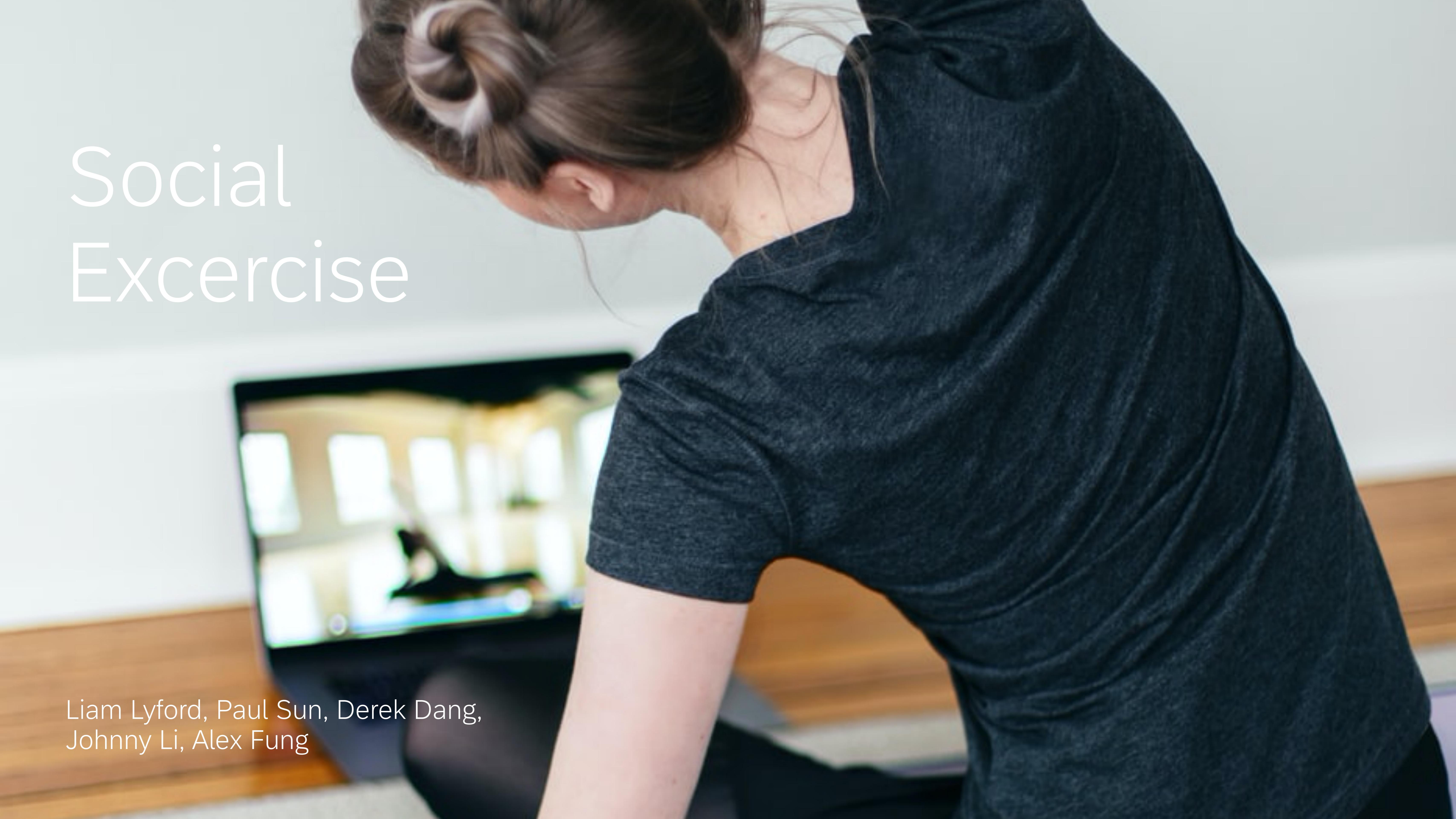
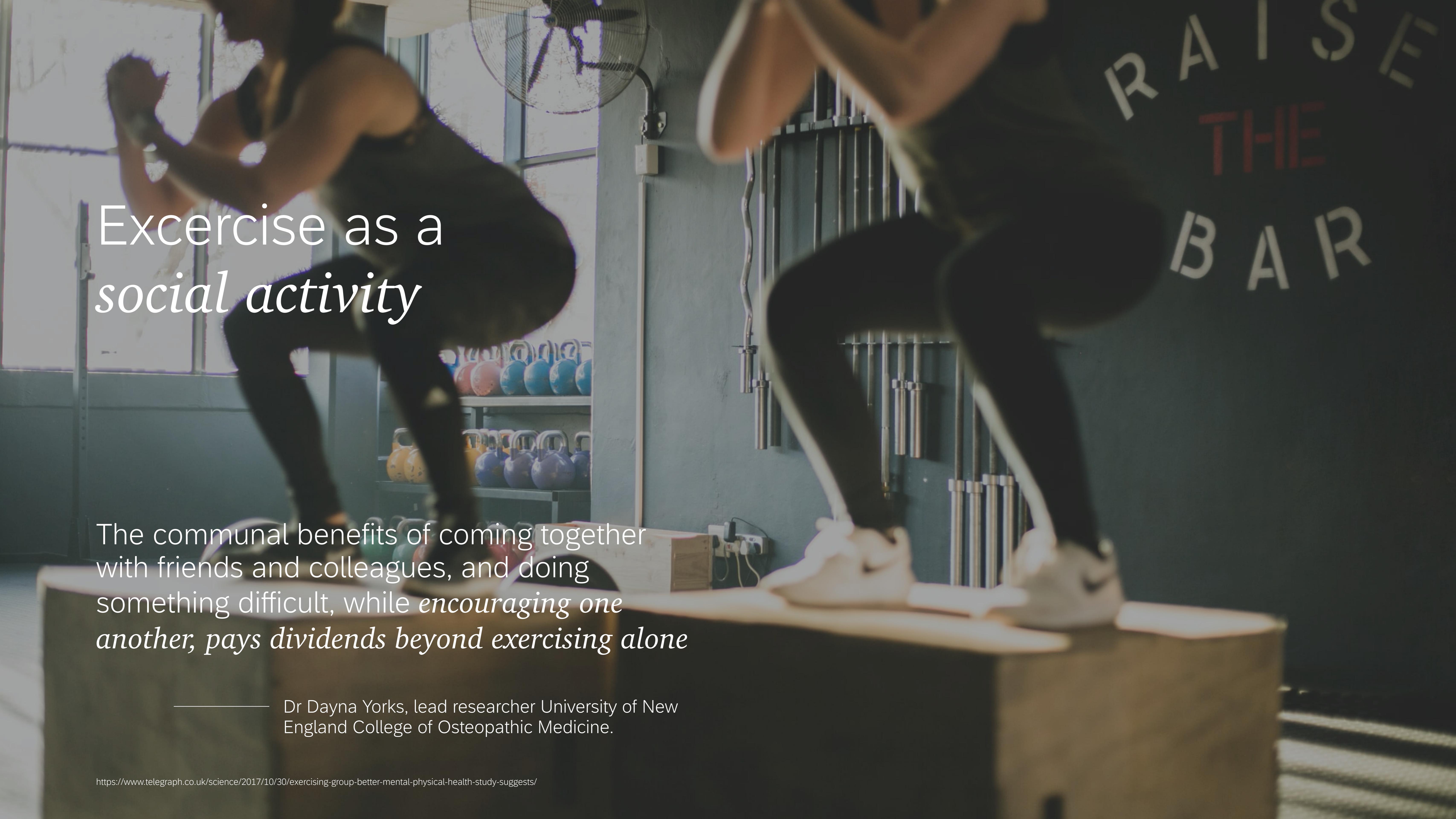


