

ZAMPHANVU FITNESS APP PLAN

1. Zamphanvu fitness logo(the log should be the application icon and it should appear for about 3_5 seconds every time the application have been opened)



2. Client Information

- i. Name _____
- ii. Your email _____
- iii. Phone number _____
- iv. Age _____
- v. Gender _____
- vi. How did you find out about Zamphanvu
Fitness _____

- vii. Residence _____
- viii. How many times do you eat in a day? _____
- ix. What is your favorite
food _____
- x. Roughly, how many glasses of water do you take in a day? _____
- xi. How many times in a week do you eat the fruits below
 - a. Water melon _____
 - b. Strawberries _____
 - c. Oranges _____
 - d. Plums _____
 - e. Peaches _____
 - f. Papaya _____
 - g. Apples _____
 - h. Mangoes _____
- xii. Are you a vegetarian? _____

- xiii. Which day(s) of the week are free
- a. Mondays from_____ to _____
 - b. Tuesdays from_____ to _____
 - c. Wednesdays from_____ to _____
 - d. Thursdays from_____ to _____
 - e. Fridays from_____ to _____
 - f. Saturdays from_____ to _____
 - g. Sundays from_____ to _____
- xiv. What is your body weight_____
- xv. What is your height_____ (calculate BMI)
- xvi. Do you drink beer? _____
- xvii. If yes, how often in a week or month?

- xviii. Do you have any athletic experience? _____
- xix. IF YES WHICH KIND[tick]
- Boxing_____
- Jogging_____
- Weight lifting_____
- Football _____
- Netball _____
- Cycling _____
- Any other
[specify]_____
- _____
- _____
- xx. What motivates you to pursue fitness?

- xxi. What is your fitness goal?
- a. Weight loss
 - b. Muscle gain
 - c. Improved endurance
 - d. Increased flexibility
 - e. Improved immune system
 - f. Improve cardiovascular fitness
 - g. Improve strength
 - h. Any other specify
- _____
- _____

- xxii. If the goal is muscle gain, which body area(s) do you want to gain muscles. Tick below
- a. Shoulders _____
 - b. Chest _____
 - c. Back _____
 - d. Legs _____
 - e. Arms _____
 - f. Abs (six pack) _____
 - g. Whole body _____

MEDICAL QUESTIONNAIRE

1. Have you ever or do you have any of the following?

Heart Disease _____ Cardiovascular Condition _____ Dizziness _____ Blackouts Fainting _____

Asthma _____ High/Low Blood Pressure _____ Arthritis _____ Diabetes Epilepsy/Fits _____

Gout _____ Family History of Heart Disease _____ Infectious diseases _____

Other: _____

2. Do you have any problems/injuries in the follow areas? (Please tick and explain to the best of your ability):

Knees _____ Lower Back _____ Neck/Shoulders _____ Hips/Pelvis _____ Flexibility _____

Other

(specify _____

—

3. Are you pregnant? Yes _____ No _____ If yes, how many weeks _____

4. Are you currently doing any regular physical activity, what and how many times per week?

5. Have you had surgery in the last 5 years, if yes, when & what?

6. Do you smoke, if yes how many per day, and for how long have you smoked?

7. Are you on any medication, if yes what and when do you take_____?

8. Anything else we need to know? (If unsure write it down)_____

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INFORMED CONSENT AND RELEASE: I do acknowledge the risk of injury that is possible during sports and fitness programs and I assume all risks and hazards to such participation including transportation to and from activities. I waive, release, absolve, indemnify and agree to hold harmless the ZAMPHANVU FITNESS director and coach. I do acknowledge the risk of injury is possible.

3. PAYMENT PLAN

- One month _____ MWK 5,000.00
- Two months _____MWK 9,000.00
- Three months____ MWK 13,000.00
- Four months ____ MWK 17,000.00

PAYMENT DETAILS

Airtel money: 0996558684

TNM M’pamba: 0882311233

Standard Bank: 9100003848768

EXERCISE LIBRARY (each of the exercises below should have its animation)

I. WARMING UP

“If you don’t have time to warm up, you don’t have time to work out” an old saying

Before you start exercising, it’s important to warm up. Warming up before exercise reduces your risk of injury, lessens delayed muscle soreness and gets your body and mind ready for the coming workout. Always remember that, “If you don’t have time to warm up, you don’t have time to train!” The 5-10 minutes or so that it takes you to warm up could save you weeks or even months of time off training due to injury so don’t skip on this essential part of every workout. Warming up before an exercise basically is such an important aspect as it prepares the body for the exercise to be conducted. The type of exercise to be conducted mostly determines the warm-up routine to be conducted.

