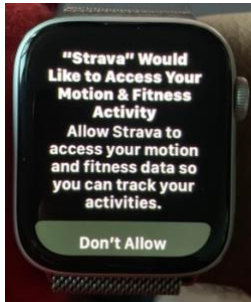


## Fitness App research on Apple watch

**Name of the App:** Strava app which specialises in tracking human exercises predominantly running

**Setup:** App needs to be set up through the phone first. Set up checklist required. This includes permission to access the user's location through their phone. Code of conduct required. Also seeks permission to allow access to health-related data and to sync with Health (Apple health app).



Option to amplify Apple watch data with a subscription at a cost of £47.99 – something to consider down the line regarding business model.



Logo blends in with other apps which makes it difficult to identify at first, many of the apple watches timer apps also have an orange logo.



**Interface:** Gives you 13 different activities but strangely enough when you click each button nothing happens. Expected a timer screen to come up as a result of pressing the button.



There's a settings tab which allows the user to change preferred units. Notification on run splits is a feature. Auto pause feature has been added I'm guessing as soon as you stop moving. App and the phone don't appear to be synced. Tried on my phone starts working as normal but it's not running in line with the smart watch. There is an unsynced option, however every time I select it a blank screen shows with the done link in the top left corner.

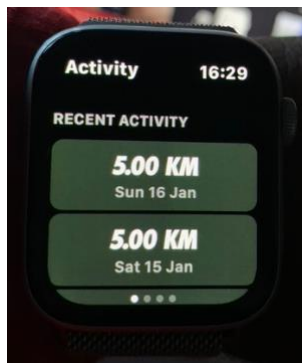
Unable to test this app as none of the functions on the watch appear to be working.

Name of App: Nike Running App

Interface: clear layout first page is an overview on the user's activity over the last week or so. Text at the bottom says if the user wants to access more of their workout history will need to use the app. Tells me smart watch apps have significantly limited space. The main page contains a start button with several other measuring options such as the distance duration or speed.



Like Strava the Nike app contains a settings tab. Nike has more options such as highlighting the user of accomplishments, voiceover, auto pause.



Features: Noticed there is no option to log out the app on both the phone and the watch.

The next slide contains options for guided runs where a Nike coach speaks to the runner throughout the run.

Provides an option for indoors and outdoors, frequency in which to notify the user of a milestone such as distance completed so far. a countdown has been added as an option before the run begins.

Flutter could become useful as there doesn't appear to be a fitness app that's cross platform its either built for android or apple. May be this is something we can take advantage of.

### Name of App: NBA app



Purpose: Allows the user to keep track of their favourite/all teams results

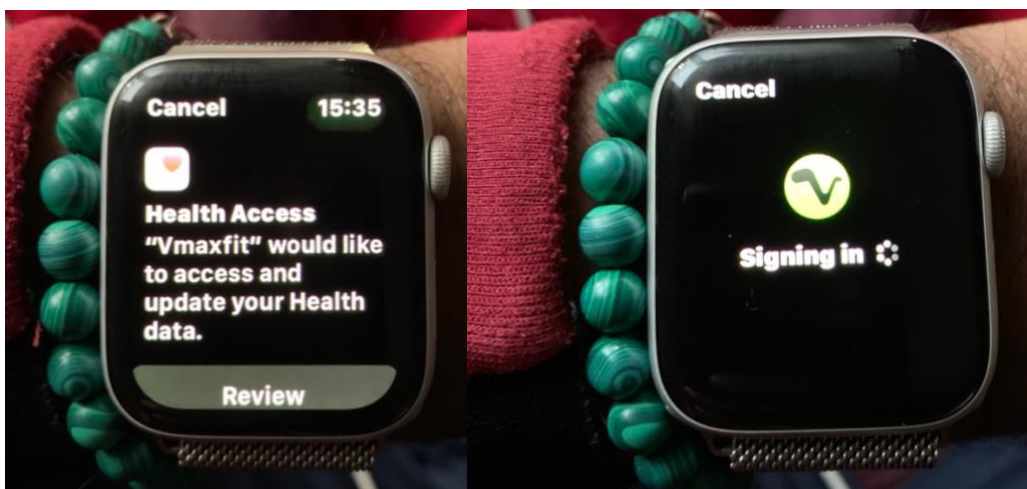
Features: provides real time updates on every game in the NBA. Has 11 containers on one page. Would be ideal when designing our fitness app.



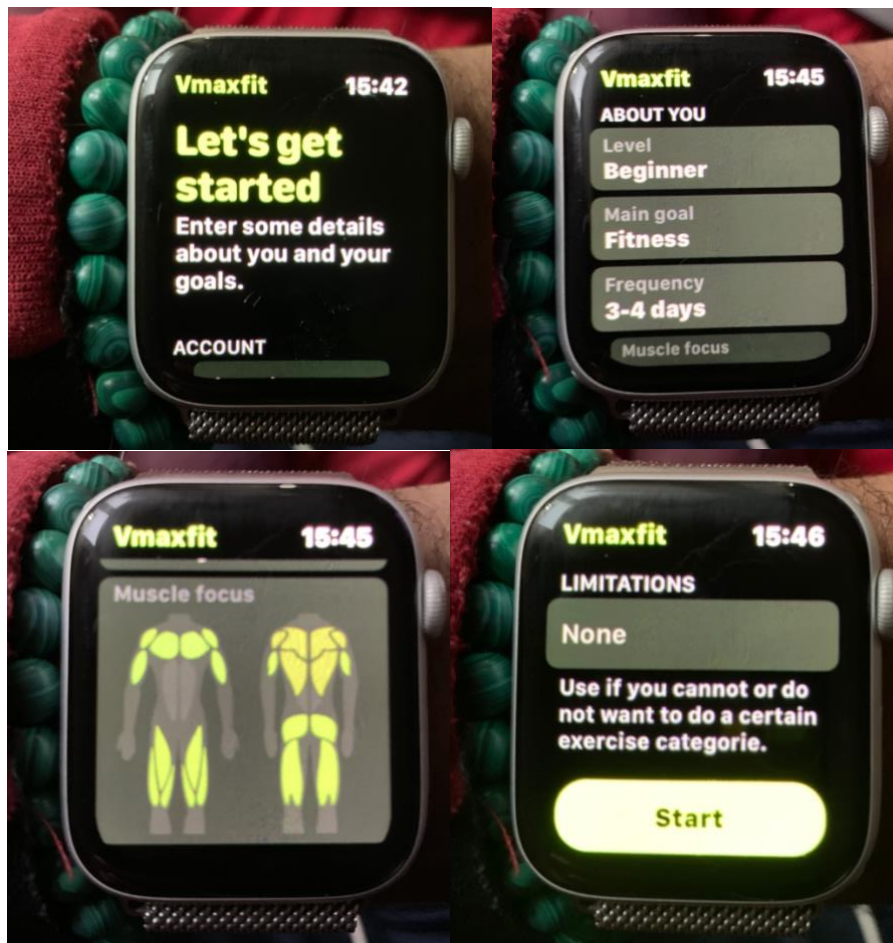
Allows the user to set their favourite team so their games will be prioritized