Social Excercise

A photograph of a woman from behind, wearing a dark t-shirt and jeans. She is leaning forward, her head down, looking at a screen. The screen is blurred, showing what appears to be a video game or a social media interface. The background is a bright, indoor setting.

Liam Lyford, Paul Sun, Derek Dang,
Johnny Li, Alex Fung

A photograph of a person performing a pull-up on a horizontal bar. The background shows gym equipment like kettlebells and dumbbells. A large banner on the right side of the image reads "RAISE THE BAR".

Excercise as a *social activity*

The communal benefits of coming together with friends and colleagues, and doing something difficult, while *encouraging one another, pays dividends beyond exercising alone*

Dr Dayna Yorks, lead researcher University of New England College of Osteopathic Medicine.

Social Exercise

A platform which aims to bridge the social gap in exercising, allowing friends to keeping each other and themselves accountable, while still fulfilling their civic duty of staying home in this period of quarantine.

The image displays a composite of several digital interfaces related to a fitness platform:

- Top Left:** A blurred screenshot of a mobile application showing a person's legs in motion, possibly during a cycling or running session.
- Top Right:** A screenshot of the app's main landing page. It features a banner for an "INTENSE FULL BODY" workout (15 minutes) involving two people. Below the banner is a calendar for May 2020, with days 4 and 6 highlighted in orange. The top navigation bar includes "Calendar", "Groups", and a prominent "Workout" button.
- Middle Left:** A screenshot of a specific workout session titled "WARM UP 2 MINUTES". It shows a woman performing "HIGH KNEES" on a mat in a room with a stone wall. The video player controls at the bottom right indicate the video is at 28% completion. The sidebar on the right says "ACTIVE | MrandMrsMuscle".
- Middle Right:** Three small video thumbnails at the bottom of the main workout screen show individuals performing different exercises: Joe Collins, Daniel Scott, and Megan Lee.