There is no established time period for a warm up but other literatures recommend that a warm-up should last for five to ten minutes and it should be accompanied with moderate sweating without muscle fatigue. The effect of a warm-up lasts approximately 30 minutes, so it is important to warm up prior to exercising. Some studies have found out that warming up has the potential to prevent injury risk during exercise by 50% or more.

BASIC WARM UP MOVES

1. Jumping jacks (30 seconds, 15 seconds rest, 3 sets)
2. Pushups (20 reps, 30 seconds rest, 3 sets)
3. Shadow boxing (for 2 minutes)
4. Walking (for 3 minutes)
5. Arm rotations (40 seconds, 20 seconds rest, 2 sets)
6. Bodyweight squats (20 reps followed by 30 seconds rest, 3 sets)
7. Lunges (30 reps 15 each side, 30 seconds rest, 4 sets)
8. Burpees (15 reps, 40 seconds rest, 3 sets)
9. Shoulder rolls (1 minute)
10. Neck rolls (50 seconds)
11. Skipping rope (1 minute and 30 seconds)

I. Shoulders

- a) Arnold press (12 reps, 40 seconds rest, 3 sets)
- b) Barbell front raises (10 reps, 30 seconds rest, 4 sets)
- c) Face cable pulls (12 reps, 30 seconds rest, 3 sets)
- d) Dumbbell front raises (20 reps 10 each side, 30 seconds rest, 4 sets)
- e) Dumbbell upright rows (12 reps, 30 seconds rest, 4 sets)
- f) Handstand push-ups (8 reps, 50 seconds rest, 3 sets)
- g) Kettle bell overhead press (15 reps, 40 seconds rest, 4 sets)
- h) Kettle bell one arm press (20 reps 10 each side, 30 seconds rest, 3 sets)
- i) Kettle bell alternate press (9 reps, 30 seconds rest, 4 sets)
- j) Lateral dumbbell raises (12 reps, 40 seconds rest, 3 sets)
- k) Kettle bell seated press (20 reps 10 each side, 30 seconds rest, 4 sets)
- l) Kettle bell push press (18 reps 9 each side, 40 seconds rest, 3 sets)
- m) Kettle bell upright rows (15 reps, 20 seconds rest, 4 sets)
- n) Overhead press (10 reps, 30 seconds rest, 4 sets)
- o) Seated dumbbell press (12 reps, 40 seconds rest, 4 sets)
- p) Seated cable lateral raises (10 reps, 30 seconds rest, 3 sets)
- q) Seated barbell front presses (8 reps, 40 seconds rest, 4 sets)
- r) Seated machine press (12 reps, 30 seconds rest, 3 sets)

II. CHEST

- a. Pushups (arms chest width)[25 reps, 40 seconds rest, 4 sets]
- b. Diamond pushups (20 reps, 40 seconds rest, 3 sets)
- c. Wide pushups (25 reps, 30 seconds rest, 4 sets)
- d. Barbell pullovers (15 reps, 40 seconds rest, 3 sets)
- e. Bench press (12 reps, 30 seconds rest, 3 sets)
- f. Cable flys (15 reps, 40 seconds rest, 4 sets)
- g. Decline bench press (14 reps, 30 seconds rest, 3 sets)
- h. Decline dumbbell press (10 reps, 30 seconds rest, 4 sets)
- i. Dips (15 reps, 40 seconds rest, 3 sets)
- j. Dumbbell flys (12 reps, 30 seconds rest, 4 sets)
- k. Dumbbell press (15 reps, 50 seconds rest, 4 sets)
- l. Dumbbell pullovers (10 reps, 40 seconds rest, 3 sets)
- m. Incline bench press (12 reps, 30 seconds rest, 5 sets)
- n. Incline dumbbell flys (12 reps, 40 seconds rest, 3 sets)
- o. Incline dumbbell press (14 reps, 40 seconds rest, 4 sets)
- p. Kettle bell extended floor press (20 reps 10 each side, 40 seconds rest, 3 sets)
- q. Kettle bell floor press (24 reps 12 each side, 30 seconds rest, 3 sets)
- r. Kettle bell pylo push-ups (16 reps, 30 seconds rest, 4 sets)
- s. Reverse grip bench press (10 reps, 40 seconds rest, 3 sets)

