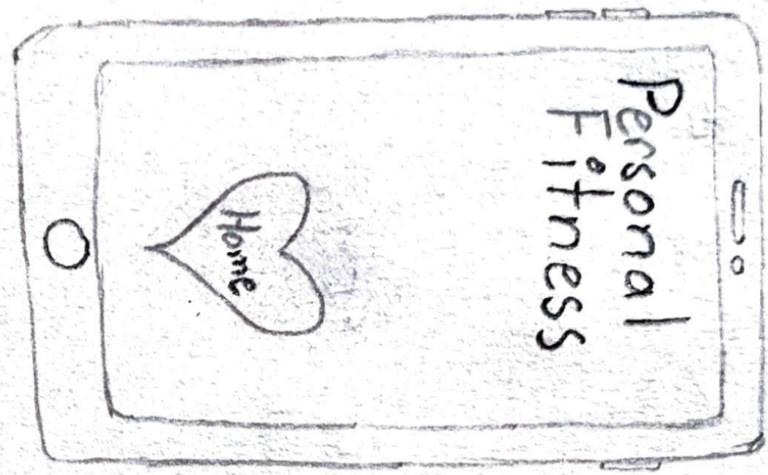


Team Golden Apples

Diana Sen, Doug Stokes, Jackson Trigiani, Thomas Vu

Personal Fitness

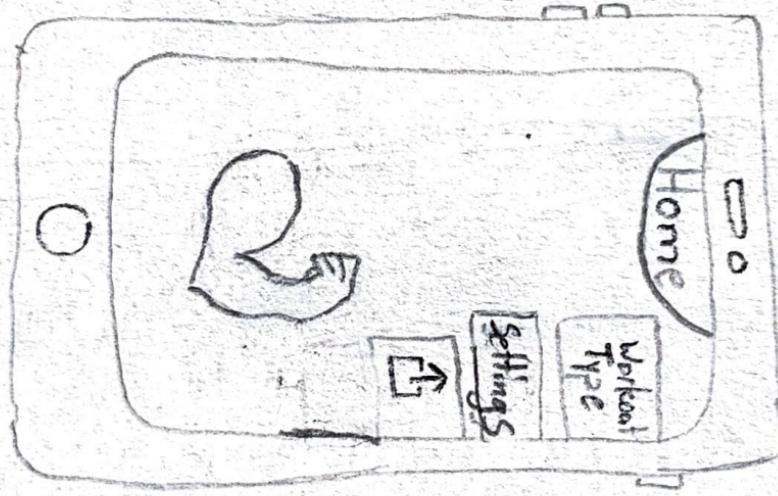
Home



Home

Workout
Type

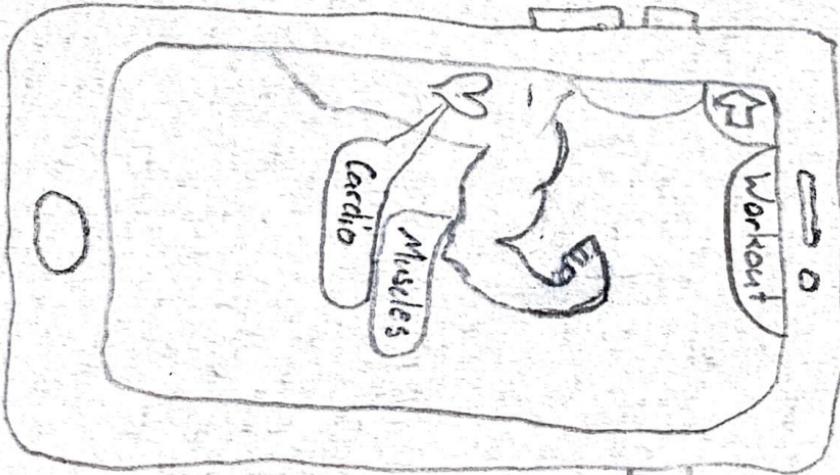
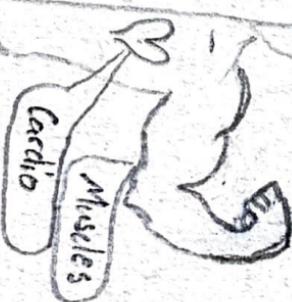
Settings



