The preliminary prototype contains the following scenes:

* Menu
* Mixed

**1. Menu:**

* This scene gives user option to choose among Arm Raise, Twist, Squat or Exit.
* It also contains general information about what must be done in the game.
* Interaction Technique: Object manipulation, Simple Virtual Hand.
* How to Use?
  + Walk to the button.
  + Press the button you would like to select using the HTC Vive trigger.

**2. Mixed:**

* This scene encapsulated all the game modules – arm raise, twist and squat in a single scene and the respective scene is shown based upon the menu selection.
* Every scene contains a text instruction, followed by an animation tutorial on how to play and the game.
* Interaction Technique: Object manipulation, Simple Virtual Hand.
* How to Use?
  + Arm Raise:
    - You have an energy collector with you.
    - Two Energy stars come towards you at constant rate.
    - You must collect the maximum possible energy stars in the given time slot by **raising** your hands upward and downward accordingly.
  + Twist:
    - You have two flaming asteroids/ comets and two energy stars coming towards you and you have your energy collector.
    - You must collect the energy stars while avoiding the flaming comets.
    - You must **twist** your arms to escape the comets, if not the energy collector will turn red and you will not be able to collect the energy stars for a few seconds.
    - You must **spread** your arms wide open to collect the energy stars.
    - You must collect as many energy stars in the given time slot.
  + Squat:
    - You have three flaming asteroids/ comets and two energy stars coming towards you and you have your energy collector.
    - You must collect the energy stars while avoiding the flaming comets.
    - You must **squat** to escape the comets, if not the energy collector will turn red and you will not be able to collect the energy stars for a few seconds.
    - You must **raise** your arms wide open to collect the energy stars.
    - You must collect as many energy stars in the given time slot.