CBP–25- Student Innovation – Fitness & Sports

Ideas that can boost fitness activities and assist in keeping fit.

We Shadow Garden decided to create a website for people who want to be fit and have fun.

We Selected four major categories:

1. Zumba
2. Calisthenics
3. Swimming
4. Gym

So first they are going to sign up in the website

After signing up they are going to enter their personal details according to the one of the four fields they are going to select from above.

The personal details are:

1. Weight (In kilos or pounds)
2. Height (in inches or centimetres)
3. Their Food particulars.

What are we going to offer after selection:

* Personalised Profiles
* Nutritional guidance
* Interactive guidance
* Progress tracking
* Personalised diets
* Feedback and accountability.
* Fitness social media

1. Personalised Profiles:

* We are going to take their weight and going to calculate their B.M.I and we are going to suggest their calorie intake per day along with their nutrients for them to reduce their weight to their desired weight.

1. Nutritional Guidance:

* In this sector we are going to ask them to get a full body analysis.

1. Interactive Guidance:

* In this sector the clients are going to have a virtual training video if they have any query on how to perform a task

1. Progress Tracking:

* In this sector the clients will be able to calculate their daily calorie intake and the number of calories they burnt depending upon their workout plan.

1. Feedback and accountability:

* The clients can give their feedback on the website after achieving their goals.

1. Fitness social media:

* This feature helps clients to find people near them with similar interests so they can get fit together respective of their choice.

Moving on to the Fitness sectors:

1. Zumba:

* Songs for them
* Moves which can help them burn fat

1. Calisthenics:

* Calisthenic workouts

1. Swimming:

* Different swimming styles

1. Gym:

* Workouts based on each muscle group
* Diet based on the type of body they want to build

We planned some interactive sessions for the people if they find a partner using the fitness social media.

For example, if two of our clients are from same locality and they hit the same gym together and they planned to hit biceps muscle group on that day.

* They are going to have a friendly match among them.
* Let us suppose, the two clients are ‘A’ and ‘B’ they are going to bicep curls, both of them start with the starting weight of their choice, and ‘A’ Says ‘x’ reps to ‘B’ and ‘B’ has to do it, before ‘B’, ‘A’ has to the no. of reps he has said to ‘B’ and ‘B’ has to do the no. of reps he said to ‘A’, this set becomes one round.
* After each round they can add some plates to the barbell and start doing the set again.
* This cycle continues until one of them fails.

All of the fun activities will be given to them based on the four sectors they choose and their fitness social media status.

This is the ideas we had until now, if we have any more ideas, we are going to add them to our website at the end of hackathon.

Thank You.