UI/UX

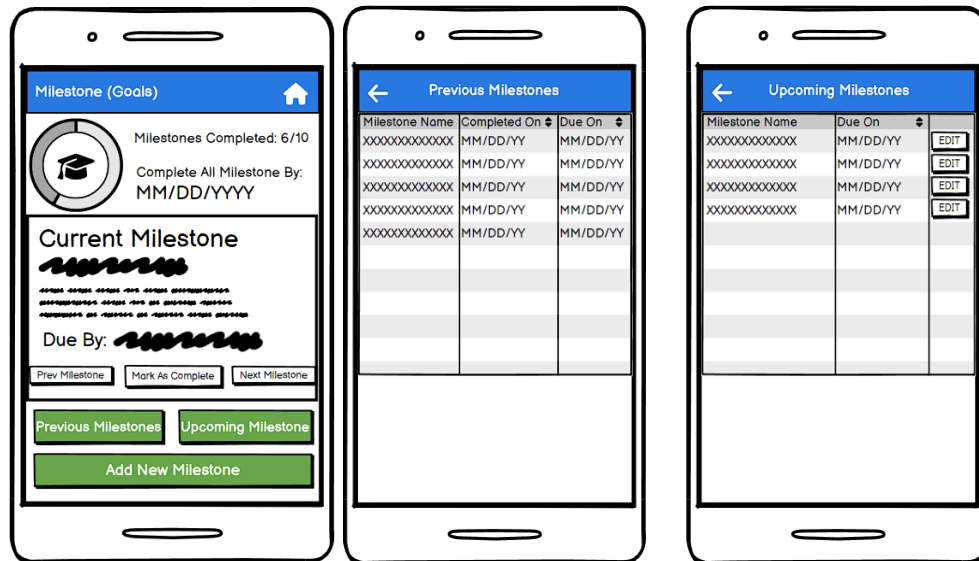***Setting fitness milestones when beginning or continuing your fitness journey***

- ○ This is important as it provides users with tangible goals to strive for, enhancing motivation and adherence to their fitness journey. These milestones act as measurable achievements, allowing users to track their progress over time and celebrate their accomplishments.
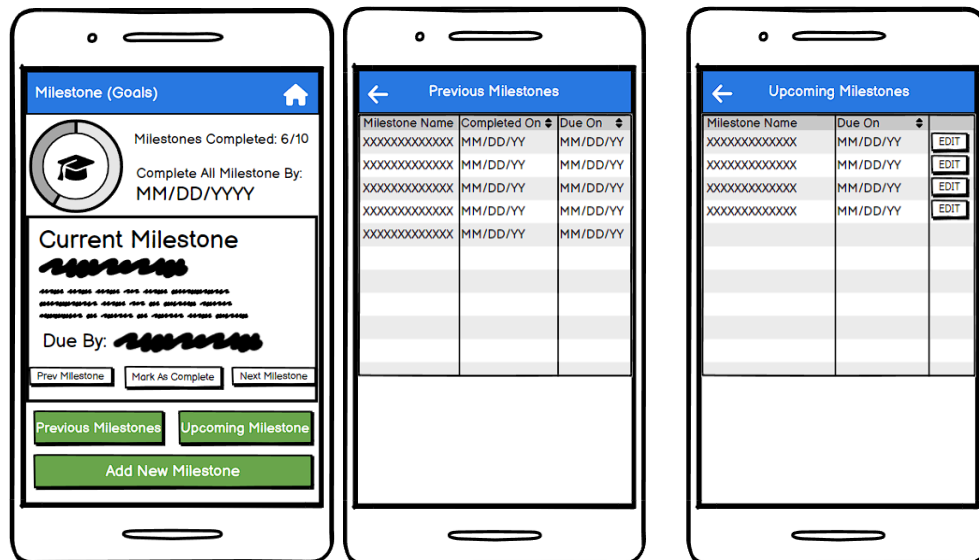

