Versatile Fitness is a wherever-whenever workout application that will be affordable and target a demographic ranging from busy parents to the casual enthusiast. Most of our workouts will be designed to focus on those that are time sensitive and will feature many motivational boosting features that will promote both physical and mental health positively through exercise. This app will appeal to many parents who have had kids for a while or those who have had their first child and struggle to find the time to balance care for their children and themselves. Finding the perfect balance between working, doing chores, family time and study can be hard itself. But a lot of people find even those tasks hard when caring for a child. The aim for this app is to achieve that perfect balance by creating a platform that is suited to your time with the information to guide you while keeping you motivated and interested in working out!! It will benefit parents in all stages of life and even those who are yet to take that step.