

# Ten Sought-After Functions in Workout Apps



AMERICAN COLLEGE  
of SPORTS MEDICINE  
LEADING THE WAY

1. Affordability



2. Track Your Progress



3. Estimate Caloric Expenditure



4. Quick Workout Options



5. Synced Music



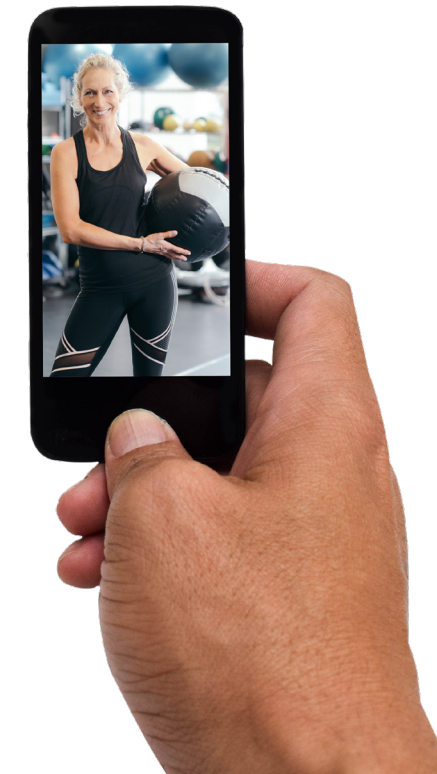
6. Muscle Matters



7. Amp Up Indoor Cycling



8. Workout Videos



9. Gamification



10. Charitable Connection



**SHAREABLE RESOURCE:** Ten Sought-After Functions in Workout Apps  
Peterson, James A. Ph.D., FACSM  
*ACSM's Health & Fitness Journal*:  
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[http://bit.ly/app\\_functions](http://bit.ly/app_functions)