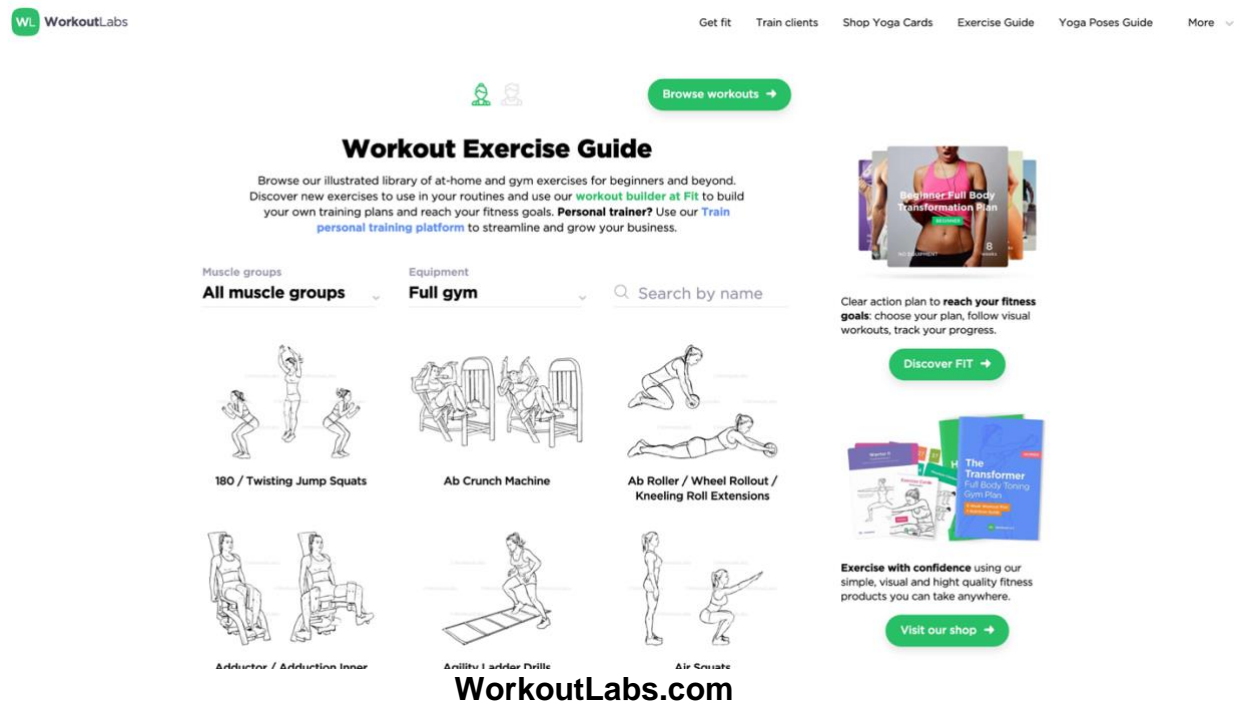


7.4 Appendix - Web Page Research

Research on the web



Overview

This website appears to be a tool for users and personal trainers to use the search platform to build their own personal trainer program. This platform also appears to target self-employed personal trainers. The site contains a coaching platform track their progress, and engaging in visual workouts, this option is a chargeable option.

Advantages

Simple and easy follow design

contains two dropdown lists the first muscle groups the second equipment would help those not familiar with the exercise names

images make it easier to distinguish what the exercise looks like

ability to search exercise by name

contains a brief description on the exercise

very user friendly

has an image which illustrates what muscle groups are being targeted

Disadvantages









Could contain a rating system which defines how effective each exercise is

Nothing to distinguish the fitness levels of the user

Doesn't recommend exercises depending on what the user it's trying to do for example professional sportsman etc

Should define exercises that help with mental health as well as physical

ADVERTISEMENT

| | | | |
|--|---|--|----------------|
| <div>Muscles</div> <div> <input type="checkbox"/> Chest <input type="checkbox"/> Forearms <input type="checkbox"/> Lats <input type="checkbox"/> Middle Back <input type="checkbox"/> Lower Back <input type="checkbox"/> Neck <input type="checkbox"/> Quadriceps <input type="checkbox"/> Hamstrings <input type="checkbox"/> Calves <input type="checkbox"/> Triceps <input type="checkbox"/> Traps <input type="checkbox"/> Shoulders <input type="checkbox"/> Abdominals <input type="checkbox"/> Glutes <input type="checkbox"/> Biceps <input type="checkbox"/> Adductors <input type="checkbox"/> Abductors </div> <div>Exercise Type</div> <div> <input type="checkbox"/> Cardio <input type="checkbox"/> Olympic <input type="checkbox"/> Weightlifting </div> |  | Rickshaw Carry Muscle Targeted: Forearms Equipment Type: Other | 9.6 Average |
| |  | Single-Leg Press Muscle Targeted: Quadriceps Equipment Type: Machine | 9.6 Average |
| |  | Landmine twist Muscle Targeted: Abdominals Equipment Type: Other | 9.5 Average |
| |  | Weighted pull-up Muscle Targeted: Lats Equipment Type: Other | 9.5 Average |
| |  | T-Bar Row with Handle Muscle Targeted: Middle Back Equipment Type: Other | 9.5 Average |
| |  | Palms-down wrist curl over bench Muscle Targeted: Forearms Equipment Type: Barbell | 9.5 Average |
| |  | Atlas Stones Muscle Targeted: Lower Back Equipment Type: Other | 9.5 Average |
| |  | Dumbbell front raise to lateral raise Muscle Targeted: Shoulders Equipment Type: Dumbbell | 9.5 Average |

