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Phyzseek Launches Phase 2 of its Beta Test & Releases White Paper

April 5, 2016 (*Palm Beach Gardens, FL*) -- The developers of Phyzseek, the only doctor-developed, science-driven, fitness app that motivates, measures and delivers time-efficient daily workouts, have announced the launch of **Phyzseek Beta v2.0** and release of the **Phyzseek White Paper**.

Following successful completion of phase 1 of the Phyzseek Beta Test, we are launching the second phase by introducing new features and incorporating much of the great feedback provided by our beta testers. Phase 1 was launched 6 weeks ago to 115 beta testers with the goals of identifying potential issues, gaining valuable feedback related to the app's design and several of its key features, as well as capturing workout results data. More than 3,350 app logins occurred during that period of time.

Phase 2 will begin with 194 testers who will provide further feedback and test new features such as the Workout Dashboard, which allows users to see their workout results over time and visually compare their performance to other users. Phase 2 is intended to last for a shorter period of time than phase 1 after which phase 3 will be launched. Phase 3 will incorporate additional features, such as heart rate monitoring, the Phyzseek social network and PhyzTeams.

Concurrent with launching phase 2 of the Beta Test, we are also releasing the [Phyzseek White Paper](#), which provides the basis for Phyzseek's Sustainable High Intensity Functional Fitness Program. The White Paper highlights goals and underlying principles associated with developing the Phyzseek Fitness Program & App.

Eric J. Ende, MD, co-founder/CEO stated, "the primary goal at Phyzseek was to develop a fitness program that is not only highly effective and time-efficient, but also moderates the potential of injury by taking into consideration the user's capabilities and pre-existing limitations. We designed Phyzseek to be sustainable for the everyday athlete who enjoys participating in time-efficient and effective high intensity workouts."

Chad LaBonte, co-founder/COO commented, "we'd like to thank our beta testers for participating in phase 1 of the Phyzseek Beta Test and providing such valuable feedback that we are incorporating into the app to make it the best and most complete high intensity fitness app on the market. We look forward to hearing more feedback from them regarding phases 2 and 3, after which we will launch the app through the iTunes App Store."

About Phyzseek

The Phyzseek mobile fitness application has been under development since June 2015 when seed funding was received. Significant progress has been made regarding the app's unique features that motivate users to consistently workout with the high intensity needed to produce transformative results while maintaining and enhancing functional longevity.

Safer, short-duration, high intensity workouts are delivered daily to the user's device, eliminating daily decisions about what exercises to do. The app automatically adjusts workouts, taking into account a users' available equipment, and provides potential exercise modifications to account for pre-existing

injuries or a lack of proficiency. Tabata, stopwatch, and countdown timers are built-in to the app so that each workout produces a measurable result. And, an auto-Pacer and heart rate monitoring motivate users to workout at a high level of intensity even when working out alone.

The app effortlessly tracks workout results and health metrics, including heart rate, workout intensity and caloric expenditure, to help motivate users and to provide evidence that they are successfully improving their health and fitness. Users can compare workout and fitness results to other users across the globe using proprietary metrics. Social networking within the app promotes friendly competition, a way to brag about progress, and a means to provide positive feedback & support to other users.

If you want to learn more about the Physseek App visit www.phyzseek.com.