



Getting in shape has never been easier!

There are a lot of ways to keep track of your exercise, but none are easier than this program. While many apps will teach you how to exercise, or let you track your workouts, but where this program is different is that it will change around your needs. If you are a new to working out, chances are that you will benefit from using the recommended exercises. Once you get more used to working out, you can set your own routine and workout the way you see fit! You are always able to go back and have the program recommend exercise programs for you if you get lost or just want the ease of having a workout planned for you. Getting motivated to work out is hard enough, let us do the rest of the work for you.



Workout Tracker

Getting in shape made easy

**Product/Service
Information**



Easy access for beginners!

The workout tracker app makes getting in shape accessible for users of all levels of fitness. With many different customization features and a user profile that allows you to set your personal preferences and goals, working out and staying healthy has never been easier.

Set and track goals

No matter what goals you have, the workout tracker will help you achieve them. An important aspect in exercise is knowing what you are working towards, and how to achieve those goals. The user profile allows you to set your own personal goals, whether that be weight loss, strength gain, or just improving overall health.

CUSTOMIZE YOUR EXPERIENCE

The main goal of this program is to provide an easy to use and helpful experience for every type of user. A person who is experienced in exercising and staying fit may not need as much assistance as someone who has never maintained an exercise routine. The user profile not only allows you to set your goals, but also choose which type of experience you would like to receive.

Custom workout or recommended workout?

For many, the hardest part about exercising is just knowing where to start. With pre-programmed exercises, the stress of knowing what to do is taken away. Based on the users goals, workout routines will be recommended, showing the user which exercises to do and how to do them.

If you are experienced in working out, you may have a routine you already follow. You can choose to edit the recommended workouts, or create your own custom workout based on what you are already doing. The flexibility of this allows for every type of user to be accommodated.

GET THE SUPPORT YOU NEED

Not only does this program allow you to track your goals and workouts, but also provides important information to help you get the best out of your exercise routine. You can decide if you would like additional information in the form of helpful tips that will provide some details that you may otherwise forget about. These tips will include reminders to stretch before and after the exercise, stay hydrated, and make sure you are taking steps to avoid being injured. Many exercises will provide links to important information such as videos showing proper form to perform the exercise.

