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Break a sweat on a personalized workout of your choice with this fun workout app. Choose from 75 total programs including mountain climbing, yoga, pilates, barre, and cardio, and adjust the speed of every exercise. You can also program your own personal routine or create an infinite number of custom workouts. PPCS app gives you all the information and support you need to safely crush your workout goals. The workouts feature cues from Bob Greene,

Jillian Michaels, and other fitness gurus, such as how to do each exercise correctly and how to measure your progress. Other features include a calorie counter, a meal-planning tool, an app-specific social network for encouragement and accountability, and the ability to set goals and challenge yourself as you work out. Lose weight and build your strength and endurance with this app that allows you to customize your workout from the 9 different options that it offers. Choose a time, place, or difficulty level for the workout. The best part about the routine? It allows you to control what you do, rather than what the app does. Whats the perfect date night? An exercise class followed by dinner and dessert. Not to mention youll burn more calories during your workout, which helps you maintain a better weight loss. Weve rounded up the best places to go for a workout in your area, whether its a casual social run or bike ride, followed by a spot of grub. Youll be glad you did. Find what your favorite workout music is

and adjust that tempo with the inbuilt beatmeter while you burn calories and sculpt your body. Once your heart rate and intensity are high enough, you'll be rewarded with your weekly calorie intake.

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