



Pro Workout

Pro-Workout was designed to help you get a better workout by helping you apply the concept of "Time Under Tension". This app will allow you to enter any workout, of any complexity, with all of the timing detail you want to put in. For all exercises that contain timing, the app will be able to run you through the workout you have created. This ability goes all the way down to intra-rep timing.

This means that you can have the app tell you "10 pushups... lower... 2... 1... raise... lower... 2... 1... raise" counting off the time on the way down so that you give your muscles the time under tension that will get you the most from the exercise.

Pro Workout is free to use and is available on the Google Play Store for Android devices. Using your Android device, scan the QR code to get started!

