

## iOS Interval Training App ITGO Combats Fat Gene and Turkey Effect with Black Friday Sale



London, United Kingdom - Too much turkey combined with the fat gene known as FTO, which research shows a significant proportion of the adult population carry, is in no way a good combination. However there is a suite of Interval Training apps for that and Appnoose is announcing a 1-day 99¢



sale on Friday 25th November across its ITGO Interval Trainer GO range of Apps for iOS. This represents a reduction of 75% and 84 % for the iPhone iPod Touch and iPad versions respectively.

ITGO - Interval Trainer GO and its newer sibling ITGO Matrix are dedicated interval signaling applications specifically designed to offer advanced user controlled signaling in the form of vibration, sound and visual alerts while, uniquely for a mobile interval training device, playing user-defined fast and slow interval song playlists in addition to voice, beep or custom prompts. ITGO boasts beautiful concentric dial timers that include separate interval timers while ITGO Matrix again boasts another world first with programmable 'pods' that store interval times with distinguishable fast and slow pods coded by color.

"Unfortunately some of us have the 'fat gene' known as the FTO gene which puts us at a

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genetic pre-disposition for obesity", states Owen Hunte, ITGO's inventor and director of Appnoose. Figures suggest that 65% of people of African and European decent and 44% of people of Asian descent possess some form of the FTO gene.



However, new research by the Medical Research Council Epidemiology Unit, Institute of Metabolic Science in the UK has found that physical activity reduced the effect of the genetic fat gene by approximately 30% in adults.

"As interval training has been established as the most effective form of cardio exercise due to its aerobic and anaerobic effects, we can draw the conclusion that interval training is one of the most effective tools for combating our genetic disposition for gaining fat", concludes Mr Hunte.





The Interval Trainer GO - ITGO - suite of Apps for iOS is on sale for US 99c on Friday 25th November 2011 for 24 hours. The suite includes ITGO, ITGO HD, ITGO Matrix and ITGO Matrix HD. The ITGO suite of apps are available worldwide exclusively in the Apple (AAPL) App store.

Minimum recommended devices and iOS: iPhone 3GS running iOS 4.2 . Only devices supporting multi-tasking will support all the above features.

[ITGO Interval Trainer GO on iTunes Purchase and Download](#)

Tutorial Video

<http://www.youtube.com/watch?v=B98-idR20iE>

appnoose.com

APPNOOSE LTD is a new London based iPhone and iPod Touch software development company started by OD Hunte in 2009. ITGO - Interval Trainer GO has been featured as an Apple Staff Favorite. OD Hunte is an Urban Producer/Writer/Remixer signed to Levels/EMI Publishing UK 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. All Material and Software (C) 2009 APPNOOSE LTD / All Rights Reserved. Apple, the Apple logo, iPod, the iPod logo, are registered trademarks of Apple Computer in the U.S. and/or other countries.

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