III. ARMS

a) Biceps

- Barbell curls (12 reps, 40 seconds rest, 3 sets)
- Bench spider curls (10 reps, 40 seconds rest, 3 sets)
- Cable hammer curls (30 reps 15 each side, 40 seconds rest, 3 sets)
- Concentration curls (12 reps, 30 seconds rest, 3 sets)
- Dumbbell curls (30 reps 15 each side, 40 seconds rest, 3 sets)
- Dumbbell preacher curls (12 reps, 30 seconds rest, 4 sets)
- E_Z bar curls (12 reps, 40 seconds rest, 3 sets)
- Hammer curls (15 reps, 30 seconds rest, 3 sets)
- Hammer preacher curls (12 reps, 40 seconds rest, 3 sets)
- High pulley curls (12 reps, 30 seconds rest, 4 sets)
- Kettle ball alternate curls (30 reps 15 each side, 40 seconds rest, 3 sets)
- Low pulley curls (10 reps, 40 seconds rest, 3 sets)
- One arm incline curls(12 reps, 30 seconds rest, 3 sets)each arm
- One arm preacher curls (10 reps, 40 seconds rest, 3 sets)each arm
- Reverse curls (14 reps, 40 seconds rest, 3 sets)
- Seated bicep curls(12 reps, 40 seconds rest, 3 sets)
- Seated inclined dumbbell curls (15 reps, 30 seconds rest, 4 sets)
- Spider curls (16 reps, 40 seconds rest, 3 sets)

b) Triceps

- Barbell triceps extensions (12 reps, 40 seconds rest, 3 sets)
- Cable triceps extensions (15 reps, 30 seconds rest, 4 sets)
- Cable triceps pushdowns (10 reps, 40 seconds rest, 3 sets)
- Close grip bench press (12 reps, 40 seconds rest, 3 sets)
- Dumbbell triceps extensions (15 reps, 40 seconds rest, 3 sets)
- E_Z bar triceps extensions (14 reps, 30 seconds rest, 3 sets)
- One arm dumbbell extensions (12 reps, 40 seconds rest, 3 sets) each arm
- Reverse pushdowns (15 reps, 40 seconds rest, 3 sets)
- Seated barbell extensions (12 reps, 30 seconds rest, 4 sets)
- Seated dumbbell extensions (15 reps, 40 seconds rest, 3 sets)
- Triceps bench dips (20 reps, 40 seconds rest, 3 sets)
- Triceps dips (30 reps, 40 seconds rest, 2 sets)

- Triceps kickbacks (15 reps, 40 seconds rest, 3 sets) each arm
- Triceps pushdowns (12 reps, 30 seconds rest, 3 sets)

c) Forearms

- Wrist rollers(15 reps, 50 seconds rest, 3 sets)
- Wrist curls (15 reps, 40 seconds rest, 3 sets)
- Reverse wrist curls (10 reps, 40 seconds rest, 4 sets)

IV. BACK

- Back extensions (15 reps, 30 seconds rest, 3 sets)
- Barbell rows (20 reps, 40 seconds rest, 3 sets)
- Barbell shrugs (15 reps, 40 seconds rest, 4 sets)
- Chin ups(10 reps, 40 seconds rest, 3 sets)
- Close grip lat pull downs(10 reps, 40 seconds rest, 3 sets)
- Deadlifts(15 reps, 30 seconds rest, 3 sets)
- Dumbbell shrugs (12 reps, 40 seconds rest, 3 sets)
- Kettle bell alternating rows(20 reps 10 each side, 40 seconds rest, 3 sets)
- Kettle bell one arm rows (12 reps, 40 seconds rest, 3 sets)each arm
- Kettle bell one arm swing (10 reps, 40 seconds rest, 3 sets)each arm
- Kettle bell renegade rows (20 reps 10 each side, 40 seconds rest, 3 sets)
- Kettle bell rows (12 reps, 40 seconds rest, 3 sets)
- Kettle bell snatch (30 reps 15 each side, 40 seconds rest, 3 sets)
- Lat pull down (12 reps, 30 seconds rest, 5 sets)
- One arm dumbbell rows (24 reps 12 each side, 40 seconds rest, 3 sets)
- Reverse chin ups (10 reps, 40 seconds rest, 3 sets)
- Seated rows (18 reps, 40 seconds rest, 3 sets)
- Smith machine shrugs (12 reps, 40 seconds rest, 3 sets)
- Straight arm lat pull downs (15 reps, 40 seconds rest, 3 sets)
- Straight leg deadlifts (10 reps, 30 seconds rest, 4 sets)
- T-bar rows (12 reps, 40 seconds rest, 3 sets)
- Upright rows (14 reps, 40 seconds rest, 4 sets)
- V_bar chin-ups (10 reps, 40 seconds rest, 3 sets)

