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Choose the app you want and follow the onscreen directions to download it to your device. (It's often pre-installed on phones and tablets, so you may already have it.) Be aware that you'll likely be prompted to sign in with your Google account or create one if you haven't already. Those who want more features can upgrade to the paid version. As with Google Play, it's often pre-installed on phones. Apps are no different — they're just specific kinds of files you download from the internet. In many cases, however, downloading an app is as simple as clicking a button on an app's page. Short for "application," apps let you do everything from listening to music to syncing your phone to your car to playing games. It helps you automate your workout with exercise, rest, cooldown and other intervals. One of its top features is the widget, which you can place right on your home screen. However, those looking for an easy-to-use stopwatch app that is a step above the basic offering should check out these 10 picks.Timeglass (iOS)Timeglass is one of the top rated apps for Apple devices. The app allows you to store data to refer to later or send as a file through email, text or social networking.CC0/27707/Pixabay Multitimer (iOS)Multitimer is a step up from the basic countdown timer clock and stopwatch on the iPhone. It has a minimalist design that makes it easy to navigate. You can customize the look of the app and rename the different timers to meet your needs.CC0/LouAnnClark/Pixabay MORE FROM QUESTIONSANSWERED.NET Odds are that if your phone isn't an iPhone, it's probably an Android device — brands include Samsung, Huawei, LG, Motorola, ZTE and many more. Sometimes (especially when it's meant for computers), an app is compressed into a ZIP file (.zip or .zipx) to save space. With the stopwatch feature, the time counts up so you can time your workout. Photo Courtesy: Kim Kulish/Getty Images Select whichever free or paid app you're interested in to see a brief description of the app. Fortunately, downloading apps can be quick, simple and easy regardless of the kind of technology you're using. The display has several circles on the main screen that you can customize to different timers and stopwatches. You can use the site to download apps for tablets, computers, phones, Xbox consoles, virtual reality sets and more, so it's important to check the system requirements on each app's page to ensure that the app is compatible with your device. Additionally, set single-use and repeat timers for other activities.CC0/stevepb/Pixabay Stopwatch Timer for Android is designed for one-handed operation, so you can easily control it during a workout or other activities. Like other app stores, it lets you filter apps by category, including featured apps, newest apps, popular apps, themed categories and more. Simply start the stopwatch and click the "lap" button to record your lap times. This app is optimized for use with Apple Watch, making it easy to use during exercise.CC0/fancycrave1/Pixabay Intervals (iOS)Intervals is a timer designed specifically for interval workouts. Click on the app result to learn more about it. Photo Courtesy: Future Publishing/Getty Images If you have a new phone, tablet or computer, you're probably looking to download some new apps to make the most of your new technology. If you choose a paid app, you'll be prompted to enter your credit card information or a gift card to complete your order.Using the Apple App StoreThe Apple App Store hosts apps designed for iPhones, iPads and other Apple devices. Pin the stopwatch tile right on the home screen for quick and easy access. The basic app is free and offers a quality, reliable stopwatch, but the paid version unlocks other features. Because the app was developed by Google, you can feel confident knowing that it will work seamlessly with smartwatch devices, too.CC0/StockSnap/Pixabay Stopwatch Timer for Windows)Stopwatch Timer for Windows devices is an easy-to-use stopwatch app with a minimalist design. Android is an operating system used for phones, tablets and more. If the app is free, it should begin to download; if not, you'll be prompted to pay for it. It displays the time intervals in digital or analog format, recording minutes, seconds and milliseconds. Read on to learn about how and where to download apps.How Downloading Apps WorksWhen you download a file on the net, whether from a store or elsewhere, a file hosted on an online server is copied onto your computer. Photo Courtesy: Scott Barbour/Getty Images Apps are typically set up as executable (.exe) files, although apps meant for Apple devices often come as either APP (.app) or DMG (.dmg) files. Stopwatch applications are available as standard programs on many smartphone devices. Unlike the above-mentioned app, you control this app using your Apple Watch, though it runs simultaneously on your iPhone. To download apps for an Android device, you can either visit the Android website or use the Google Play app. As long as there's enough space left on your device, the app will likely be ready for use once it's done downloading. Photo Courtesy: SOPA Images/Getty Images Open the Google Play store on your device and then search for the specific name of the app or any broader category that might interest you. While using the app, the lock screen is temporarily disabled so you can access it quickly during a workout.CC0/StockSnap/Pixabay Timer+ (iOS)Timer+ is an upgrade from iOS' basic Clock app. If you've ever been online, either on a phone or computer, you've likely already downloaded files on many occasions. To do this, you may need another program, such as WinZip or 7-Zip, to open it, although you may also be able to open it by left- or right-clicking if your device came with the ability to open ZIP files. With Timer+ you can run multiple stopwatches at the same time and they all appear on the same screen. Other features include voice controls and pairing with the Health app.CC0/charlie0111/Pixabay Stopwatch and Timer (Android)Stopwatch and Timer for Android has been one of the top timer apps since 200It performs basic functions without a lot of extra features. CC0/yellowcat/Pixabay Timer (Android)Timer has a clean, simple look and is easy to use. With so many apps to choose from, however, it can be a bit daunting if you don't know how to download them. You get to choose the color and sound themes to customize the app to your preferences. Either way, once the file is downloaded, you're good to go.Downloading Windows AppsMicrosoft hosts apps on its website, which you can access via any device with a web browser. You can start and stop the stopwatch or timer clock countdown without having to open the app.CC BY-SA 2.0/Ritesh Man Tamrakar/Flickr Tabata Stopwatch Pro (Android, iOS)Tabata Stopwatch Pro was designed with HIIT in mind. It has a basic setup for people who are new to HIIT training, but is customizable for more advanced athletes with specific workout needs.CC0/tacofleur/Pixabay Google Clock (Android)Google Clock is perhaps the easiest stopwatch to use on Android devices. You'll need to log in or create an account complete the purchase.Photo Courtesy: Picture Alliance/Getty Images MORE FROM QUESTIONSANSWERED.NET CC0/qimono/Pixabay Timers and stopwatches are important tools for fitness and training programs, but they are also helpful for a variety of other activities.

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