Also displays the result of each game.

**Name of App: VmaxFit**



Website: <https://vmaxfit.de/> - (can base the striveHive website on this)



Requires access to health data. Asks for permission to access to active energy, workouts, and heart rate. This is watch app only, doesn't contain an app on the phone, interesting as our concept would blow this out the water. Everything is located on the watch only.

Requires you to sign in using apple sign in. is taking a while to log in. as it's a home work out app looks as if it requires you to be connected to wi-fi. App is not picking up signal despite being connected to the internet. Managed to log in by disconnecting a re-connecting wi-fi.

First page gives you a basic stats overview, these include name, height, weight, and gender. Followed by fitness level, main goal frequency and muscle focus. The muscle focus contains an image like the muscles hit images you find on machines in the gym. There is also a field for limitations.

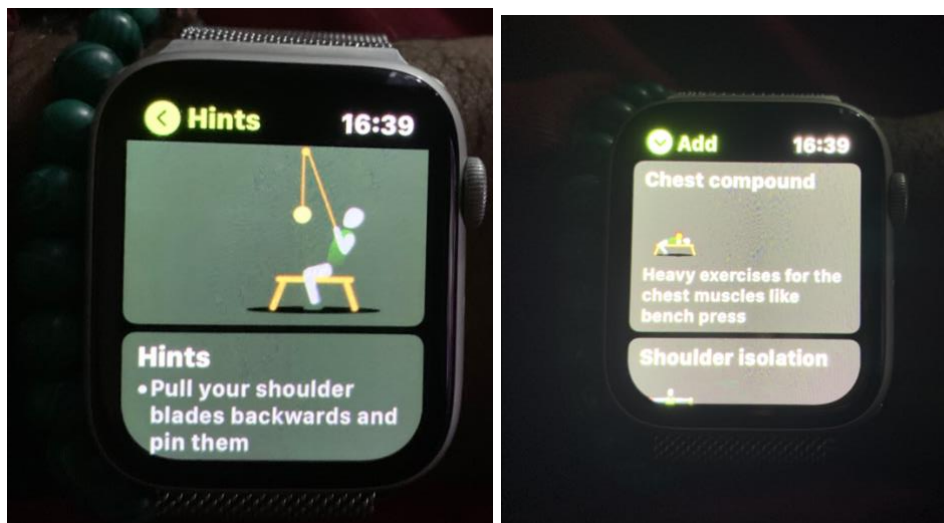
Down below contains 3 tabs history, overview, and profile, this is where you can adjust your profile details. Overview tab is a premium service which allows the user to receive better guidance on workouts these costs 5.49 a month or 26.49 for 6 months. There is a two-week trial. History I would imagine would contain your workout history. History contains the date session was done the exercise carried out and the weight lifted.



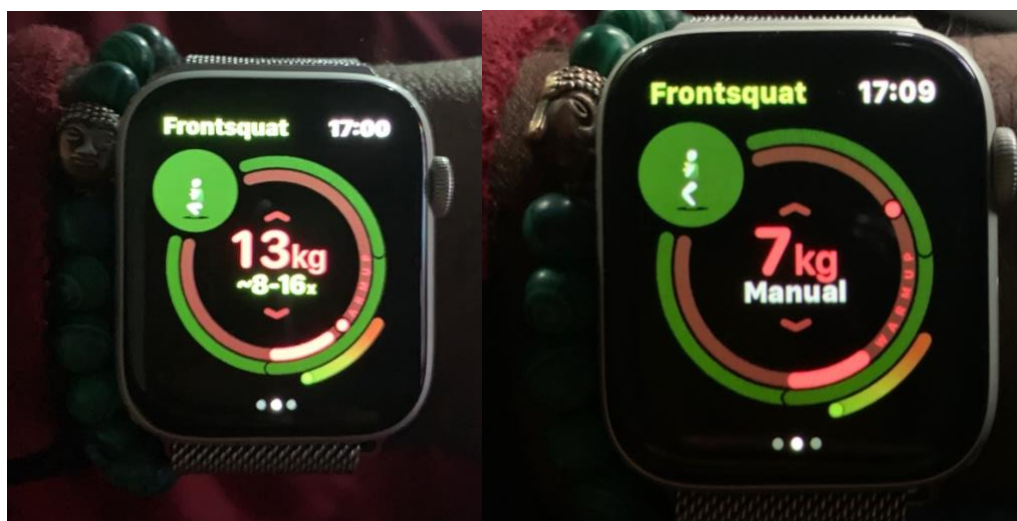
When hitting the start button the app displays a readiness meter which calculates whether your muscles have recovered based on past workouts using vMaxfit.

