

Workout with

YOUR TIME IN ZONES

CHRISTINA K. 666% ∞ 113 ∞ 43

Workout with Wodify Pulse



Key benefits



Achieve status rankings based on effort, not ability.



View other's efforts during class to stay motivated and competitive.



Set personal fitness goals and stay accountable.



Receive an immediate workout summary via email.



Track heart rate outside the gym with the Myzone app.