V. Abdominal Muscles (Abs/ Six Pack)

- a) Ab roller (12 reps, 40 seconds rest, 3 sets)
- b) Cycling abs (24 reps 12 each side, 40 seconds rest, 3 sets)
- c) Barbell rollout (8 reps, 30 seconds rest, 3 sets)
- d) Bench sit ups (15 reps, 40 seconds rest, 4 sets)
- e) Crunches (12 reps, 30 seconds rest, 3 sets)
- f) Decline leg raises (15 reps, 40 seconds rest, 3 sets)
- g) Decline sit ups (9 reps, 30 seconds rest, 4 sets)
- h) Dumbbell side bends (30 reps 15 each side, 40 seconds rest, 3 sets)
- i) Flutter kicks (40 seconds)
- j) Hanging leg raises (12 reps, 40 seconds rest, 3 sets)
- k) High pulley crunches (15 reps, 30 seconds rest, 5 sets)
- l) Leg raises (20 reps, 40 seconds rest, 3 sets)
- m) Machine crunches (12 reps, 40 seconds rest, 3 sets)
- n) Elbow plank (45 seconds)
- o) Side plank (30 seconds)
- p) High plank (40 seconds)
- q) V_ hold (40 seconds)
- r) Roman chair side bends (15 reps, 40 seconds rest, 3 sets)
- s) Russian twists (30 reps 15 each side, 40 seconds rest, 3 sets)
- t) Side jackknife (24 reps 12 each side, 40 seconds rest, 3 sets)
- u) Sit-ups (18 reps, 40 seconds rest, 3 sets)
- v) Toe touches (12 reps, 40 seconds rest, 4 sets)
- w) Heels to the heavens (8 reps, 40 seconds rest, 4 sets)
- x) Heel touches (30 reps 15 each side, 40 seconds rest, 3 sets)
- y) Side crunches (15 reps, 30 seconds rest, 3 sets)
- z) V_Crunches (12 reps, 40 seconds rest, 3 sets)
- aa) Crunches with legs raised (20 reps, 40 seconds rest, 3 sets)
- bb) Seated abs clockwise circles (12 reps, 40 seconds rest, 3 sets)
- cc) Seated abs anticlockwise circles (12 reps, 40 seconds rest, 3 sets)
- dd) Sit_up twists (20 reps, 40 seconds rest, 3 sets)
- ee) Cross knee plank (10 reps, 40 seconds rest, 3 sets)
- ff) Dumbbell toe touch left (12 reps, 40 seconds rest, 3 sets)
- gg) Dumbbell toe touch right (12 reps, 40 seconds rest, 3 sets)
- hh) Dumbbell up_n overs (15 reps, 40 seconds rest, 3 sets)
- ii) One down two ups (30 reps 15 each side, 40 seconds rest, 4 sets)
- jj) Alt V_up (12 reps, 40 seconds rest, 3 sets)
- kk) Reverse crunches (15 reps, 40 seconds rest, 3 sets)

- ll) Clapping crunches (24 reps 12 each side, 40 seconds rest, 3 sets)
- mm) Dumbbell bicycle passes (20 reps, 40 seconds rest, 3 sets)
- nn) Leg in and outs (18 reps, 40 seconds rest, 3 sets)
- oo) Mountain climbers (30 seconds)
- pp) Side crunches left (15 reps, 40 seconds rest, 3 sets)
- qq) Side crunches right (15 reps, 40 seconds rest, 3 sets)
- rr) Dumbbell torture tucks (18 reps, 40 seconds rest, 3 sets)
- ss) Cross arm crunches (16 reps, 40 seconds rest, 3 sets)

