

UNDER EMBARGO UNTIL MAY 28 @ 2 PM CET/8 AM EST



RUNTASTIC LAUNCHES LEG TRAINER APP; OFFERS USERS TARGETED LEG WORKOUTS IN TIME FOR SUMMER

New App Completes Runtastic 3D Avatar Fitness App Collection

San Francisco, Calif./Linz, Austria – May 28, 2015 – Today [Runtastic](#) – a leader in the digital health and fitness space that offers a comprehensive ecosystem of apps, products and services for tracking and managing health and fitness data – announced the release of the Runtastic Leg Trainer app on iOS, Android and Apple Watch. Similar to the Runtastic Six Pack and Butt Trainer apps, a lifelike avatar guides users through targeted leg and backside workouts, with three difficulty levels, that are tailored to each individual’s fitness level and goals.

“The response to our previous 3D apps was incredible,” said Florian Gschwandtner, CEO and co-founder of Runtastic. “We’ve therefore taken a similar approach with Leg Trainer, offering a variety of predefined standalone workouts, customizable workouts and training plans to help users get the defined backside and toned legs they been hoping for – just in time for summer!”

App Features & Benefits

In the Runtastic Leg Trainer app, 3D avatar Angie guides users through 50+ HD instructional exercise videos. Each video offers targeted leg workouts that are tailored to a user’s fitness level and personal goals. Users can choose from pre-defined workouts, including the 7-Minute Workout or Junk in the Trunk, or create customized workouts using Runtastic’s extensive catalogue of exercises to tailor their workouts to their target areas, weight loss goals and daily schedules.

Leg Trainer on Apple Watch

Leg Trainer is the fourth Runtastic app to be available on Apple Watch. By using the app on Apple Watch, users can view the avatar directly on their wrist, making it easier than ever before to follow each exercise. They can also monitor training plan progress, including level, training day and next training day/time, and set two different types of notifications. The first allows users to start a set during a workout, and the second “Recover Now” notification offers a countdown to the next set which includes an avatar demonstrating the next exercise.

“We’re thrilled to offer yet another fitness app on the Apple Watch,” said Gschwandtner. “Initial reviews of Runtastic apps for Apple Watch have been very encouraging and we’re excited to see how the product continues to develop over time. We firmly believe that this is just the beginning and that we’ll

soon be able to offer enthusiastic Runtastic users even more unique features and benefits on their Apple Watch.”

3D Avatar Fitness App Collection

Leg Trainer joins the popular Six Pack and Butt Trainer apps in the 3D avatar fitness app collection. Six Pack offers targeted workouts to help users flatten and strengthen their core, and Butt Trainer offers workouts to tighten and tone the backside. Both apps, along with Leg Trainer, use 3D avatar Angie to guide users through pre-built workouts – like The 7-Minute Workout, Shape Up, and Six Pack Junkie – or custom workouts that can be built using Runtastic’s catalogue of exercises – including sit-ups, planks, mountain climbers, leg raises, and more.

About Runtastic

With over 120 million downloads and 60+ million registered users, Runtastic is a leader in the digital health and fitness space that provides a comprehensive ecosystem for tracking and managing health and fitness data.

Runtastic offers over 15 unique apps, including the flagship Runtastic app, Runtastic Me, Six Pack, Sleep Better, Strength & Fitness apps, and more, which work in unison with the company’s proprietary hardware, including the Runtastic Orbit, the Libra Smartscale and Bluetooth Heart Rate Monitor, to provide high-quality activity stats and progress reports so users can boost lifestyle awareness and improve their overall health and fitness. All data syncs to Runtastic.com, where users can view online training logs, access detailed data analysis, engage with a supportive community and access additional services. Runtastic apps, training plans and [Story Runs](#) are available on iPhone, Android, Windows Phone and BlackBerry, and hardware can be purchased online at [Runtastic.com/shop](#), on [Amazon.com](#) and in select retailers worldwide. Additional information can be found at [Runtastic.com](#) or you can follow us on [Twitter](#), [Facebook](#), [Google+](#), [Instagram](#), [YouTube](#) or the [Runtastic Blog](#).