

# Ideation document

- GIT Repository link: <https://git.fhict.nl/I500872/study-fitness.git>

## Description of the application

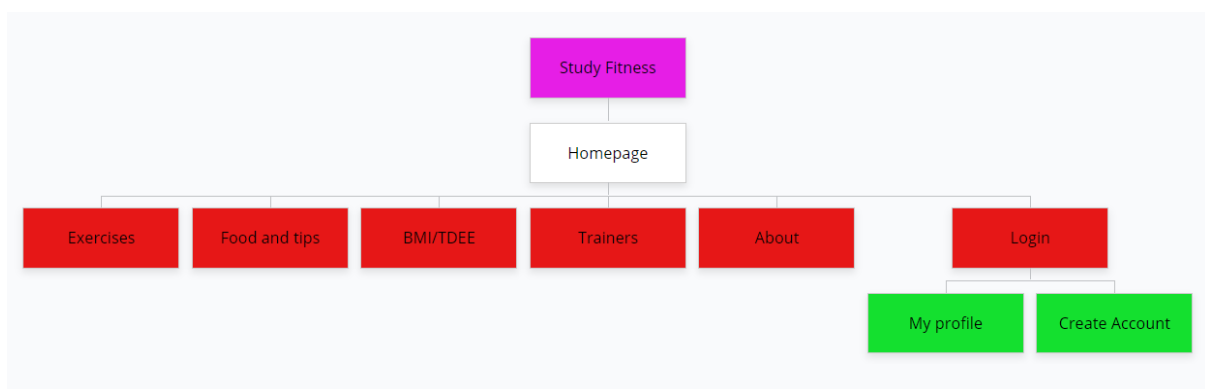
My idea for the individual assignment is to create a self-study fitness called “Study Fitness”.

The main function of the project is to show exercises for different parts of the body (explanation about their execution and “science” behind them) and various training styles with their benefits.

The project itself is divided into two parts – Windows Form App and a website. The application will be used only by admins via login form. Its key features are creating an exercise, editing existing exercises or deleting them, maintaining the information displayed on the website and eventually a timetable management for the trainers who work for the fitness.

The website will consist of 7 main pages containing information about the exercises, training styles, tips for beginners, best foods for building muscle/losing fat, some information about the “Study Fitness” and its trainers. As functionalities the website users will be able to read the above-mentioned information, search for exercises, rate exercises, access to BMI/TDEE calculator, leave comments/reviews on the exercises and a rating, optionally a member account which will have more benefits (possibly favorite exercises and contact with the fitness trainers) than the “common” user.

## Sitemap



Wireframe (link to Figma):

<https://www.figma.com/file/GV77gqGWVIM5M5oFqZWg41/Untitled?node-id=0%3A1&t=56hoxMb3HfjtP2mW-1>

