

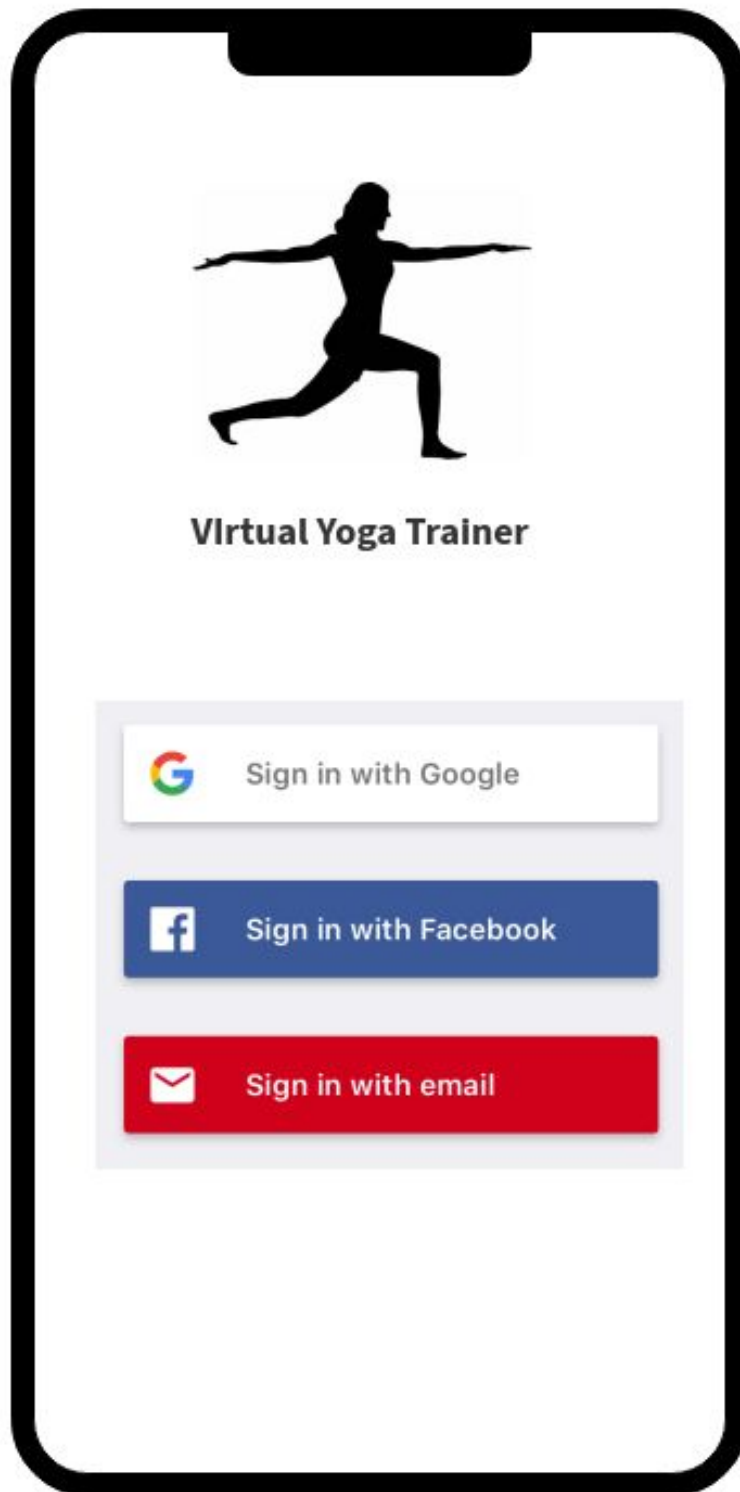
Empathy map for the user Paul.

Pauls Persona

Demographics - Male, aged 25, college graduate. Looking to stay healthy.

Lives in USA.

Behaviours - Has shown interest in joining a gym.
Spends most of his time on his phone.