Before the exercise section contains an explanation tab. The tab explains Vmaxfits purpose of guiding you through the workout.

Below is another container which provides a suggestion of exercise based on the individual's recovery. There are two options to begin the workout or add the exercise. There is also a brief explanation on working sets and the intensities.



The workout library contains compound exercises for each muscle group, chest, shoulder, triceps, back, biceps and thighs. Each compound contains between 6 – 8 workouts each quite a small amount. When you select each exercise, you can add the number of sets and the load. Followed by a hint tab which provides an animation and info on how to carry out each exercise.



The number of sets is limited to 5 which wouldn't suit people like powerlifters as they often exceed this amount. Load amount is limited to light medium and heavy not able

to edit the variations at all. When adding an exercise there's no back button so you're forced to add an exercise even if you made a mistake, you can delete by swiping left. Each exercise contains A simple animation of a stick man carrying out the exercise is helpful, but some users might prefer real life demonstrations. When beginning the workout, you begin by tapping the start button to begin. Once pressed the timer will start and you will be presented with your first exercise.

The animation at the top left is the current exercise which you can select to display the hints. It allows you to tweak your exercise by increasing the load, sets as well as opting for similar exercises. There is an option which I believe is rest times as soon as you finish the set the watch will vibrate allowing the user to select rest the counter begins its highlighted yellow, it's not clear whether it's a timer for rest as when the watch vibrates to let the user know time is up it continues to count. Will investigate further.

There is an option to report issues which is handy for feedback.

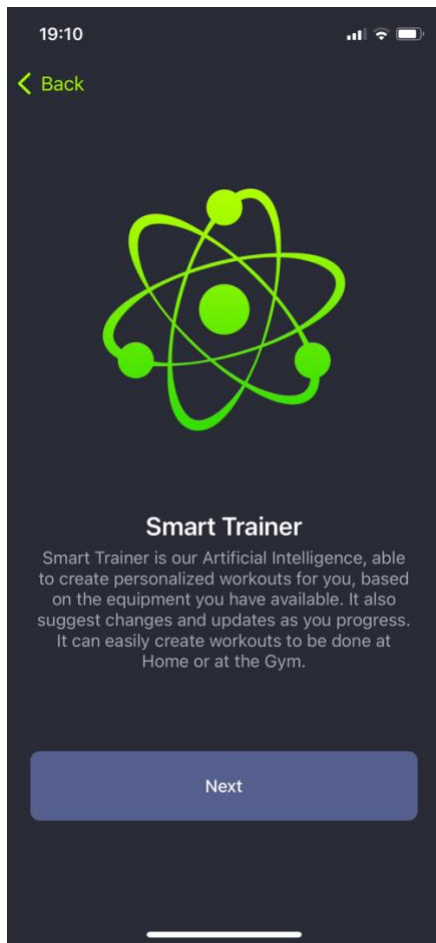
There is an option for music the app is synced with apple music which is handy. There could be an option for the user to select whether they have an account with Spotify or apple music etc.

There is a manual option which allows the user to manually add the amount of weight there lifting the maximum is 300kg which covers all bases. This feature is aided by the toggle at the top right side of the watch.

Name of app: Smart Gym

<https://smartgymapp.com/> - (another inspiration site for our version to consider).

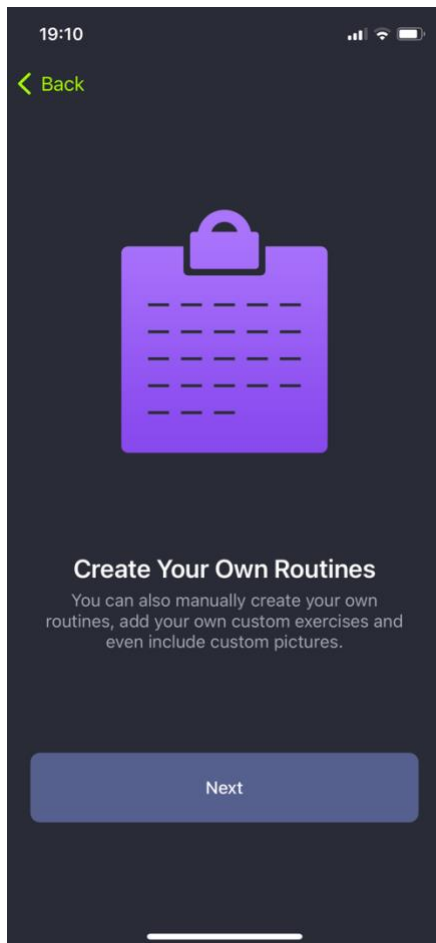
Another app which we can use as inspiration for what were trying to achieve.



This app is both on a handheld device and the iwatch downloaded on my smart watch it automatically downloaded on my phone.

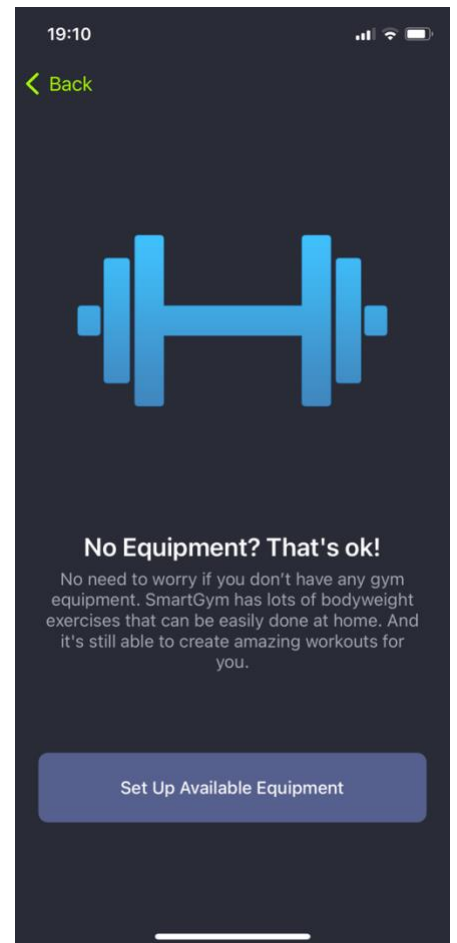
This is the first page that opens providing the user with a brief overview on what the app is about.

