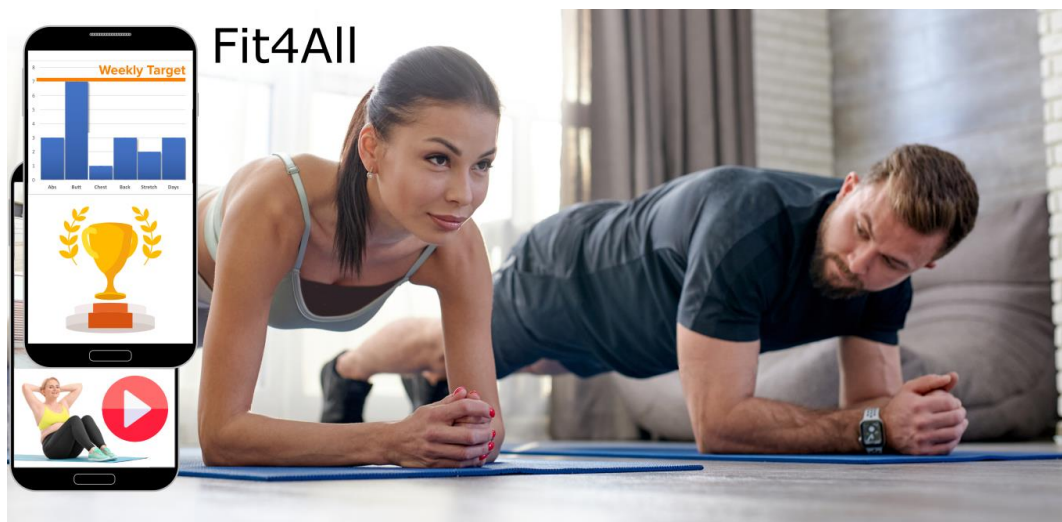


PRESS RELEASE

December 16, 2021 - Fit4All

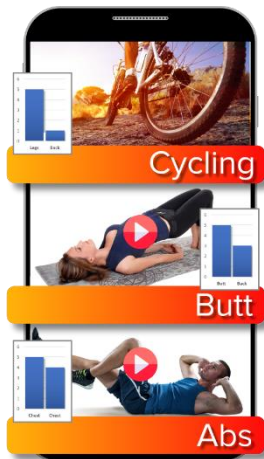
New App combines Fitness Tracking with over 70 of the most popular YouTube Workouts

In the App Fit4All, physiotherapists have selected the best workout videos from YouTube and assigned scores for the relevant muscle parts. This allows one to choose the perfect workout every day and have a balanced fitness at the end of the week, just like with a fitness coach. And this also for non-athletes.



There are many high-quality workout videos on YouTube with up to 50 million views and 500 thousand likes. Workouts are offered for every fitness level, whether beginner, advanced, overweight or retired. So why sign up for an expensive fitness app subscription when everything is freely available on YouTube? And with a friendly trainer who precisely demonstrates the exercise?

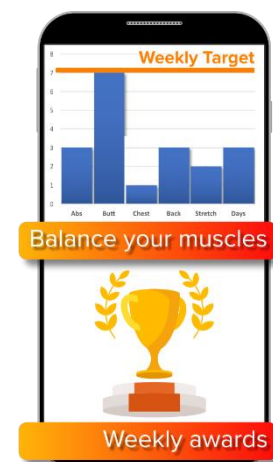
That's what the app's developer, Dr.-Ing. Alexander Rieger, thought. But what was missing was a good overview of the muscle groups trained so far. Because for a healthy overall fitness it is important not to train too one-sided and not to forget stretching exercises.



”With the App, really anyone can check and improve their fitness, and it's free too. A weekly statistic shows which muscles have already been trained through daily activities. Missing muscle groups are then supplemented by workouts from the App. It's like having your own fitness coach!”

Dr.-Ing. Alexander Rieger, App creator

In the App, there are scores for arms, abs, butt, chest, back, legs, shoulders and stretching. At the end of the week, at least seven points are needed in all areas and are rewarded with a medal for reaching the weekly goal. It doesn't matter what the current fitness level is. Untrained people get the same number of points and medals for the beginner workouts as athletes get for their power workouts. A 28-day program can also be completed for each fitness level.



Get Fit4All now

The App is freely available for Android in the Play Store:

<https://play.google.com/store/apps/details?id=com.changemystyle.workout>

An iOS version is still in development. Users can subscribe to the Facebook page to be notified when a launch date is set:

<https://www.facebook.com/Fit4AllApp>

In the next version of the app, a connection with Google Fit and Apple Health is planned.

(2136 characters, free for reprint)

Homepage: <http://www.ChangeMyStyle.com>

Product URL: <http://changemystyle.com/gentlewakeuper/more-apps/fit4all/>

Direct Download Link Android:

<https://play.google.com/store/apps/details?id=com.changemystyle.workout>

Press Kit:

<http://www.changemystyle.com/gentle-wakeup/fit4all-presskit.zip>

Information about the provider

Dr. Alexander Rieger, Bochumer Str. 22, 10555 Berlin, Germany

E-Mail: info@changemystyle.com

Internet: <http://www.ChangeMyStyle.com>

Dr. Alexander Rieger started as an indie developer in 1999 with photo effects for Windows computers, winning several awards over the years (<http://www.graphics-tools.com>). In 2012 he started developing Apps for iOS. Over 1000 photo effects and useful tools like "Paint My Wall" have been released since then (<http://www.changemystyle.com>). In 2016 he focused on Android Apps and has reached over half a million downloads with the light alarm clock "Gentle Wakeup" (<http://changemystyle.com/gentlewakeup>).