Workout

Cardio

Muscles





Muscles

Muscle Group:

Back

Arms

Chest

Core

Legs

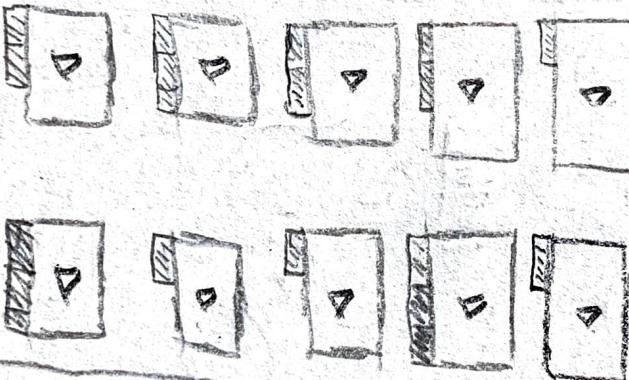
Shoulders

Difficulty

Easy
Med Hard



Muscles



Muscles

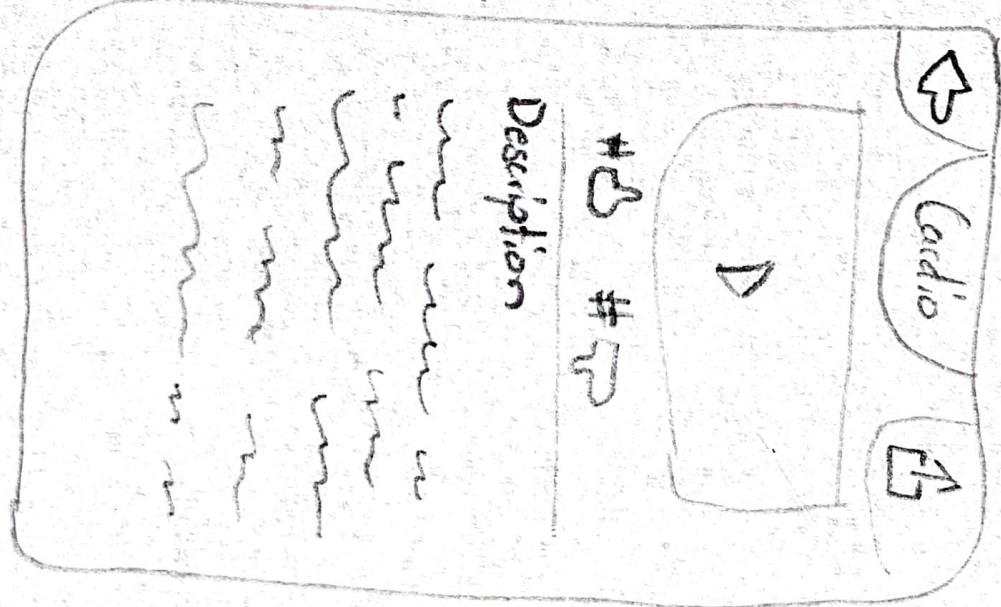
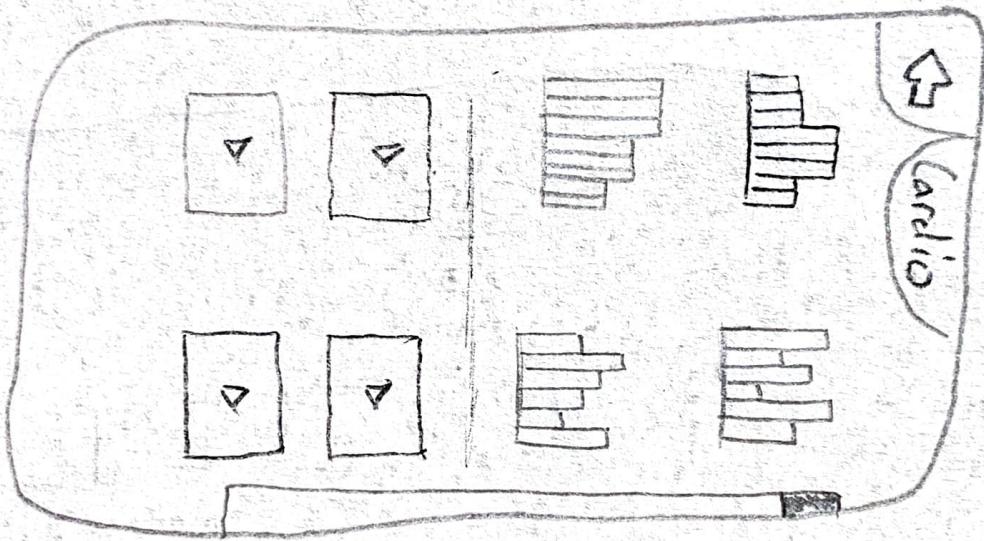
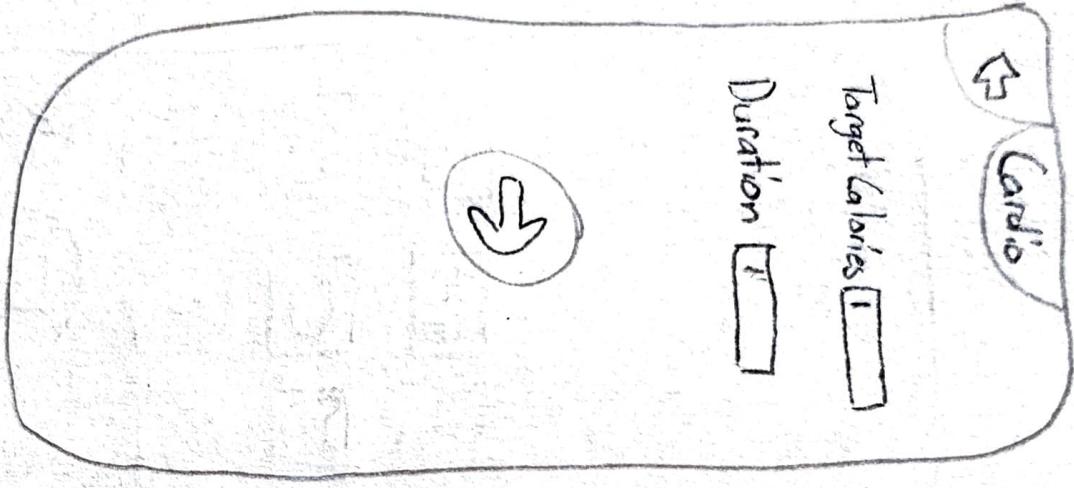
Medium

