

7 best heart rate monitor apps in 2020

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While many smartwatches and fitness trackers can check your heart rate, you can now track your heart rate with just a smartphone or tablet and a special app. .

No additional hardware is required, these iOS, Android and Windows apps use the device's built-in camera and lights to detect heart rate by scanning a user's finger or face, as well as measuring blood flow. . It sounds strange, but they do work and are a fairly reliable way to get a quick estimate of your average heart rate.

Where is the best heart rate monitor app?

1. Best free heart rate monitor app for iPhone: Cardiio
2. Best heart rate monitor app for pregnant mothers: My Baby's Beat
3. The best heart rate measurement app for the family: Cardiograph Heart Rate Monitor
4. The simplest heart rate monitor application: Heart Rate Plus
5. The heart tracking app linked to the most social networks: Runtastic Heart Rate
6. Best heart rate monitor app: Instant Heart Rate
7. The most stylish 'heart rate' app: Heart Rate Monitor

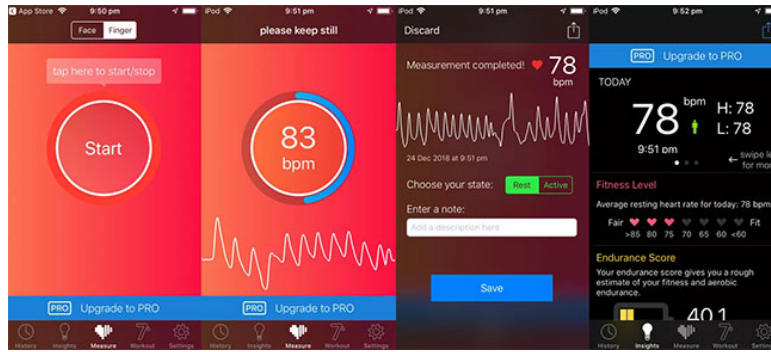
1. Best free heart rate monitor app for iPhone: Cardiio

Advantages

1. Support for Apple Health is a great feature to have.
2. Can choose face or finger mode to read heart rate.

Defect

1. The application user interface looks a bit outdated
2. If you want to unlock the integrated workout (workout plan), you have to pay between \$ 2 - \$ 10.



Cardio

Cardio is a free heart rate app that works on Apple's iPhone, iPad and iPod Touch devices. Cardio can measure your heart rate when you put your finger on the camera lens or by scanning your face through the front camera.

All data in Cardio is displayed in easy-to-understand charts and everything syncs with the Apple Health app.

1. Download Cardio for iOS

2. Best heart rate monitor app for pregnant mothers: My Baby's Beat

Advantages

1. A fairly clever way for mothers to connect with their soon-to-be-born baby.
2. Very easy to record and play back audio files.

Defect

1. My Baby's Beat does not work on iPod touch.
2. Red in the application feels a bit creepy.



My Baby's Beat

My Baby's Beat is a heart rate measurement app that works on Apple's iPhone and iPad, designed to detect a baby's heartbeat while in the womb. The application works using the built-in microphone of the iOS device on the mother's belly. The baby's heart rate is then recorded and saved in the app. Audio files can be shared via email or social networks.

It should be noted that this application is only recommended for babies older than 30 weeks and is not a method for detecting serious health conditions.

1. Download My Baby's Beat for iOS

3. The best heart rate measurement app for the family: Cardiograph Heart Rate Monitor

Advantages

1. Neat application design with many different user profiles.
2. Works on many phones besides Apple Watch and Android Wear devices.

Defect

1. No support for tablets running Windows 8, 8.1 or 10.
2. The app is free on Android but costs \$ 1.99 on iOS.



Cardiograph Heart Rate Monitor

Cardiograph Heart Rate Monitor is a reliable application for checking heart rate on iOS, Android and Windows Phone, using the smartphone camera to detect a user's heart rate and display data in neat charts. neat, easy to read.

All recorded data is saved to the application, which can be sorted by numeric values, as well as time and date. What sets Cardiograph apart from similar applications is the support for multiple user profiles, allowing many to save heart rate information to their own unique local profile.

1. Download Cardiograph for Windows Phone
2. Download Cardiograph for Android
3. Download Cardiograph for iOS

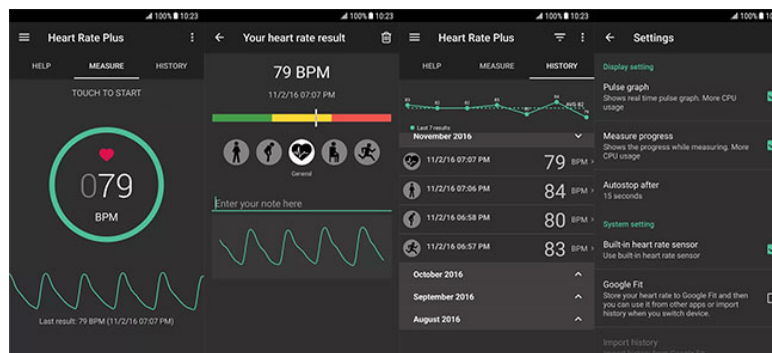
4. The simplest heart rate monitor application: Heart Rate Plus

Advantages

1. The reminder feature is a great idea for an application like this.
2. Supports Google Fit and Apple Health.

Defect

1. No support for older Apple devices running the operating system under iOS 8.
2. Dark color scheme does not appeal to people.



