

Seconds for iOS Review Guide

# What is Seconds?

Seconds is the app for timing a number of consecutive timed intervals. Seconds - a free, Universal app that is also available for Apple Watch - was designed for timing High Intensity Interval Training sessions but can be used for timing presentations, music practice, physiotherapy, broadcasting, special effects, print shops… just about anything really.

Seconds is developed by Runloop, a husband and wife team based in the south of England.

# Seconds for iOS Features

## Create timers with templates

Quickly create timers in a number of different styles, including HIIT, Tabata or Circuit Training with the built in templates. If the templates don’t fit your needs custom timers can be created, or you can even combine several existing timers into one.

## Match your intensity

Each interval can be assigned it’s own music allowing you to match the intensity of your music to the intensity of your workout.

## Easy on the eyes

The time display always uses as much space as it can so it is easy to see even at a distance. For additional visual cues, intervals can be assigned colours.

## Alerts

Seconds can alert you of interval changes in a number of ways from bells to beeps. Perhaps the most popular is for the interval names to be spoken. There is even the option to announce the upcoming intervals so you have time to prepare.

## Sharing is built right in

A favourite feature of personal trainers is the ability to send your finely crafted timers to other users of Seconds.

## Personal trainer on your wrist

Seconds for Apple Watch works independently of your iPhone allowing you leave your phone at home and receive voice instructions from your wrist.

## Pro upgrade

While you may use all the features of Seconds for free. To use a timer more than once or to use imported timers requires a $5 paid upgrade.