

Losing Fat in Style With the iPad, Interval Trainer GO HD Released

London, UK 8 August 2010 - Appnoose Ltd has ported its highly regarded Interval Training App ITGO for the iPhone and iPod touch to a Native HD version for Apple's iPad. As with the iPhone and iPod Touch versions of ITGO which was featured as an Apple Staff Favorites, in the Financial Times and on ABC, ITGO HD for iPad sets a new



standard for Interval Training on the iPad with a host of features and design aesthetics never previously seen on any tablet device.

Features such as dual automated music playlists for fast and slow intervals in addition to voice, beep or custom prompts, and gorgeous concentric dial timers that include separate interval timers as well as a session timer makes ITGO HD a worthy contender for the best designed interval



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trainer for the iPad and therefore any currently available tablet device.

ITGO for iPad version 1.0.4 features the premium version of ITGO 1.4 for iPhone and iPod Touch with enhancements to take advantage of the iPad's higher resolution, greater real estate space and enhanced speakers. "ITGO HD for the iPad is much better suited to group activity than the iPhone version", declares Owen Hunte, ITGO inventor. "By connecting to a PA system iPad users can have a sophisticated work out generator that would be totally amazing in a group or class environment such as aerobics, spinning or just at home", he continues. "Of course it would excel without a PA system for individuals or groups in a small room, home gym or hotel suite given the iPad's great speaker playback

capabilities".



Operation of ITGO HD is based around three main screens; the Timer, Settings and Audio screens. Users start by selecting their session workout time, the fast interval duration and the slow/fast interval ratio. Users can also choose to switch the vibration alerts on or off on this page however current iPads don't support vibration. Next, users can switch to the Sounds page to select music from their onboard iPod library for the separate Slow and Fast playlists. The Sounds page also includes options to choose audio prompts, select the playlist play mode and volume settings for the prompts and music. The music playlists can be set to shuffle, repeat or just play in order. Finally users switch to the Timer screen and after selecting a warm up and cool down length from zero to 3 minutes, start their workout. ITGO's timers

then count down the intervals in circular segments and displays individual numerical timers for the fast and slow intervals and total session duration as well as the currently playing song and provides double vibration alerts at each interval change.

Recent research has stated that exercising to music can increase endurance by 15%, increase energy efficiency by 1-3% and lowers the perception of effort, making exercise seem easier. This coupled with previous research which concluded that interval training is many more times effective than steady state exercise because of challenging both the body's aerobic and anaerobic systems simultaneously would suggest that ITGO HD is the perfect combination of technology and motivation that any health and fitness conscious individual looking to lose fat and improve health would benefit from using.



System Requirements:
Apple iPad running OS 3.0 or greater

Pricing and Availability:

ITGO HD - Interval Trainer GO HD 1.0.4 is \$5.99 (USD) and is available worldwide exclusively through the App Store in the Healthcare & Fitness category.

Review copies are available upon request.

ITGO HD - Interval Trainer GO 1.0.4: <http://www.appnoose.com/itgo/>

Purchase and Download: <http://ow.ly/2myBq>

Splash Image 1: <http://idek.net/2vtv>

Splash Image 2: <http://idek.net/2vtw>

Tutorial Video for ITGO: <http://idek.net/2vlA>

Application Icon: <http://idek.net/2vlF>

appnoose.com

APPNOOSE LTD is a London based iPhone and iPod Touch software development company started by Owen Hunte in 2009. ITGO - Interval Trainer GO has been featured as an Apple Staff Favorite, in the Financial Times (FT.com) and in a Australian Broadcast Corporation special report. Gorilla Monkey Crunch Lite by Appnoose for the iPhone has been the number 1 kids game in 11 countries. OD Hunte is an Urban Producer/Writer/Remixer with many film TV and game placements. He has also written for Extreme Music/Sony ATV, Megatrax LA, PigFactory LA and KPMH Music House/ EMI in London. Copyright (C) 2009 - 2010 Appnoose. All Rights Reserved. Apple, the Apple logo, iPhone and iPod are registered trademarks of Apple Inc. in the U.S. and/or other countries.

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