Our as yet Untitled Fitness App is an exercise program and fitness tracking app for mobile devices, with inbuilt education for your fitness needs.

It is designed for both beginners who don’t know where to start and intermediate fitness peers, with a view to create or enhance the user’s fitness regimen while recording their progress.

This app is being created to address changes in the bodybuilding industry and how they view caloric intake from energy sources such as carbohydrates, protein and fat. It was only in recent years that carbohydrates have been called into question about their functionality in the body, since they produce sugar glucose for the main fuel to the body. However, the properties of carbohydrates causes the body to store fat especially around the belly of a person. The belly is the best storage for future energy usage, and they are the least used part of the body, meaning less blood vessels run there to extract energy quickly versus the arms or the legs that requires huge amount of energy and on the fly. This is important, especially for beginners that want to get fitness results to be realistic about what they put in and what they get out.

This fitness app is for all ages and genders, and they can customise their fitness training requirements and how they will follow their fitness plan. This program will start the fitness personnel on a three, six, and then twelve month period. The first year has three modes and after the first year only has a single mode, as if the user has followed the program thoroughly, the most gains are from the first year and subsequent years will net in diminishing results, and yet the fitness personnel still has to stay consistent with their program.

The application takes into account caloric intake, paying attention to the ratio of carbohydrates, protein and fats. There are many styles of diet that can be implemented such as Keto, protein diet, and a carbs diet which is very good for endurance. The diet recommended will vary depending on the fitness regimen the user desires. This part of the application will require in-depth research and analysis to achieve and thus will be beyond the scope of this current assignment.

The defining feature of the application and what sets it apart from other fitness apps is that it takes advantage of the device’s camera, providing instructions on different poses and positions to periodically take pictures to keep track of gains and losses in body fat and muscle mass. The program will take into account the user’s progress and adjust the user’s dietary recommendations and workout routines accordingly.

This innovative way of building muscle and cutting/leaning could become the next frontier in how a person could train.

The user will also be able to compile a report for sharing with other users and tracking their progress.