

7 Minute Motion Tracking Workout Out Now

The home workout app that brings cutting edge motion tracking to your bodyweight exercises.

London, UK - December 17th

Six to Start today announced the release of 7 Minute Motion Tracking Workout, a smartphone fitness app that motivates users to perform fast, high-intensity workouts at home. We automatically track reps and calories for dozens of exercises: counting every push up, every squat, every hook and every jab so users can see exactly how fast they're improving. 7 Minute Motion Tracking Workout is available now for iPhone and iPad for \$0.99, with no in-app purchases.

With a dozen energetic workouts (including the classic '7 Minute Workout' routine), 7 Minute Motion Tracking Workout makes it easy to build strength, get fit, and lose weight.

Six to Start are veterans of the fitness gaming world, having previously co-created the world's best-selling smartphone fitness game, Zombies, Run!, which now has over one million players, along with The Walk, Superhero Workout, Step Buy Step and Dungeon Runner.

7 Minute Motion Tracking Workout can be [purchased on the App Store](#) from December 17th. Regular price is \$0.99 / £0.69 / €0.89.

- For more information and an App Store link, visit motionworkout.com
- Images and assets are available at motionworkout.com/presskit/presskit.html
- For further enquiries, email hello@sixtostart.com or call +44 (0)33 3340 7490

Key Features

- **Motion Tracking:** Our innovative smartphone app counts every rep and every calorie of every exercise using the device's front-facing camera.
- **Achievements:** Show off your progress by earning medals and achievements for every rep and every workout you perform.
- **TV:** Optimised for Apple TV, so you can bring your workout to the big screen.

About Six to Start

Six to Start is a game developer based in London, specialising in games that combine storytelling with real-world interaction. Co-creators of the hit running game *Zombies, Run!* with over one million players, Six to Start is acknowledged as the world leader in smartphone fitness games. Their work has been exhibited at the Museum of Modern Art in New York, and won awards including Best of Show at SXSW. Past clients include Disney Imagineering, Microsoft, the BBC, and Death Cab for Cutie.

Find out more at <http://www.sixtostart.com>