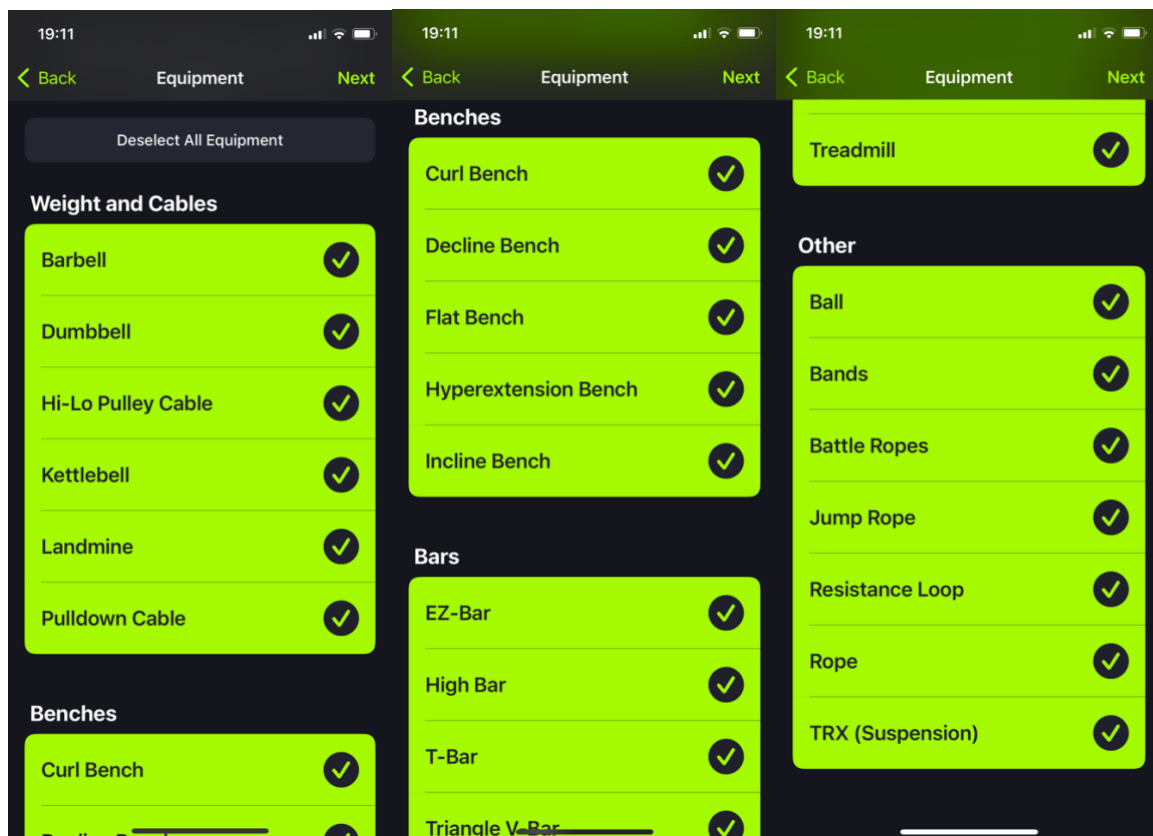




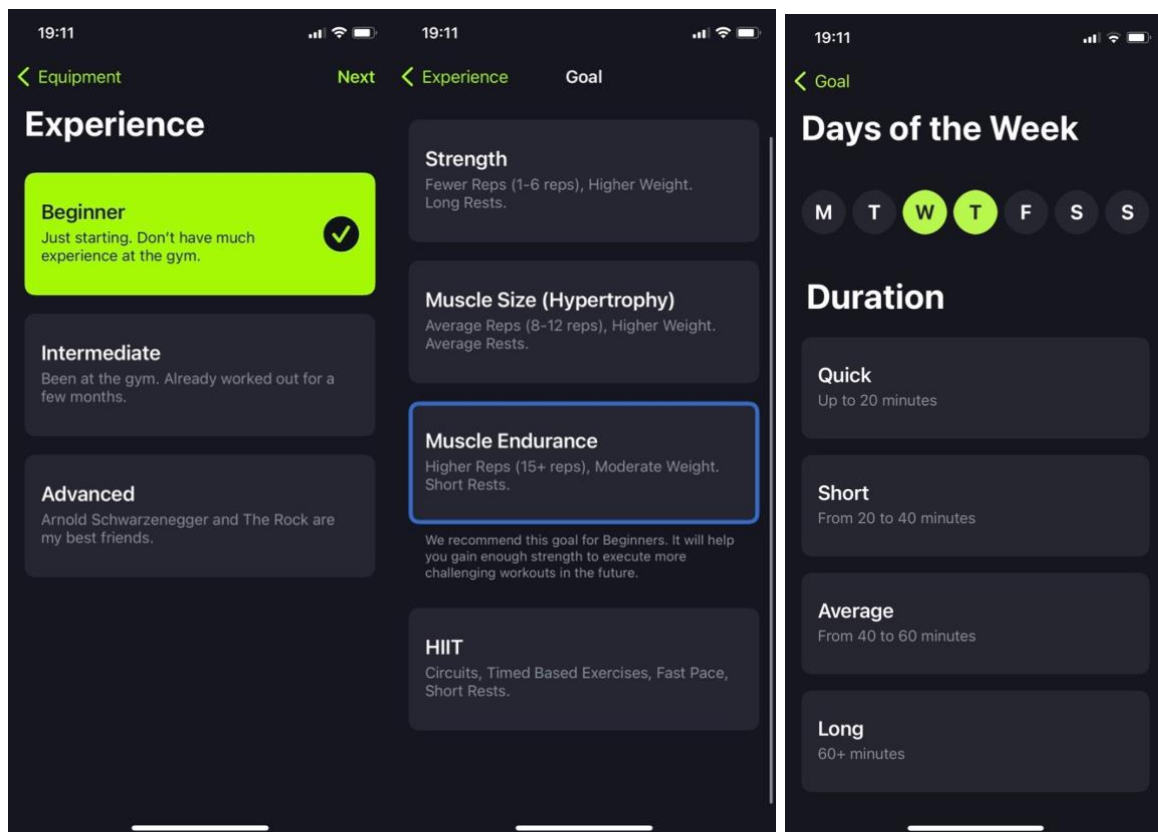
The next page then outlines its features which is creating your own routines as well as including custom pictures.