VI. LEGS

- a. Backward lunges (16 reps, 40 seconds rest, 3 sets)
- b. Barbell lunges (12 reps, 30 seconds rest, 3 sets)
- c. Body weight squats (36 reps, 40 seconds rest, 3 sets)
- d. Box squats (12 reps, 40 seconds rest, 3 sets)
- e. Bridging (15 reps, 40 seconds rest, 3 sets)
- f. Cable abductions (30 reps 15 each side, 40 seconds rest, 3 sets)
- g. Cable kickbacks (40 reps 20 each side, 40 seconds rest, 3 sets)
- h. Donkey kicks (40 reps 20 each side, 40 seconds rest, 3 sets)
- i. Dumbbell squats (20 reps, 30 seconds rest, 3 sets)
- j. Front squats (24 reps, 40 seconds rest, 3 sets)
- k. Good mornings (12 reps, 40 seconds rest, 3 sets)
- l. Incline leg press (12 reps, 40 seconds rest, 3 sets)
- m. Kettle ball double thrusters
- n. Kettle ball front squats (14 reps, 40 seconds rest, 3 sets)
- o. Kettle ball goblet squats (12 reps, 40 seconds rest, 3 sets)
- p. Kettle ball pistol squat (12 reps, 40 seconds rest, 3 sets)
- q. Lateral lunge
- r. Leg extensions (15 reps, 40 seconds rest, 4 sets)
- s. Leg press (16 reps, 30 seconds rest, 3 sets)
- t. Lying leg curls (12 reps, 40 seconds rest, 3 sets)
- u. Machine abductions (24 reps 12 each side, 40 seconds rest, 3 sets)
- v. One leg calf raises (14 reps, 40 seconds rest, 3 sets)
- w. Standing calf raises (12 reps, 40 seconds rest, 3 sets)
- x. Standing leg curls (16 reps, 40 seconds rest, 4 sets)
- y. Seated machine calf raises (12 reps, 40 seconds rest, 3 sets)
- z. Power snatches (14 reps, 30 seconds rest, 3 sets)

VII. CARDIO

- a. Walking
- b. Jogging
- c. Aerobics
- d. Rowing
- e. Swimming
- f. Cycling

VIII. STRETCHING

- a. Lying twist left for 50 seconds
- b. Lying twist right for 50 seconds
- c. Child's pose for 40 seconds
- d. Cobra stretch for 1 minute
- e. Forward bend for 30 seconds
- f. Triangle stretch for 30 seconds
- g. Side stretch for 40 seconds
- h. Revolving triangle for 30 seconds
- i. Half-moon for 20 seconds
- j. Extended big toe hold for 15 seconds

- The application should be able to randomly select the right exercises in accordance with the fitness goal of a client.
 - ❖ A muscle gain client needs;
 - Resistance exercises 3-4 days in a week following the hypertrophy series (8-12 reps)
 - Cardiovascular exercise once in a week
 - ❖ A weight loss client needs;
 - Resistance exercises two days in a week
 - High intensity cardiovascular exercises two days in a week
 - ❖ An endurance client needs;
 - High intensity cardiovascular and resistance exercises 3 days in a week(2 days resistance and one day cardio)
 - ❖ A client towards Improved flexibility needs;
 - Stretching exercises and yoga exercises 4 days in a week divided equally
 - ❖ A client towards improved immune system need;
 - 1 high intensity resistance exercise session and one cardiovascular exercise session in a week
 - ❖ A client towards improved cardiovascular health needs;
 - 2 days of cardiovascular exercise sessions in a week and one session of resistance training.
 - ❖ A strength gain client needs;
 - Resistance exercises sessions 3-4 days in a week while employing the progressive overload principle and pushing the reps until failure.

For more information contact us on +265882311233/+265996558684 or email us on zamphanvufitness@gmail.com

DIET

Diet is one of the most important aspect towards achieving any fitness goal.

- Weight loss diet plan
- Muscle gain diet plan
- Improved endurance diet plan
- Increased flexibility diet plan
- Improved immune system diet plan
- Improved cardiovascular fitness diet plan
- Improved strength diet plan

(The diet plans are still being designed)

OTHER FEATURES

- an email box for clients and the administrator
- a comment section for the clients concerning our services
- an administrative chat box that will allow one on one chat between a client and the administrator
- a section for every client to enter his/her progress results including progress pictures
- a warm welcoming text for new clients every time they are about to enter client information
- the app should allow an administrator to either block or grant access to some user accounts
- the app should have a free basic workout and diet plan
- each workout plan prepared automatically by the app should be sent to the administrator box for review before the client accesses it
- The app should only require the client to be online the first time and whenever the client is paying for a subscription plan. After that it should allow the client to use the app even when the client is offline
- A section for fitness tips and hacks
- A section that explains and highlights the importance of physical fitness