Heart Rate Plus

Heart Rate Plus is a heart rate measurement application available on iOS and Android devices. The application is very neat, easy to use and will not confuse the user with too many complex options and menus.

Heart Rate Plus syncs data with both Google Fit on Android and Apple Health on iOS, allowing access to information collected in other apps. It also provides unlimited data storage for free users. That means you can use this app to track your future heart rate.

1. Download Heart Rate Plus for Android
2. Download Heart Rate Plus for iOS

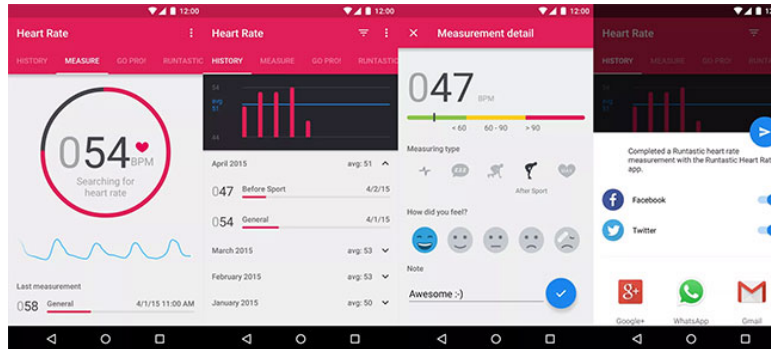
5. The heart tracking app linked to the most social networks: Runtastic Heart Rate

Advantages

1. Synchronize data to the same Runtastic account used on other applications.
2. Easily share heart rate data on social networks and whatsapp.

Defect

1. Upgrade to Pro version (\$ 1.99 / 46,000VND) is required to remove ads.
2. Does not work on iOS devices running anything in iOS 9.



Runtastic Heart Rate

Runtastic Heart Rate, as its name suggests, is a Runtastic heart rate reader app, one of the most popular fitness tracking app brands on both iOS and Android. Users can use the application to measure heart rate through the finger method or camera, all data is synchronized with the same account used on the Runtastic website and other applications.

Like many other Runtastic applications, Runtastic Heart Rate supports sharing data on many social networks such as Twitter, Facebook, Google Plus, or can also post to email and WhatsApp messaging application.

1. Download Runtastic Heart Rate for Android
2. Download Runtastic Heart Rate for iOS

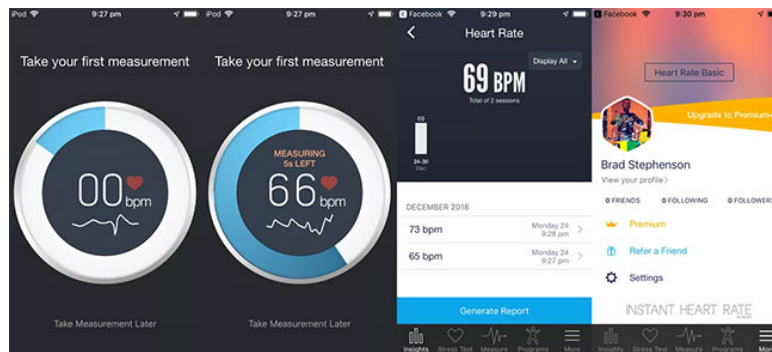
6. Best heart rate monitor app: Instant Heart Rate

Advantages

1. Android version that supports Google Fit.
2. IOS version can sync with Apple Health.
3. Available on iOS, Android and Windows Phone.

Defect

1. Additional health monitoring information and programs require a Premium membership for \$ 9.99 / month.
2. The iOS version only works on devices running iOS 11 and above.



Instant Heart Rate

Azumio's Instant Heart Rate is by far one of the best apps for measuring and monitoring your heart rate. This application is available on smartphones, as well as Android tablets, iOS and Microsoft Windows phones.

Instant Heart Rate uses the camera method to detect heart rate and all the data is displayed in multiple charts, which can be broken down by the time and activity taking place when they are done. All information can also be exported for viewing on other devices or shared.

1. Download Instant Heart Rate for Android
2. Download Instant Heart Rate for iOS
3. Download Instant Heart Rate for Windows Phone

7. The most stylish 'heart rate' app: Heart Rate Monitor

Advantages

1. There is information on calories burned
2. The large font size makes the text easier to read.

Defect

1. The pink design makes some users dislike.
2. Export options are limited however it supports Google Fit.



Heart Rate Monitor

Despite the fairly generic name, Heart Rate Monitor, has one of the nicer interfaces than many rivals. Pink and black graphics make the app more appealing, while large font sizes will appeal to older users and those who have difficulty reading small sized text.

Heart Rate Monitor records heart rate using the camera of an Android smartphone or tablet and categorizes it into sections such as **Rest**, **Fat Burn** and **Peak**. These extra labels allow you to see your average daily heart rate with a specific context (what are you doing when taking each measurement).

1. Download Heart Rate Monitor for Android

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