Barbarian Fit is on a mission to help get nerds, gamers and geeks level up their fitness from home.

Sunday 10 October, 2021

The Barbarian Fit app is taking the fitness world by storm and was recently ranked the number 1 Fitness App by review website ReviewRumble. While plenty of fitness apps dominate the market, the Barbarian App takes a different approach and is unlike anything seen before.

The focus of the app is gamified exercises that people can do at home, combining mace, yoga, pilates, and Bodyweight movements in HIIT-style workouts. Mobility and strength is the core focus because it prepares bodies for the stress of training. It is a vital contributor to reducing the risk of injuries as well as improving technique and range of movement.

Many go straight to weights without considering mobility training. Commonly, an individual will walk into the gym, go straight to the resistance area and begin lifting. At best, they may do a quick 5 minute warm-up on an exercise bike or elliptical trainer.

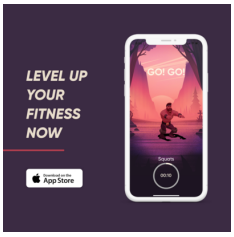
This is where mobility training comes in and Barbarian App dominates the field. Much like barbarians had sculpted bodies, optimal for taking down large mammals, and to fight off predators, mace training and HIIT prepares the body for fight or fight like our ancestors of yore. Mace Training and HIIT stress the body enough in short intervals and burns up to 25-30% more calories than other types of cardio. Mace training in particular improves sports performance like no other fitness tool.

There are a number of fitness apps in market, but the top interactive free app for Mace and HIIT workouts, as revealed by ReviewRumble, is the Barbarian App. It provides functional training exercises with controlled amounts of instability so that the user must react in order to regain their own stability.

The Barbarian App includes gamification to keep you exercising throughout the week with a “progress bar” making it feel like a video game. And with over 250 exercises, users rave about its incredible graphics, ability to achieve barbarian style body composition and the fact that it’s free to download and start using (although some premium features require a monthly or annual subscription).

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