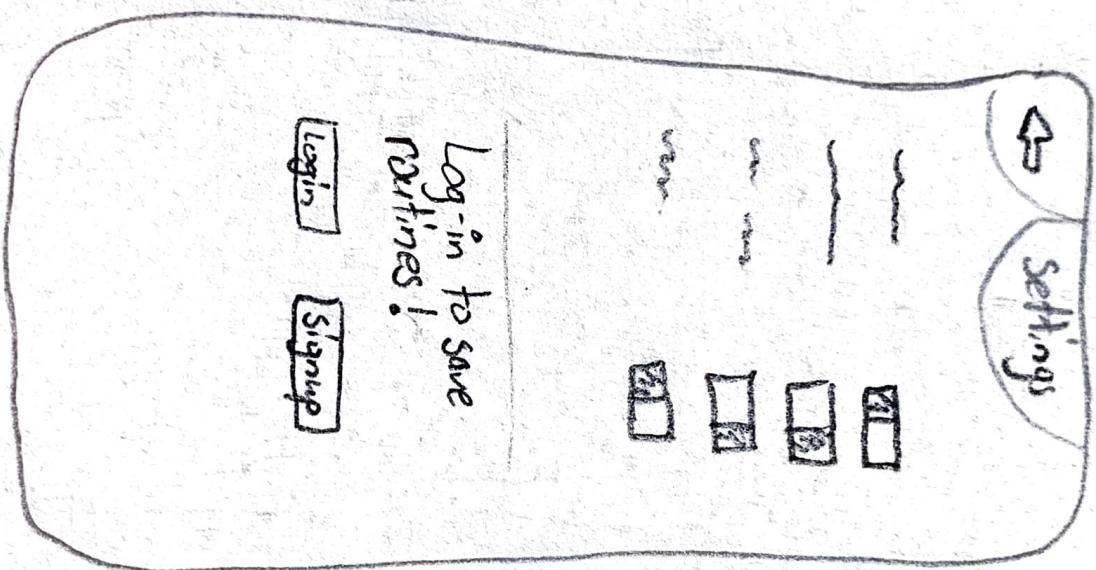
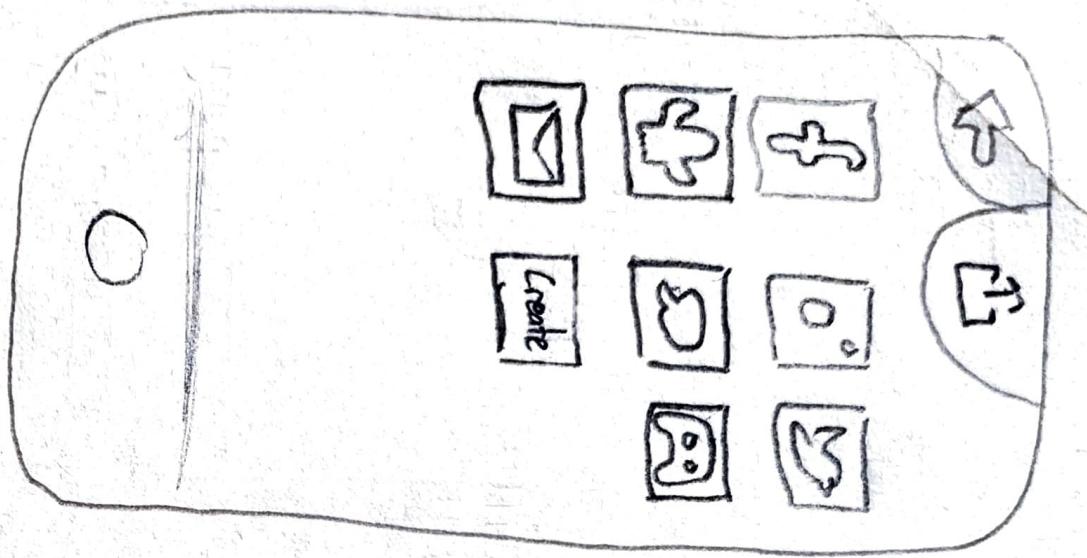
#

