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Slog it

Exercise has become very necessary to be healthy; workouts have become our need to get rid of obesity and also to develop great a muscular body; workouts are not easy but the desire to gain that slim trim and lean body or the huge biceps motivate us to go harder in our daily training sessions.

After workouts

If you have ever done exercise even for a day you might have noticed how anxious we all are to know the difference in our body after workout; there are people who continuously keep looking in a mirror after every reps and sets; but seriously it is very difficult to judged few things just by naked eyes like for example we canâ€™t monitor our heart beat and so on. Therefore you must perform workouts regularly in order to gain lean muscle and to stay fit.

Tracking workout

Now tracking your workout sessions has become simpler because now-a-days we have softwareâ€™s that allow us to track the complete details of our workout sessions. We donâ€™t need to track out our workout session manually as technology has made it easier by introducing such software which can track our workout sessions very easily and it is also very less time consuming.

Top five ways to track workouts can be done through below mentioned softwareâ€™s

1) VidaOne Diet and Fitness.

2) Fitness Assistant

3) FitTracker

4) BodyTrans

5) Weight mania

All the above mentioned softwareâ€™s keep track of our workouts and provide complete details with necessary information of our fitness, medical, Journal, Calendar, Aerobic routines, Strength training sessions and many other things; these softwareâ€™s gives graphical data of our workout sessions; they track our heartbeats and blood pressure; they also track level of fat in our body after each training session; they also track how much calories we have burnt during our exercise routines; these softwareâ€™s keep track of our cardio and weight workouts; these software also track how much workload we can handle; these softwareâ€™s are best in the market and provide best solution to track our workouts. This softwareâ€™s are really very helpful in founding our track records.

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