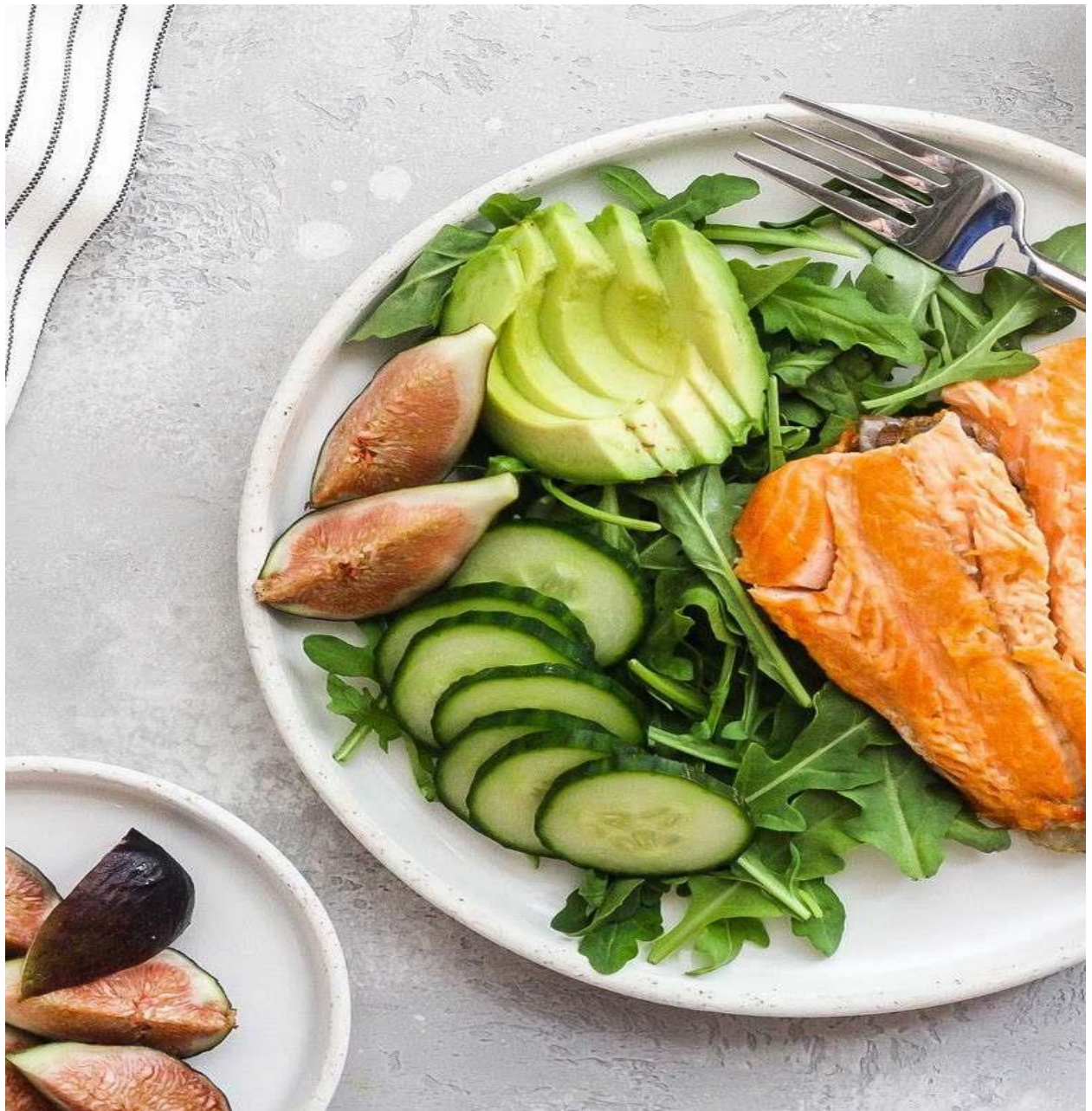
✚ ***You may also add some features that you know will spice it up for the intended purpose in the app as programmers***