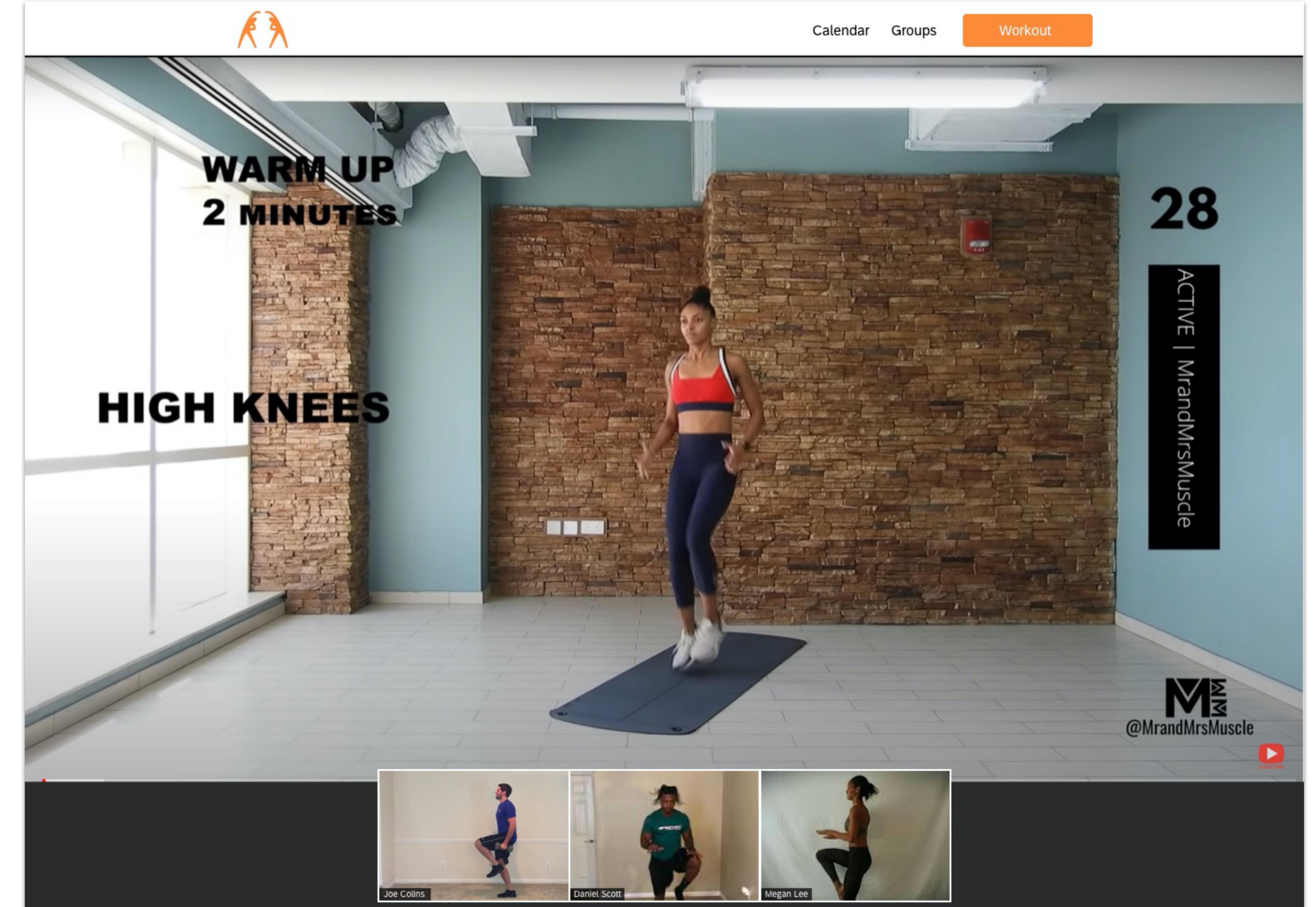
Scheduling

Using Google's API, Social Exercise takes in data from each participant's google calendar so you can find the right time slot to workout together without interfering with each other's schedules.

The screenshot shows the Social Exercise app's interface. At the top, there are navigation tabs: Calendar, Groups, and a highlighted Workout tab. Below the tabs, the date is set to May 2020. On the left, a thumbnail for a workout playlist titled "INTENSE FULL BODY HIT SERIES" is shown, along with its description: "Full Body Home Workout - HIIT with Low Impact Modifications Playlist by MrandMrsMuscle". To the right of the thumbnail, there is an "Invite" section listing "Liam Lyford" and "Paul Sun". The main area is a calendar grid for the week of May 3rd to May 9th. Orange shaded boxes indicate available time slots. A specific slot on Monday, May 4th, from 1:00 PM to 2:00 PM is highlighted and expanded into a modal window. This modal contains fields for "New Workout" (set to "Fullbody Workout"), "May 4, 2020", "Start 1:00 PM", "End 2:00 PM", and a "Video call link". At the bottom of the modal are "Discard" and "Save" buttons. Below the calendar grid, there are "Back to Search" and "Send Workout Invite" buttons.

Utilizing the new norm

Video calling has become a social norm for people to stay connected while confined in their home.



Implementation

Mock up