LOGO

# AIFA – Fitness Artificial Intelligence

## “Your very own personal trainer”

**Navigation**

# AIFA – Fitness Artificial Intelligence App

## “Your very own personal trainer”

MAIN SECTION

ARTICLE

## Absolutely distinctive from others Fitness app:

Your **FAI app** - **Fitness Artificial Intelligence** will guide through exercises with timed, step-by-step using image and video instructions to complete with encouragement! Whether you are doing bodyweight exercises at home or lifting weights at the gym.

The App will collect all the personal, medical and **MAAHS Morphological Analysis of Anthropometric Human System**) data from the user to develop a program WRP **(workout routines program).**

It will work as comparable as real personal trainer to prepare a person WRP - Because the **humanology system** are different, a personal trainer has study BA in Physical Education for 4 years to discern the **humanology** based on the information given.

For the best performance, all WRP has expire date where the personal trainer needs to update information from you.

The only difference between Personal trainer and FA is that users must fill update by themselves, new medical issues and **MAAHS,** which will be demonstrated in video guide how you do it property. Therefore the FAI app generates the upadate WRP.

Each WRP could take two weeks up to 8 weeks to expire depending you humanology information.

 BLACKQUOTE

After you achieve your goal the program will generate an upkeep WRP to you, so you can continuous training

SECTION VIDEO

ASIDE