Aims

The aim of this project is for users to get fit and using the fitness application as an aid in their effort. The main goal is for users to become fitter and closer to the bodybuilding and athletic style approach to their fitness.

Bodybuilding / athletic fitness

We knew the starting point for this application will focus on bodybuilding and athletic for endurance fitness. We wanted to incorporate other fitness into this application such as marathon, power lifter, weight lifter or cross fit since they all have different approach to fitness and diet, however with time constriction, we chose only the first two as the most common fitness. Our group knew realistically what we can do in a space of 3-4 weeks and the amount of work needed already on the bodybuilding and athletic regimen. However given more time and later updates, we would like to incorporate more fitness plan.

Diet

The most important aspect is dieting for fitness. For example, bodybuilding requires consistent eating like 5 meals a day and have adequate amount of protein intake. The athletic fitness however, may not require 5 meals a day but perhaps 3-4. The calorie overall per day will dependant on the aim: calorie defecit for weight loss and cutting and calorie surplus will aid in bulking and weight gaining. Our group is conducting the meal plan in the fitness app, as this part is crucial and the fitness exercise is the net result from calorie intake. The challenges will be the boundary of intake per person and the range for calorie. An example would be 1500-3000 calorie per day and the aim for the user. Our group will also conduct some research on the food groups that is highly recommended and the amount to consume. Although, this component is based on experience and with of course, supported by research.

Frequency of workout

The amount of workout can be customised for each user and how many times they can commit to their fitness. Everyone has a schedule they can only commit a handful of times per week. So the fitness program will focus on 3 days per week for a duration of 45 minutes to an hour per session. The more serious fitness users can do more than 3 times a week and increase to 4-6 times per week. We also aim to have intensity of the workout, such as in a 3 day per week, we have lower intensity workout more suited for beginners and a higher intensity for seasoned bodybuilders / athletes. The amount of training is crucial for the muscles to tear and be able to repair and grow stronger.

Taking photos

One of the exclusive features that we have identified in the fitness app is the ability to take advantage of the mobile phone camera and take pictures on the progress of the exercise. Although we will not be implementing this feature in this IT project as it requires coding on the mobile platform, and using the phone’s camera, it is a justification to undertake and design this application, as this feature could draw users to this app. An example would be a user taking photos of the bicep curled, abs flexed etc, and the photos takes periodically to reflect changes. The distance should be taken at a fixed distance, say 15-30 cm and the user should stay within that distance for a better measurement.

Graphics / aesthetics

Since this project is an IT project that has very limited time, we will not focus on the graphics of the applications and the aesthetics of the app. We will however, demonstrate a prototype and show the application abbreviation to show the functionality. However, our group does recognise that graphics quality is important, as it can make or break an application if the users feel the graphics are lacking. We can implement in this project the aesthetics and the feel on this project and enhance the graphics if the application were to be made.

References

Antonio, J & Ellerbroek, A 2018, Case Reports on Well-Trained Bodybuilders: Two years on a High Protein Diet, *Journal of Exercise Physiology*, Vol 21, pp.14-25.