The Value Proposition Canvas

Gains creator

- There are trainers to design exercise courses from beginner to advance.
- Enjoy during exercise with other people in class
- Course fees are cheap because there are no facility costs

Product & Service

Online Fitness Courses (LIVE)

Online Personal Trainer

Exercise result tracking system

Pains Reliever

- Take online courses with other people.
- There is a trainer to help and advise you on the correct exercise method.
- Delivery the necessary exercise equipment such as Yoga mat to home

Gains ☺

Safe from Covid-19

Exercising at home is going to cost you a lot less than exercise at gym

Exercise helps to boost immunity, mood, and promotes good sleep

Don't waste time to go to gym

JOB : Exercise at home

Pains ☹

Not interacting with other people

Exercise the wrong way

No-Equipment for exercise at home