The app takes us to the next page which tells its audience the cater to users who want to use home exercises that may not have access to gym equipment. It also caters to users who also have access to gyms/ equipment.

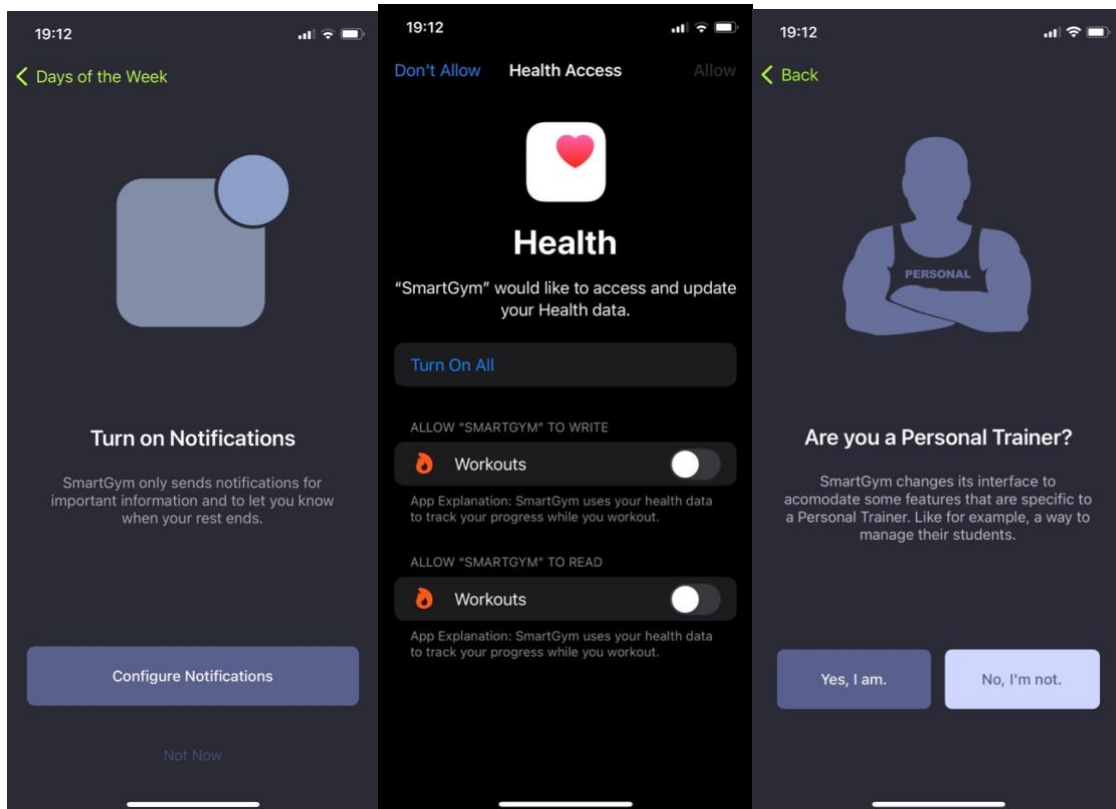




The app then reveals all the options. This appears to be a filtered search for users to select equipment available to them which will then draft a collection of exercises based on those choices.



It then moves on to determine your level which are beginner, intermediate and advanced. After this is selected you are then led on to your goals which are strength muscle size, muscle endurance and HIIT. It also displays the recommended rep count depending on what the user's goals are. There is also a recommended part which recommends muscle endurance to a beginner this way they build enough muscle memory which will enable them to proceed towards strength/hypertrophy. Lastly, it asks what days you are most likely to workout geared towards those with a set routine. As well as your exercise routine.