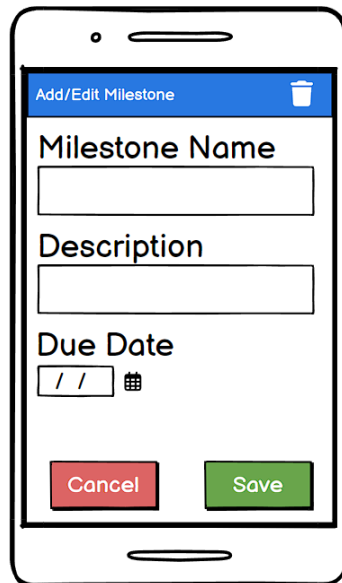- ● ***Setting fitness milestones when beginning or continuing your fitness journey***
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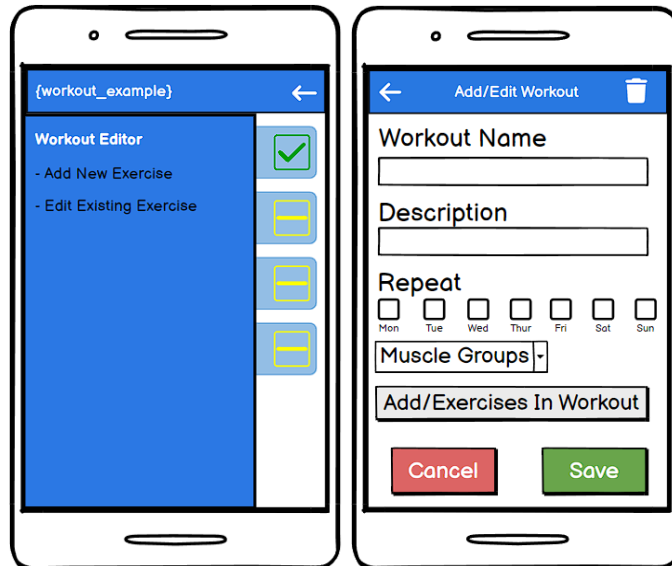
- ***Navigating/ Changing Workouts***
  - It empowers users to tailor their exercise routines according to their individual goals, preferences, and fitness levels. This feature enhances user engagement by providing flexibility and personalization, allowing users to create workouts that align with their specific needs and interests.
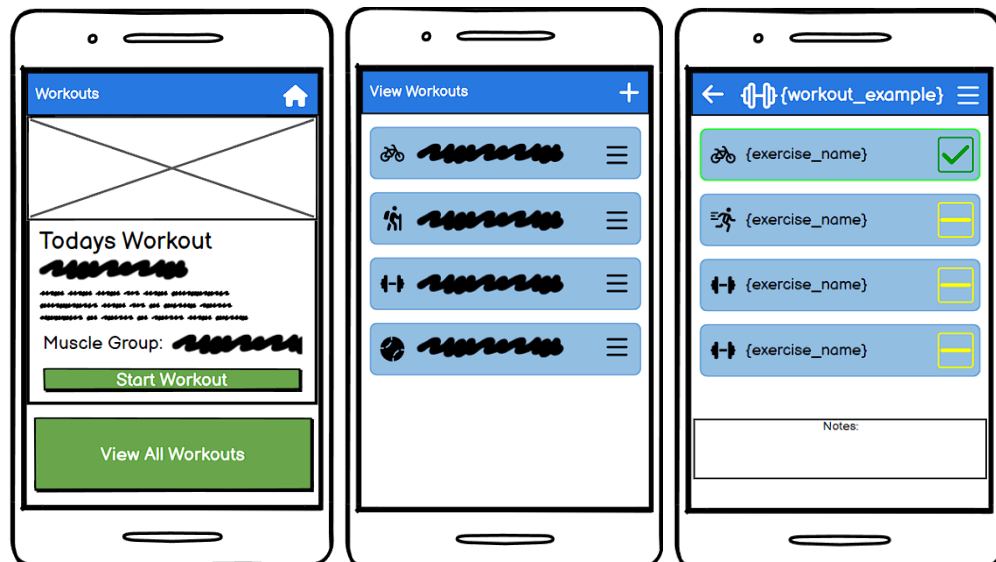
- **Editing Individual Exercises**
  - allowing users to edit exercise parameters such as duration, weight, repetitions, and rest intervals (cooldowns), the app caters to individual fitness levels, goals, and preferences. This feature empowers users to tailor each exercise to match their unique capabilities and objectives, leading to more engaging and effective exercise sessions.

Storyboard

1

Andy is not seeing any results from his current workout plan.

2

He opens the FitGenius app and navigates to the workouts section.

Hi (User_ID)

Milestones

Workouts

Exercises

3

He comes upon his current workout list, he clicks on the plus sign on the top- right to add a new wrokout.

View Workouts

4

He then sees all the details that can be added for the new workout and then clicks save button to add this workout.

Add/Edit Workout

Workout Name

Description

Repeat
Sun Mon Tue Wed Thu Fri Sat

Muscle Groups -

Add/Exercises In Workout

Cancel

Save

5

6

The new workout that was added can now be tracked with details while a gif is showing the proper form.

Weights (exercise_name)

GIF

0.5 lb + Weight -

1 + Reps -

1 + Set -

Record Data

Start Cooldown

7

Following his new workout, Andy begins to see the results he wanted. He is very happy.