User Requirements

1. User Registration and Profile:

The app should allow users to create an account using email, Google, or Facebook login.

Users should be able to set up and update their profiles, including age, gender, weight, height, and fitness goals.

2. Personalized Workouts:

The app should offer a variety of workout plans tailored to different fitness levels, goals (weight loss, muscle gain, etc.), and preferences (cardio, strength training, yoga, etc.).

Users should be able to select or customize workouts based on duration, intensity, and available equipment.

3. Exercise Demonstrations:

For each exercise in a workout, the app should provide clear video demonstrations, written instructions, and audio cues.

Users should be able to review proper form and technique to prevent injuries.

4. Progress Tracking:

The app should track users' workout history, including completed workouts, weights used, and duration.

Users should be able to visualize their progress through graphs, charts, or other visual aids.

5. Goal Setting:

Users should be able to set and modify their fitness goals, such as weight loss targets, muscle gain objectives, or event-specific goals (e.g., running a 5K).

The app should provide motivational reminders and milestones to keep users engaged.

6. Nutrition Tracking:

The app could offer a feature to log daily meals, water intake, and snacks.

Users may receive insights on their nutritional intake and receive recommendations based on their fitness goals.

7. Social Features:

Users should have the option to connect with friends, share workouts, and challenge each other.

Social sharing could include achievements, completed workouts, and progress updates.

8. In-App Rewards and Motivation:

The app should provide rewards, badges, or virtual trophies as users achieve milestones or complete challenges.

Regular notifications and motivational messages could help users stay engaged.

9. Accessibility and Customization:

The app should be designed with accessibility features, such as adjustable font sizes and voice-guided instructions.

Users should have the option to customize workout plans and exercises to match their preferences and any physical limitations.

10. Offline Access:

Users should be able to access downloaded workouts and content even when they're offline.

This feature would be particularly useful for those who exercise in areas with limited internet connectivity.

11. User Feedback and Support:

The app should provide a way for users to give feedback on workouts, exercises, and overall user experience.

A support system, such as in-app chat or email, should be available to assist users with any issues or inquiries.