The Versatile Fitness application aims to have a user-friendly interface that initially guides the user through the experience of finding the right workout for them. The first time a user opens the application they are asked a sequence of questions with one question per screen. These will include age, weight, height, experience level, fitness goals, time restraints, and if the user would like to involve their children in their workouts, note that these can be changed at any time within the app. The user can choose to go with the exercise program that is suggested by Versatile Fitness based on the introductory questions, or they can pick from the in-app selection of expertly curated programs sorted by time constraints, experience level and child involvement. Once a workout routine has been selected the user will see an overview screen outlining each exercise, the number of repetitions, the time taken per exercise, and the time taken for the entire routine. On the pre-workout screen there will be a large ‘start’ button which will take the user to the exercise introduction screen. Before each exercise there will be an informational screen that displays the basic movements of the exercise in gif format, the number of exercises left in the workout routine will also be displayed here. There will also be a link to a more in-depth video tutorial of the specific exercise which if chosen will show a workout that is designed to engage children and adults. This exercise introduction screen will have a countdown until the exercise starts automatically allowing the user to prepare themselves. Once the exercise starts there will be a timer based on the difficulty level and repetitions per exercise, which are set depending on the workout selection process, but can be changed at any time in the settings. There will also be a ‘previous’, ‘pause’ and ‘next’ button at the bottom of the exercise screen.