

Design Sprint Day 2

The goal of the app.

1. The goal of the app is to allow the user to find different exercises and guide them on how to perform them.

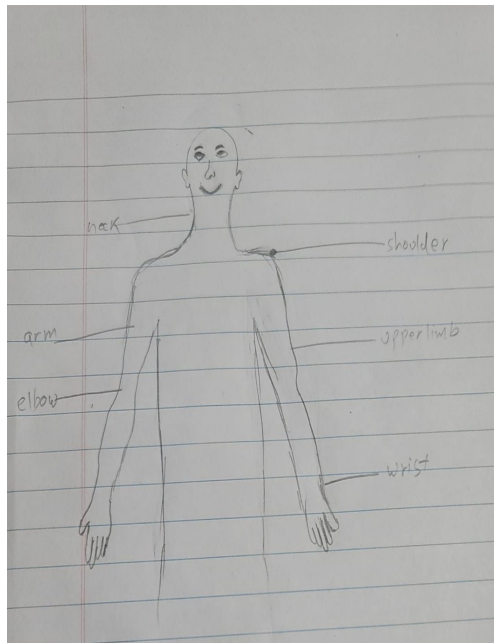
The app will have many features and ways that users can improve their health and exercise schedule including different techniques.

2. The team generated feature list :

1. Body-based GUI allows us to look at different parts of the body.
2. Display demonstrations of each exercise the user wants to do.
3. Click on a body part and it will take you to a video and a description of what the exercise is and how to perform it.
4. It will have a login page.

3)

- The user will be able to choose any body part and get the name and description of the exercises and a video or a gif showing how the exercise is conducted.



- The sketch is only for the upper body at the moment but the app will consist of a fully human body.
- There will be an app logo and some description of how to use the feature.