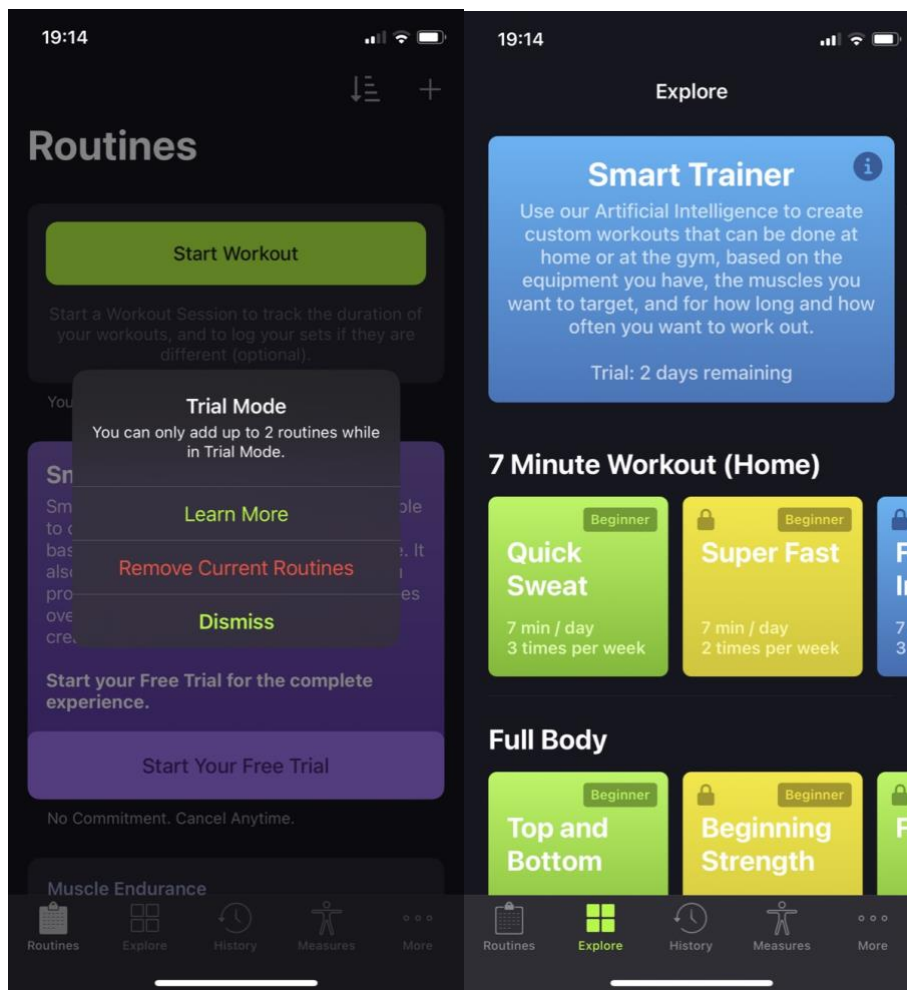


Once days of the week are filled in it asks whether you would like to receive notifications when your rest ends. Once again it also asks permission to access your health data. It appears most of these fitness apps requires access. The purpose is to track your progress whilst you work out. Lastly, interestingly there is a PT section which is like what we want to we planned on offering. This appears to be a premium service which allows pts to manage their clients.

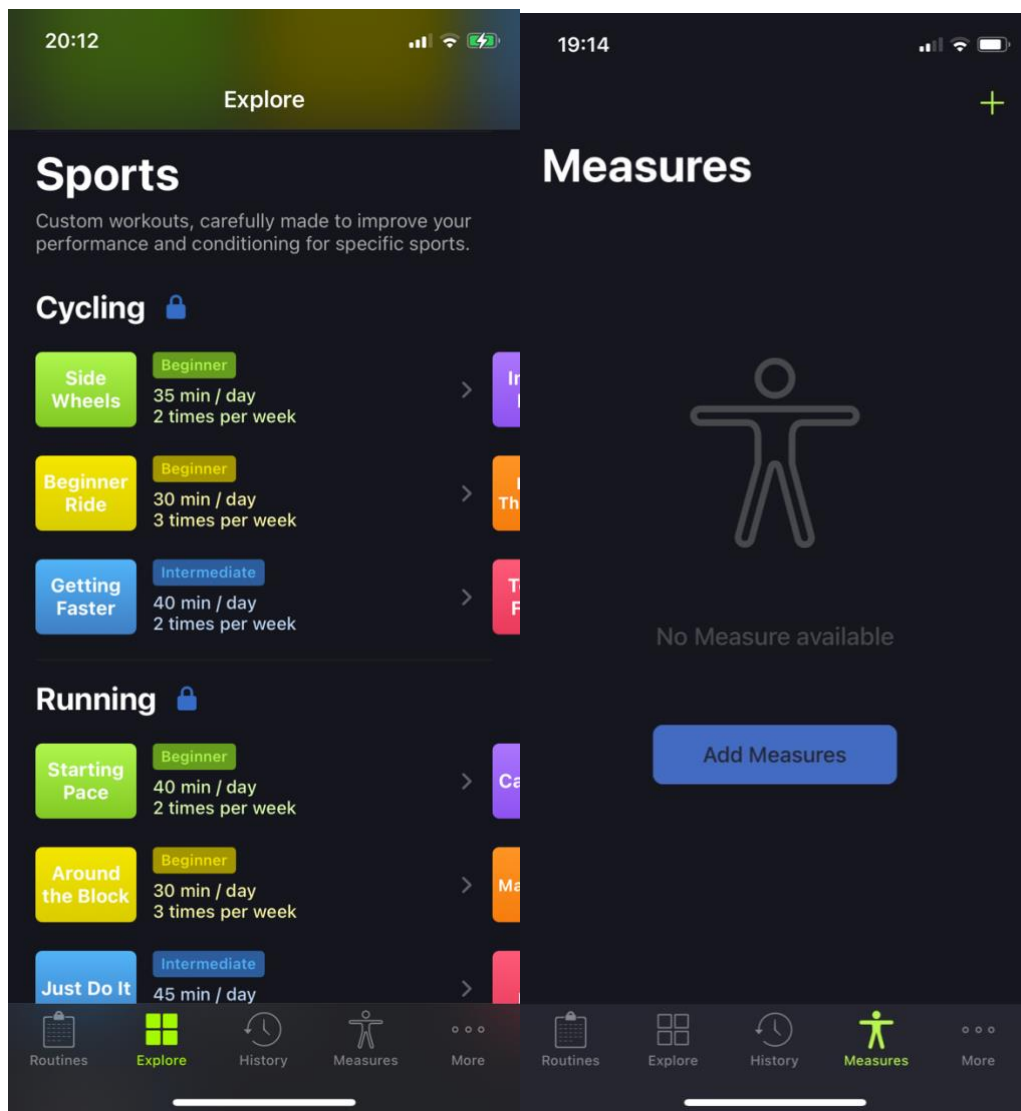


Before proceeding to the workout this special offer comes up which provides the user a more bespoke service, as well as over 130 workouts by professionals and over 620 exercises which include animations and instructions this amounts to £58.99 a year. The next slide is where you begin creating a workout plan or you can allow the ai to create one for you.





As you can see this is the trial version which limits the user to 2 routines any more will need to sign up for the premium service. There is also a time limit on the workout of 2 days, so it sounds as if you're going to have to pay to use this period.



