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Is this a Podcast? [back to top](#)

No! A Podcast works from a "one-to-many" model, which means it's a single pre-recorded audio file that is downloaded to many listeners. Podfitness is "one-to-one," which means that your workouts are made only for you, based on your goals and the trainer you choose. That's what makes Podfitness unique in the world: you get custom personal training sessions, not a prepackaged workout designed for someone else.

Do I need to install anything on my computer? [back to top](#)

When you visit Podfitness for the first time, you will need to install and run the Podfitness application, which allows your workout to be mixed with music from your music library.

What do I need to run Podfitness? [back to top](#)

All you need is a PC (Macintosh support coming July 15th) running iTunes, an iPod or portable MP3 player, and a broadband internet connection.

I use a Macintosh, can I use Podfitness? [back to top](#)

We're working on that right now! Macintosh support will be available on July 15th.

Local intranet