Treeceps Review Guide

Treeceps
Devices: iPhone, iPad
Requirements: iOS 13

App Store | Video

For all press and interview inquires please contact
Joe Waldow, Developer
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Features of Treeceps

Treeceps offers a lively, virtual fitness-world, where everything relates to your daily activity and training.

Working out - is like leveling up yourself: With every workout, you gain a little bit of strength. I always wished there was an app, where this analogy becomes a reality. Treeceps makes this dream come true!

Joe Waldow, Developer of Treeceps

Treeceps takes a different approach to tracking your workout progress by adopting a model that's a little like task manager Forest. As you work out and make progress, grass, trees, and flowers grow in the app's virtual world, gamifying your workouts. The app includes extensive 3D animations demonstrating a wide range of exercises to help you through your workouts and a complete workout tracker. If you're tired of the sameness of many existing workout apps, Treeceps is an app you should check out.

John Voorhees, Editor of MacStories

The mission of Treeceps is to help you get in the best shape of your life. All features of the app focus on two goals: Motivating you to be more active during everyday life and helping you to build muscle with effective strength training.

1.) More daily activity
• Your steps in the real world produce grass and feed Runimals
• Grow flowers and unlock Runimals through fitness achievements
• Climb flights of stairs and grow your lighthouse
• An immersive world, influenced by your activity, with simulated daytime and weather effects
• Receive humorous weather forecasts to find out the perfect moment to go for a walk

2.) Effective training
• Train at home or in the gym by choosing your equipment
• No experience required: Treeceps will teach you how to perform real, effective strength training, rep by rep
• If you're new to strength training: Let the artificial intelligence create the perfect plan, based on your time, equipment and goals
• For experienced lifters: Create your own routine and track it in the world of Treeceps
• High quality 3D animations (female + male) show exactly how exercises should be performed
• Receive science based tips for your training by Dr. Fox
• Easy to use workout tracker that guides you through your training in a way like no other app does
• Advanced features such as 3D muscle utilization visualization, detailed workload and fatigue estimation per muscle group, RPE tracking, progress statistics, progression suggestions and much more

Useful Links

App Store Link:
https://apps.apple.com/app/id1406465670

Introducing Treeceps Video:
https://youtu.be/dc1Q2HAI0Jk

Press & Media Kit
includes a selection of different raw screenshots, marketing images and app icon
www.joewaldow.de/presskit/

Pricing

Explore Treeceps for free as a guest, join the Treeceps Club to gain access to all features. Available as subscription or one time payment for life long gains.

Current US-pricing:
- $14.49 Treeceps Club quarterly subscription
- $29.99 Treeceps Club yearly subscription (introductory offer, save 50%)
- $64.99 Treeceps Club unlimited

Questions?

If you have any questions, please don't hesitate to contact me, Joe Waldow, developer of Treeceps – idee@joewaldow.de

I also have a limited number of promotion codes available, so that you can try all features of the Treeceps Club membership.

Story of Treeceps

My name is Joe, I'm a 24 year old iOS developer from Germany.
I developed Treeceps over the last three years.
In many ways Treeceps is the culmination of everything that I ever loved doing.
For my Human Computer Interaction bachelor thesis I developed and evaluated the step tracking feature of Treeceps. My goal was to find the best way to employ gamification, the use of game design elements in non-game contexts, to promote physical activity. To achieve this, I looked at findings from many related research papers from Psychology, Health research and Human Computer Interaction. In an experiment I was able to show that Treeceps did indeed increase daily activity to a higher degree than a quantified control group app that I also developed. The thesis was graded 1.0 (A+).

Now, after finishing my Human Computer Interaction Bachelor, it's my biggest goal to make a living of developing Treeceps one day. I have so many ideas for the future and I think the story of Treeceps has only just begun.

I've never been the kind of guy that loved sports. I hated PE in school, I didn't really enjoy team sports that much… But I always liked the thought of continuously improving myself. And I loved playing Pokémon, Maple Story other RPGs, especially during my childhood! Leveling up always felt very fulfilling to me.
When I fell in love with strength training and transforming my body, I noticed why I loved it so much: Working out - to me has always felt like leveling up yourself: With every workout, you gain a little bit of strength.
From this moment on I always wished there was an app, where this analogy becomes a reality. Treeceps makes this dream come true!

Most strength training apps are either
1) Casual - easy to use, fun (guided circuit training, e.g. Seven) but only really effective for beginners
2) Advanced - harder to use (require familiarity with training, e.g. Strong) but a lot more effective

Users of casual apps often don't feel advanced apps are for them. - Fearing they don't have the experience, equipment, or are intimidated by the bodybuilder-like style.

Treeceps bridges this gap:
Aiming to be at least as accessible and fun as the best casual apps, while being as effective as the best advanced apps.
Experienced users find everything they wish for and more. - In a unique, gamified world.
Beginners are put on a journey, learning strength training, based on scientific evidence, in a friendly world, rep by rep.