As you can see the workouts range from quick 7-minute workouts, full body workout and splits, it also includes routines geared towards a particular sport. The app also allows the user to add their measurements.

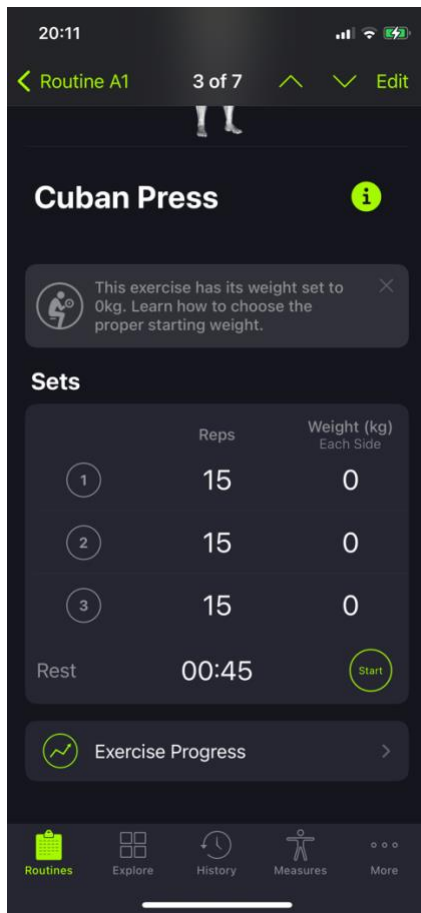
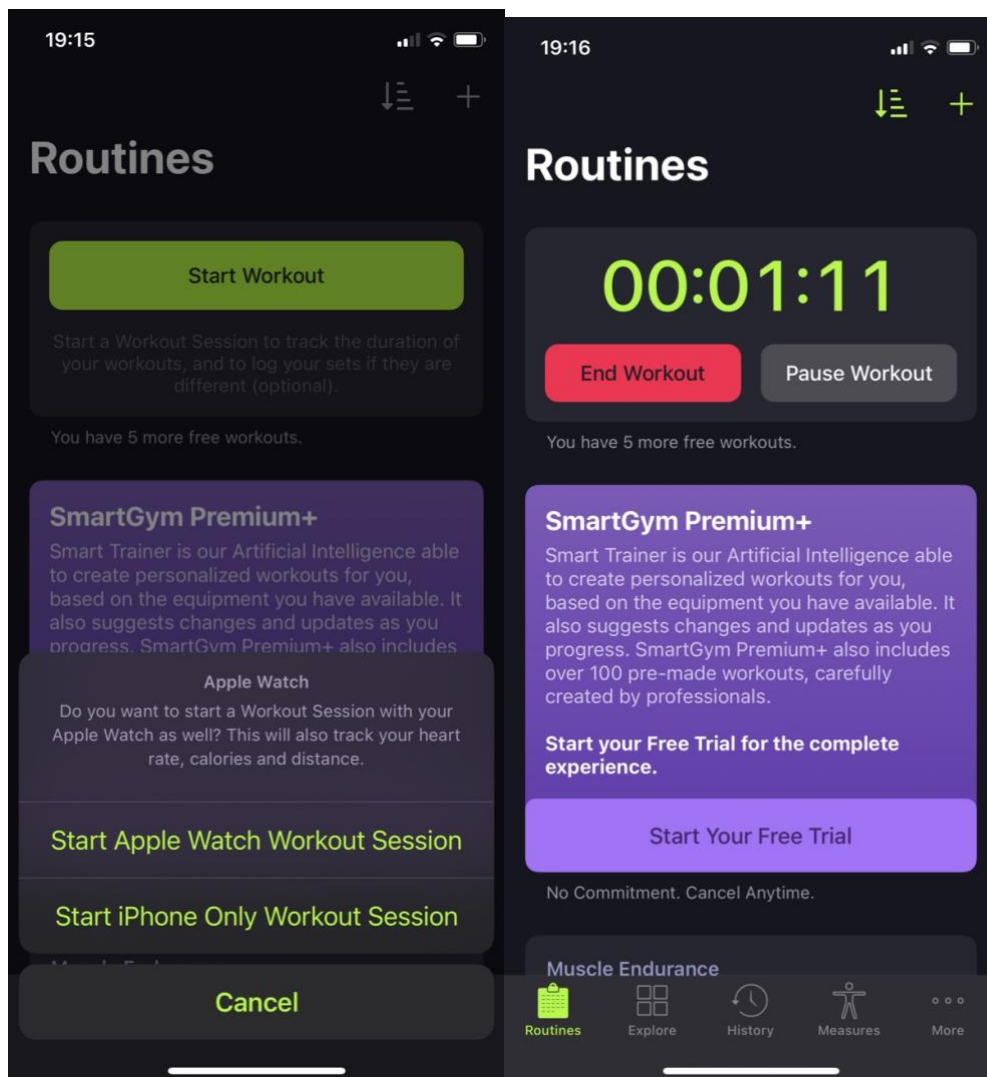
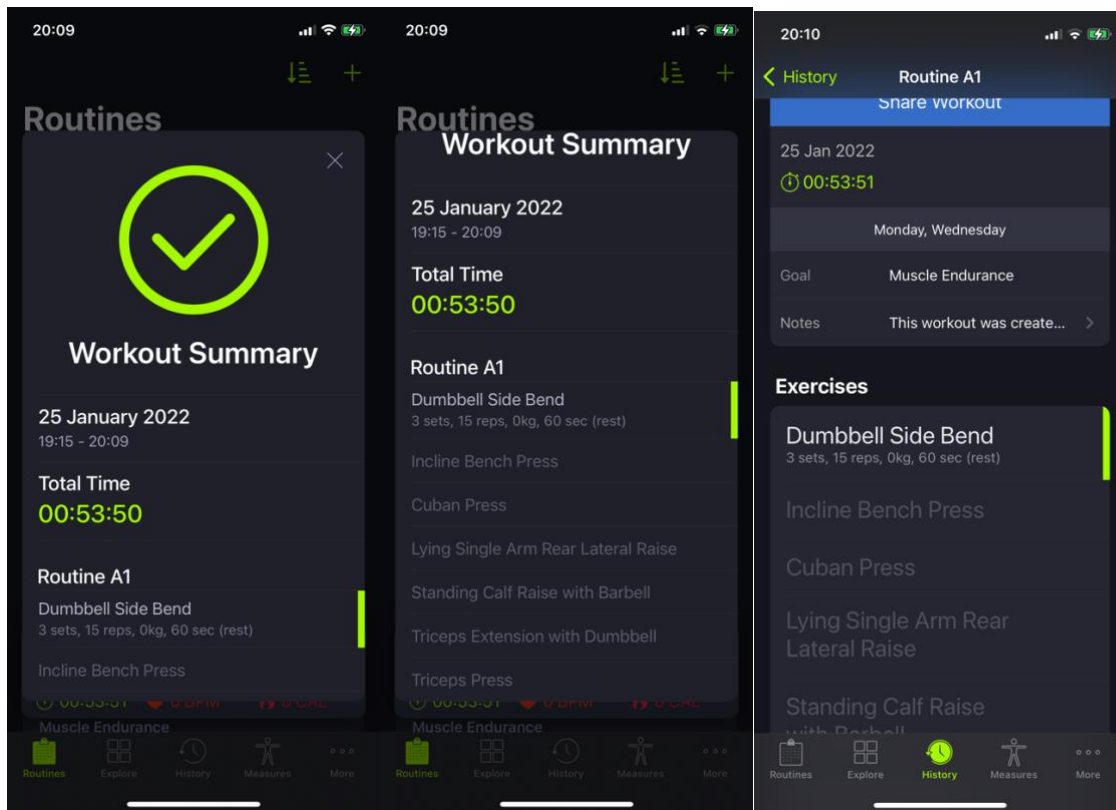


