Noah Etherington

Create a variety of workout plans for different fitness levels

One of our main goals with the Versatile Fitness application is to support a wide range of fitness levels for people in all walks of life. Discrimination is something that is easily visible in the health and wellbeing sector, and we want to completely eradicate that with our application. To achieve this goal, we have sought help from trained professionals to develop us base workout plans to help us understand and develop further ones. At the current time we have gained a full workout plan for an intermediate level from an acquaintance that is a CPL PTI (Corporal Physical Training Instructor). With the information and planning he has given to us; we plan to scale the workout up and down to accommodate multiple fitness levels. Along with our connection with the CPL PTI, we have been communicating with primary school PE teachers with multiple years of experience to help us intergrade the children element into our application. Gaining information from someone who has worked with kids for some years, will help us understand what kids like and what they do not, which in a workout environment is especially important.

This information we gain over the next few weeks will aid us in achieving our goal of full support to all that wish to workout, by supplying them with a workout plan that has been provided by trained professionals. These workout plans will be available in multiple fashions to accommodate those in a rush, those with kids, those who want to experience the full workout and those who want to get their health into shape but feel their daily lives interfere with that goal.