

SIMPLEFIT

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Our SimpleFit App offers a service for users who are looking to get started in the gym, or on the other hand, do not have time to plan a routine. With our application, the user will be able to discover new workout routines that can be adapted to their needs, for this, the user will be able to visualize the different exercises per day, as well as a brief description of each routine to make the selection process easier and faster.

For convenience, the user will be able to see in detail what exercises to perform that day, in turn, will be shown a series of tips and teachings for the user to acquire knowledge about training and health.

We understand that users interested in our application, want to have a health and physical and mental stability, so we have dedicated a section for the user to provide some of their physiological data which can keep track, reviewing and updating them in case of change, thus, you can check if the routine that has in progress has led to any expected change in his physique.

All the exercises of each routine are documented with a brief explanation and an image so that the user understands what type of exercise it is, knowing the muscle to exercise and the biomechanics of the exercise.

In the search for routines, we provide a filter so that the user can sort by the difficulty of the routine or how many days of training you want to perform, since all routines are weekly, in other words, that apply from Monday to Sunday to facilitate the organization of the user.

The process of selecting exercises and routines has been studied in detail so that the user is able to apply any of them without any impediment.

The idea of the application is to add new routines and functionalities to expand the range of users and cover more sports areas, which would guarantee a large number of possibilities.