Bodybuilding.com

Overview

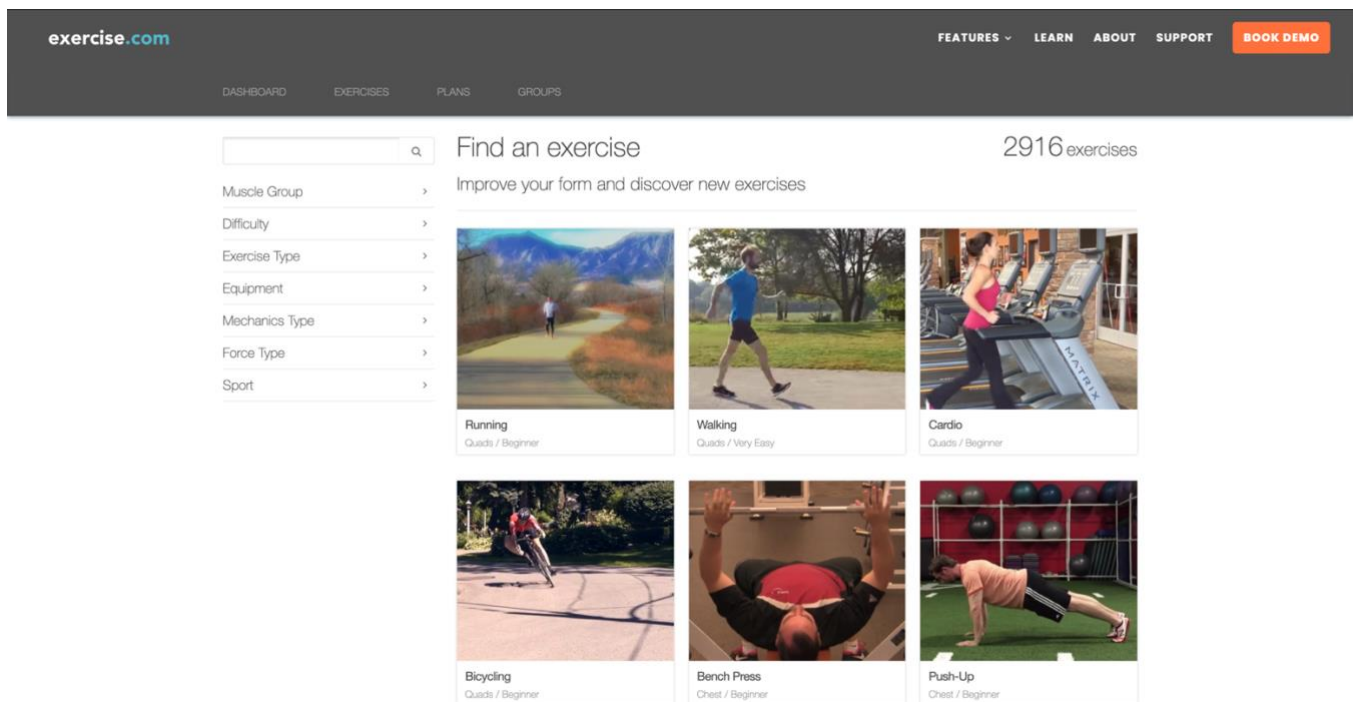
One of the largest fitness platforms that provides is users with a platform to achieve their goals by offering an all-round overview service to fitness. This includes nutrition, Get fit plans, muscle building programs and weight loss plans.

Advantages

- Contains an average
- Has a section for exercise types
- Has a level for exercises
- Contains mechanic’s type
- Information is easy to identify

Disadvantages

- Layout is quite cluttered everything is bunched together
- Images are too small difficult to see what the exercise is without clicking the link
- Types should be in drop down lists to make it easier to navigate through the website.
- Requires the user to sign up for a paid member ship to gain access to the rest of the content whereas other platforms are offering the same content for free



Exercise.com

Overview

This web page appears to target personal trainers who want to grow their businesses, they offer more services on top of the search engine facility such as scheduling appointments, client assessments and delivering workout programs.

Advantages

Contains a drop down for difficulty

Simple easy to follow layout

Good use of images

Includes a drop down for recreational activities such as walking cycling.

Contains muscles worked image

Provides a step-by-step guide on how to perform exercise

Provides force types

Provides mechanical types

Contains variations

Provides links to featured plans as well as similar exercises

Contains A my performance log compares that with other users

Includes a comments/ rating section from fellow users

Disadvantages

Design lets this webpage down although it presents information not easy on the eye.

Amount of exercises display is inaccurate. When selecting hip flexors, it says it has 46 exercises but only displays 10 loads more buttons doesn't show.

Functionality issues when selecting muscle group groin nothing comes up even though the system states it has 34 related exercises. However, when you select another check box alongside it such as outer thighs it then displays the groin exercise set along with outer thigh. But when you select just outer thigh same thing happens.