The preliminary prototype contains the following scenes:

* Menu
* ArmRaise
* Twist

**1. Menu:**

* This scene gives user option to choose among ArmRise, Twist or Exit
* Interaction Technique: Object manipulation, Simple Virtual Hand
* How to Use
  + Move to the button and press one of the given options

**2. ArmRaise:**

* This scene encapsulated arm raise exercise
* Interaction Technique: Object manipulation, Simple Virtual Hand
* How to Use
  + Two Asteroids/ Comets come towards the user at a constant rate in a fixed order
  + User must raise and lower his controllers (arms) in accordance with the position of comets
  + For some seconds, a tutorial showing how to play will be shown
  + User gets point every time he hits the comet with his sword

**3. Twist:**

* This scene encapsulated body twist exercise
* Interaction Technique: Object manipulation, Simple Virtual Hand
* How to Use
  + Two spaceships and two asteroids come towards the user at a constant pace
  + When the two spaceships approach, to avoid it, the user must twist
  + When the two asteroids approach, the user must hit them with his swords
  + For some seconds, a tutorial showing how to play will be shown
  + User gets point every time he hits the comet with his sword and he avoids the spaceship