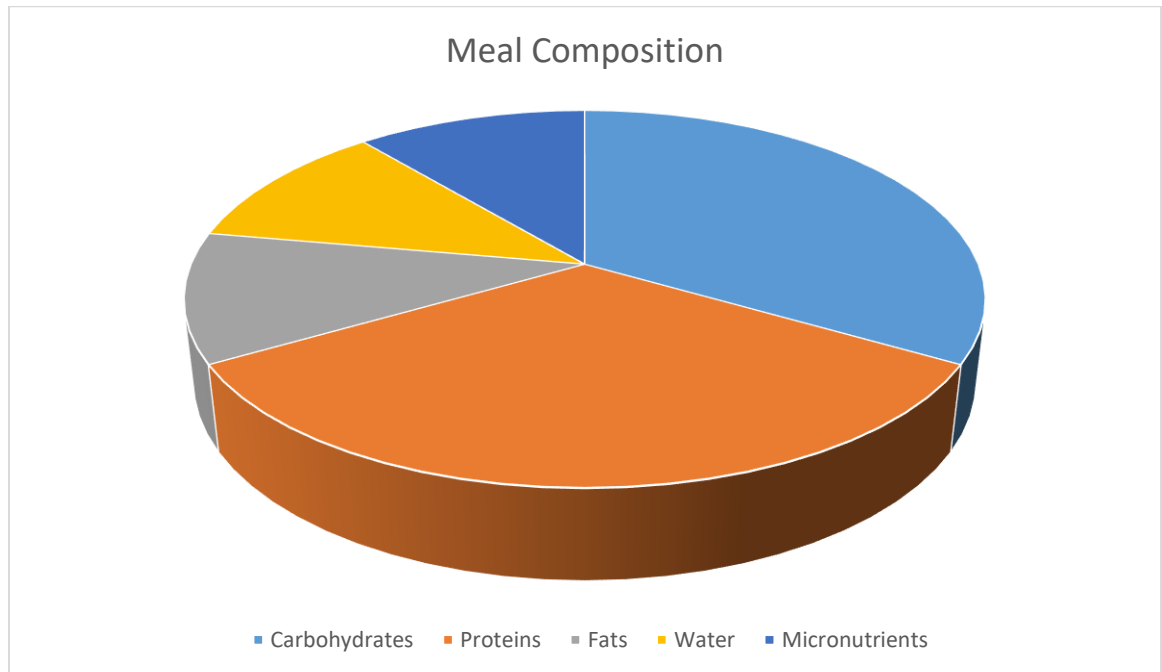
ZAMPHANVU FITNESS; Work, Sweat and Achieve



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DIET PLAN





BREAKFAST

1. Bananas
 2. Oats
 3. Porridge
 4. Brown bread & avocado sandwich
 5. Brown bread & peanut butter sandwich
 6. Milk
 7. Scrambled eggs
- You may either take one of them or combine 2 or more depending on your affordability.

LUNCH

1. Take Rice [preferably brown] or Nsima with;
 - a. Eggs [preferably whole]
 - b. Beef and vegetables
 - c. Beans and vegetables
 - d. Chicken [preferably the chicken thigh/ gizzard or breast] and vegetables
 - e. Green vegetables
 - f. Lean pork
 - g. Green peas
 - h. Mutton
 - i. Fish preferably [micheni and chambo] and vegetables
2. Sweet potatoes
3. Bananas and whole eggs

SUPPER

1. Take Rice [preferably brown] or Nsima with;
 - a. Eggs [preferably whole] and vegetables
 - b. Beef and vegetables
 - c. Beans and vegetables
 - d. Chicken [preferably the chicken thigh/ gizzard or breast] and vegetables
 - e. Green vegetables
 - f. Lean pork
 - g. Green peas
 - h. Mutton
 - i. Fish preferably [micheni and chambo] and vegetables
2. Sweet potatoes
3. Bananas and whole eggs

SNACKS

- 1) Macadamia nuts
- 2) Cottage cheese
- 3) Peanut
- 4) Black chocolate

ADDITIONAL MEALS

- i. Peanut Butter Rice Cakes, Banana, & Protein Shake

- ii. 2 tea spoons of olive oil
- iii. Cottage cheese
- iv. Apples
- v. Baked eggs and avocado
- vi. Egg Panini
- vii. Walnuts
- viii. Mango
- ix. Papaya

WATER

- 1) Coffee
- 2) Water melons
- 3) Regular water
- 4) Cucumber

FRUITS

- 1. Bananas
- 2. Apples
- 3. Pineapples
- 4. Avocados
- 5. Mangoes