Start Session

Beginner

Intermediate

Expert



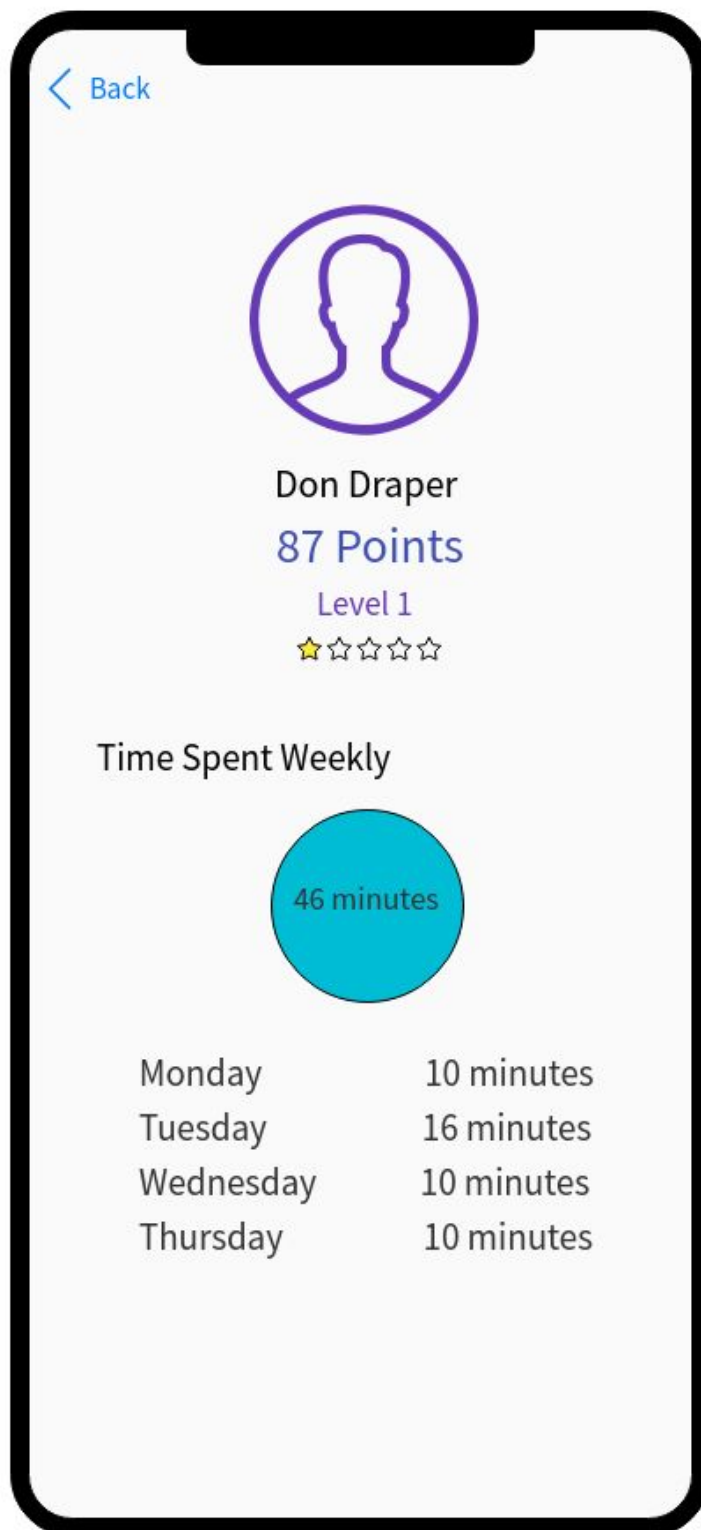
Beginner workout takes 15 minutes to complete. It includes all the basic yoga poses and breathing exercises.

Start Workout

2. Start session/workout



3. Workout screen



4. Profile screen

9:30



Learn



Downward Facing Dog



Balasana



Big Toe Pose



Uttanasana



Chair Pose



gate pose



Eagle Pose



Garland Pose