

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
- Mondays from_____ to _____
 - Tuesdays from_____ to _____
 - Wednesdays from_____ to _____
 - Thursdays from_____ to _____
 - Fridays from_____ to _____
 - Saturdays from_____ to _____
 - 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?
- Weight loss
 - Muscle gain
 - Improved endurance
 - Increased flexibility
 - Improved immune system
 - Improve cardiovascular fitness
 - Improve strength
 - 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 _____

➤ ***The 22 questions above for client information should be appearing one question at a time on the user interface.***

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)_____

➤ ***The 8 medical questions above should be appearing one question at a time on the user interface***

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
2. Pushups
3. Shadow boxing
4. Walking
5. Arm rotations
6. Bodyweight squats
7. Lunges
8. Burpees
9. Shoulder rolls
10. Neck rolls
11. Skipping rope

I. Shoulders

- a) Arnold press
- b) Barbell front raises
- c) Face cable pulls
- d) Dumbbell front raises
- e) Dumbbell upright rows
- f) Handstand push ups
- g) Kettle bell overhead press
- h) Kettle bell one arm press
- i) Kettle bell alternate press
- j) Lateral dumbbell raises
- k) Kettle bell seated press
- l) Kettle bell push press
- m) Kettle bell upright rows
- n) Overhead press
- o) Seated dumbbell press
- p) Seated cable lateral raises
- q) Seated barbell front presses
- r) Seated machine press

II. CHEST

- a. Pushups (arms chest width)
- b. Diamond pushups
- c. Wide pushups
- d. Barbell pullovers
- e. Bench press
- f. Cable flys
- g. Decline bench press
- h. Decline dumbbell press
- i. Dips
- j. Dumbbell flys
- k. Dumbbell press
- l. Dumbbell pullovers
- m. Incline bench press
- n. Incline dumbbell flys
- o. Incline dumbbell press
- p. Kettle bell extended floor press
- q. Kettle bell floor press
- r. Kettle bell pylo push ups
- s. Reverse grip bench press

III. ARMS

a) Biceps

- Barbell curls
- Bench spider curls
- Cable hammer curls
- Concentration curls
- Dumbbell curls
- Dumbbell preacher curls
- E_Z bar curls
- Hammer curls
- Hammer preacher curls
- High pulley curls
- Kettle ball alternate curls
- Low pulley curls
- One arm incline curls
- One arm preacher curls
- Reverse curls
- Seated bicep curls
- Seated inclined dumbbell curls
- Spider curls

b) Triceps

- Barbell triceps extensions
- Cable triceps extensions
- Cable triceps pushdowns
- Close grip bench press
- Dumbbell triceps extensions
- E_Z bar triceps extensions
- One arm dumbbell extensions
- Reverse pushdowns
- Seated barbell extensions
- Seated dumbbell extensions
- Triceps bench dips
- Triceps dips
- Triceps kickbacks
- Triceps pushdowns

c) Forearms

- Wrist rollers
- Wrist curls
- Reverse wrist curls

IV. BACK

- a. Back extensions
- b. Barbell rows
- c. Barbell shrugs
- d. Chin ups
- e. Close grip lat pull downs
- f. Deadlifts
- g. Dumbbell shrugs
- h. Kettle bell alternating rows
- i. Kettle bell one arm rows
- j. Kettle bell one arm swing
- k. Kettle bell renegade rows
- l. Kettle bell rows
- m. Kettle bell snatch
- n. Lat pull down
- o. One arm dumbbell rows
- p. Reverse chin ups
- q. Seated rows
- r. Smith machine shrugs
- s. Straight arm lat pull downs
- t. Straight leg deadlifts
- u. T-bar rows
- v. Upright rows
- w. V_bar chin-ups

V. Abdominal Muscles (Abs/ Six Pack)

- a) Ab roller
- b) Cycling abs
- c) Barbell rollout
- d) Bench sit ups
- e) Crunches
- f) Decline leg raises
- g) Decline sit ups
- h) Dumbbell side bends
- i) Flutter kicks
- j) Hanging leg raises
- k) High pulley crunches
- l) Leg raises
- m) Machine crunches
- n) Elbow plank
- o) Side plank
- p) High plank
- q) V_ hold
- r) Roman chair side bends
- s) Russian twists
- t) Side jackknife
- u) Situps
- v) Toe touches
- w) Heels to the heavens
- x) Heel touches
- y) Side crunches
- z) V_crunches
- aa) Crunches with legs raised
- bb) Seated abs clockwise circles
- cc) Seated abs anticlockwise circles
- dd) Sit_up twists
- ee) Cross knee plank
- ff) Dumbbell toe touch left
- gg) Dumbbell toe touch right
- hh) Dumbbell up_n overs
- ii) One down two ups
- jj) Alt V_up
- kk) Reverse crunches
- ll) Clapping crunches
- mm) Dumbbell bicycle passes
- nn) Leg in and outs
- oo) Mountain climbers

- pp) Side crunches left
- qq) Side crunches right
- rr) Dumbbell torture tucks
- ss) Cross arm crunches

VI. LEGS

- a. Backward lunges
- b. Barbell lunges
- c. Body weight squats
- d. Box squats
- e. Bridging
- f. Cable abductions
- g. Cable kick backs
- h. Donkey kicks
- i. Dumbbell squats
- j. Front squats
- k. Good mornings
- l. Incline leg press
- m. Kettle ball double thrusters
- n. Kettle ball front squats
- o. Kettle ball goblet squats
- p. Kettle ball pistol squat
- q. Lateral lunge
- r. Leg extensions
- s. Leg press
- t. Lying leg curls
- u. Machine abductions
- v. One leg calf raises
- w. Standing calf raises
- x. Standing leg curls
- y. Seated machine calf raises
- z. Power snatches

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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