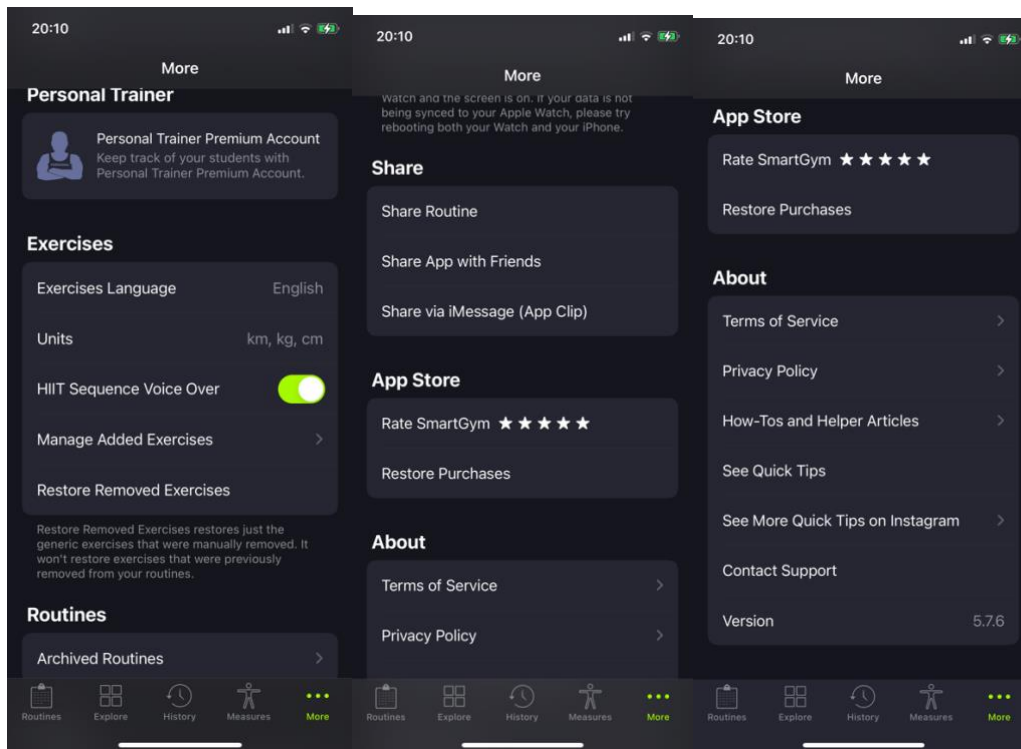
Image that comes up when you select an exercise. It allows you to determine the number of sets, the number of reps, the weight, as well as the rest period. There is also an exercise progress which I'm guessing it gives you a run down on the progress of each exercise.



When you press start workout the app gives you the option of using your phone or the apple watch.



This is the screen which displays when the session is finished. It displays the total time the date as well as a rundown on the list of exercises carried out. This then gets added to the history section which allows you to share the workout outlines your goal of that exercise and there's a section where you can add notes.



These pages are the more section which gives you all your available options such as language, units, voiceover. It also allows you to rate the app share app with friends share routines and a brief about page.



These are images of what the interface looks like on the i-watch contains beats per minute, distance calories burned and a timer. It also syncs to apple music. There is also an animation demonstrating the exercise as well as text which explains how each exercise is carried out.

<https://www.wareable.com/sport/best-fitness-apps-for-fitbit-wear-os-and-samsung-smartwatches-8338>

<https://smartwatches.org/learn/internal-smartwatch-storage/>



additional notes:

What I've noticed is there are no apps which combine fitness and health and wellbeing. I believe we should produce an app which combines the two somehow. I also believe there doesn't.

There also isn't an fitness app I've come across which is a communal app although smart gym allows you to share with friends there's no communal features which allows you to create groups and displays a leader board for everyone to keep progress of there achievements.