

LAYLA, Your Fitness Coach Brand new APP

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London, United Kingdom Jun 18, 2023 (IssueWire.com) - 'LAYLA, Your Fitness Coach' available on the App Store and the Google Play Store.

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LAYLA offers an exclusive workout regime with multi-level exercises. Unlike any other fitness app available and filmed in portrait, LAYLA allows users to feel immersed in the experience and transported to the sunny paradise island of Ibiza. Through a range of levels suitable for beginners and experts, users can begin to grow and achieve the body they want.

LAYLA offers users the chance to work with their very own fitness instructor any time they want. With a simple yet effective layout, users can choose a video and navigate the app with ease. Filmed across Es Vedrà, Cala Conta, Cala Nova, Dalt Vila, and Cala Bassa, LAYLA can help you kickstart your workout routine from the comfort of your own home. Routines filmed in new locations are also added regularly.

FEATURES:

- Pre-workout routine & stretching exercises
- Visible results with various fitness challenges 7/14/30 days
- Guided exercises with Layla filmed with the backdrop of Ibiza
- Premium monthly with Exclusive content including and Challenges, Workouts & Meal Plans
- Progress tracker, so you can easily track your progress
- Daily meal planner & recipes
- Smart and customizable training plans for both men & women

With a variety of targeted videos for specific body areas, you can begin to tone up and lose weight with your own personal trainer. LAYLA can also track the number of calories burned from sessions as well as provide instructional warm-ups and wind-down videos. This helps to ensure all users are working out safely. With a whole section dedicated to healthy eating the meal plans and recipes compliment the perfect exercise workouts to help achieve your goals,

The app was a brainwave of British but now Ibiza based app developer Martin Miller. As one of Layla's clients, the two joined forces after Layla helped him change his life to combine their expert knowledge of app development and fitness to create a unique offering and give Ibiza's fitness fans something to be inspired by when they train.

LAYLA also offers premium subscriptions from just €4,99 per month. This unlocks exclusive access to high-quality videos and workout programmes released every month, as well as access to live sessions with Layla herself. By opting for premium access, you can also send fitness-related questions to Layla, enter monthly giveaways and receive fabulous freebies.

From workout videos incorporating a variety of fitness equipment to quick daily sessions, LAYLA offers something for everyone. Filmed against an amazing backdrop, LAYLA surpasses all competitors by engaging with users and providing motivational support on their fitness journey.

Download IOS (iPhone & iPad)

<https://apps.apple.com/app/layla-your-fitness-coach/id1614155584>

Download Android Verison:

https://play.google.com/store/apps/details?id=com.layla.fitness.coach&hl=en_IN

LAYLA is developed by Juce Ibiza

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