

## ITGO Spurs Weight Loss Resolution with One Week App Sale

London, UK January 4th 2010 - Appnoose has announced a one week sale on its Apple Staff Favorites and Financial Times featured Health and Fitness App ITGO - Interval Trainer GO. ITGO is an Interval Trainer for the iPhone and iPod Touch which has been designed to make weight loss easier and more exciting by automating cardiovascular Interval Training changes with visual, audio and vibration alerts. ITGO is the only Interval Trainer on the iPhone and iPod Touch to offer dual music playlists that switch fast and slow songs or podcasts with interval changes.



"Losing weight is an achievable resolution with the right tools, and information", says Owen Hunte who himself lost 70 pounds of bodyfat and was featured in Mens Health Dec 2008 for his weight loss before developing ITGO. "Interval Training has been proven to be one of the most effective techniques to lose body fat as it takes less time than steady state exercise, with a corresponding hike in metabolism for a longer time after your workout", Owen continues.

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Now at version 1.3, for Apple's iPod Touch and iPhone, ITGO's features allow users the ability to set up many custom workout parameters. On the Session page, users set up the session duration from 2 to 90 minutes, intervals from 10 to 60 seconds, the interval ratios from 1-3:1 to 1:1-3 and set vibration on or off. On the Sounds Page, users can choose several audio prompts that trigger at interval change, and most notably can configure songs and podcasts into two playlists - a fast and slow playlist. Additionally these playlists can be set to three modes; repeat

song, repeat playlist or shuffle song. During operation, the dual concentric dials and other timers count users down through their workouts.



Previous customers of ITGO have used the App for cycling, spinning, rowing, aerobics and ITGO has been particularly well received by the running community.



"There are many scientific studies to support the benefits of High Intensity Interval Training. ITGO is a very useful and elegant tool to help achieve your weight loss goals" surmises Owen.

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ITGO will be on sale at \$1.99 for 1 week from January 4th 2010 through the [App Store](#).

appnoose.com

#### About Appnoose

APPNOOSE LTD is a 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 and featured in the Financial Times (FT.com). 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. [www.odhunte.com](http://www.odhunte.com)

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