06/2020

This is true interactive multimodal AI!

The last time I had a wow experience like this was the very first time I used Siri back in 2009. Really shows what's possible with immersive multimodal interactive AI. The level of interactivity is on a whole another level vs Peloton, Tonal or Mirror.

Information

- Seller: Twenty Billion Neurons GmbH
- Size: 1.2 GB
- Category: [Health & Fitness](#)
- Compatibility: Requires iOS 13.1 or later. Compatible with iPhone, iPad, and iPod touch.
- Languages: English
- Age Rating: 4+
- Copyright: © 2020 Twenty Billion Neurons GmbH
- Price: Free

[Developer Website](#)

[App Support](#)

[Privacy Policy](#)

Supports



Family Sharing

With Family Sharing set up, up to six family members can use this app.

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