

TRAINIAC

BEST FITNESS APPS

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REVIEW: Trainiac

Trainiac is a fitness app that you can use for one-on-one daily workouts whenever or wherever for a \$50 per month for unlimited training sessions. Trainiac has provides customization of goals and accountability that is unique among workout apps.

The Good

Unlike other fitness apps, Trainiac is not just a pool of hundreds of workout videos to pick from. Trainiac connects you with a personal trainer and through a 1-1 relationship, helps you come up with workout plans based on your specific goals. The best part is that you can pick your trainer rather than merely being assigned one.

The Bad

Getting started in a consistent workout program is still difficult. I would suggest the app send prompts of some kind initially. Have a "scheduled" first meeting should be part of the sign-up.

No Ugly

The app is great.

