



## Garmin Connect

Create your own personalized workouts and get fit

By Garmin

4.2/10

android

ios

### Review

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Training and staying in shape is one of the challenges that many people face to achieve a healthy life. But it is true that if you do not have control of what you do in the long run, you lose motivation by not having the results you are achieving in a visual way and not knowing very well what is helping you and what is not. That is why there are many mobile applications that will help you to be able to have all your workouts marked on your device and to see your progress. Among all of them, the **Garmin Connect application** stands out, the app that will ensure that once you try it you can no longer train without it.

In it you can consult all the data you need about your exercise and health. No matter what goal you have set yourself, if you are training for a marathon or you just need to control the steps you do daily, in Garmin Connect you will always have your perfect ally, offering the information and motivation you need every day to keep pursuing your goals.

And this is just the beginning, **download Garmin Connect for free**, you find it compatible with **Android** and **iOS** devices. With this app you can create your own personalized training sessions, with the exercises and the time you want, without using that of other people that may not work for everyone. These activities are accompanied by statistics and associated analysis, so you will know exactly what part of your body you are working on and what will be the result you can obtain. In addition, you will be able to create routes and even challenge your friends directly from the application itself.

With **Garmin Connect** you will have all the data related to your health on a daily basis, in your profile you will find the detail day by day, with the possibility of seeing a specific date in its historical database. You will set your own goals that you will see how they are achieved, registering your personal records and getting medals for achieving achievements. What are you waiting for to join this community? Millions of people have already tried it, striving to achieve their own goals and obtaining the expected results, being more fit and achieving healthier lifestyle habits.

### Download

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