Easy # ↴ ↵ ↴ ↵

Description:

~~~~~  
~~ ~ ~ ~ ~  
~~~~ ~ ~ ~  
~~~~ ~ ~

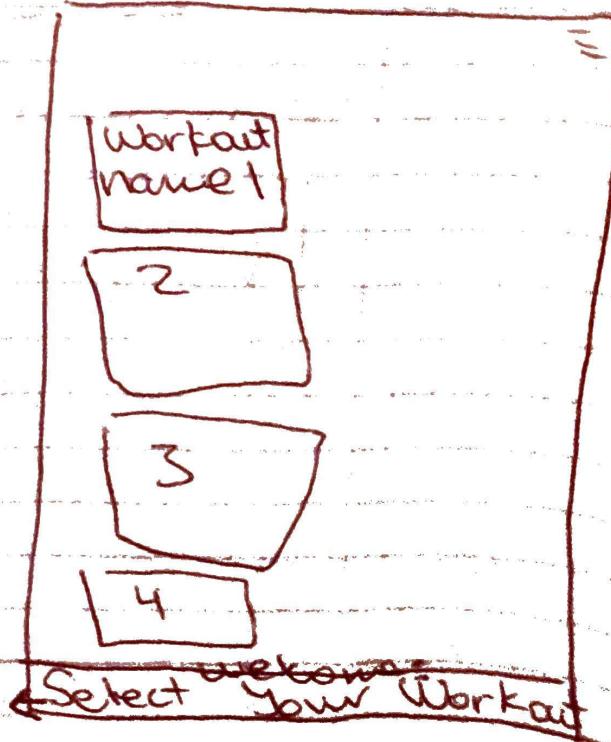
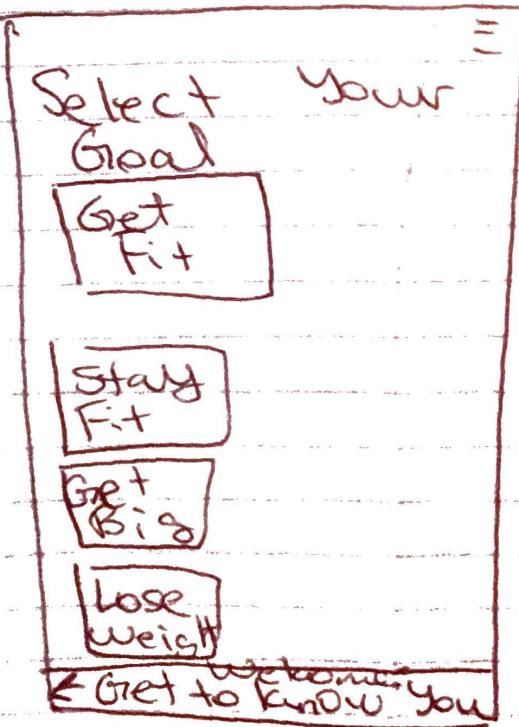
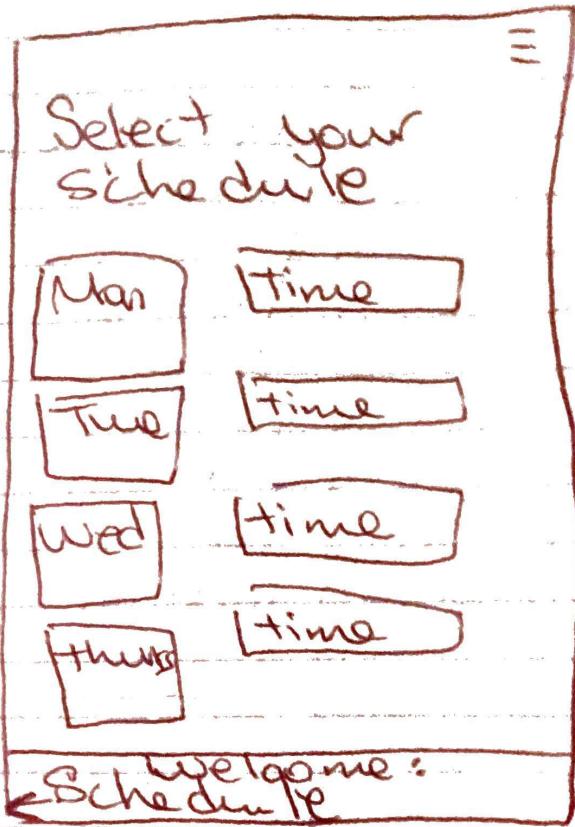
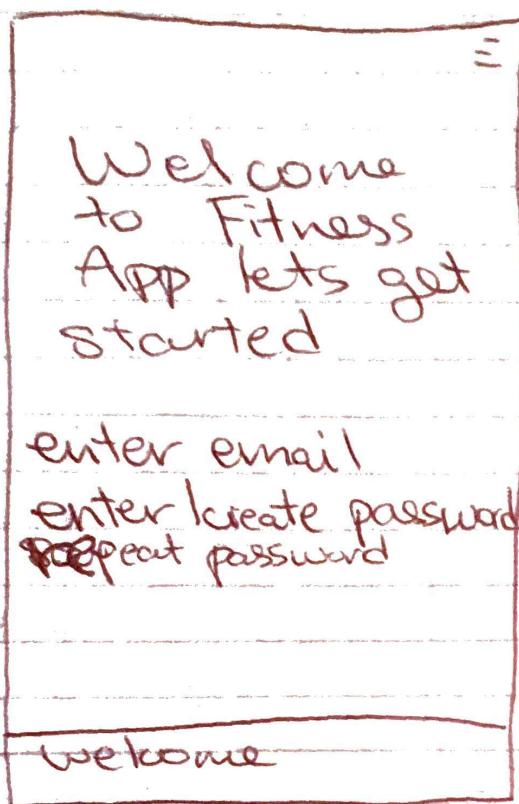


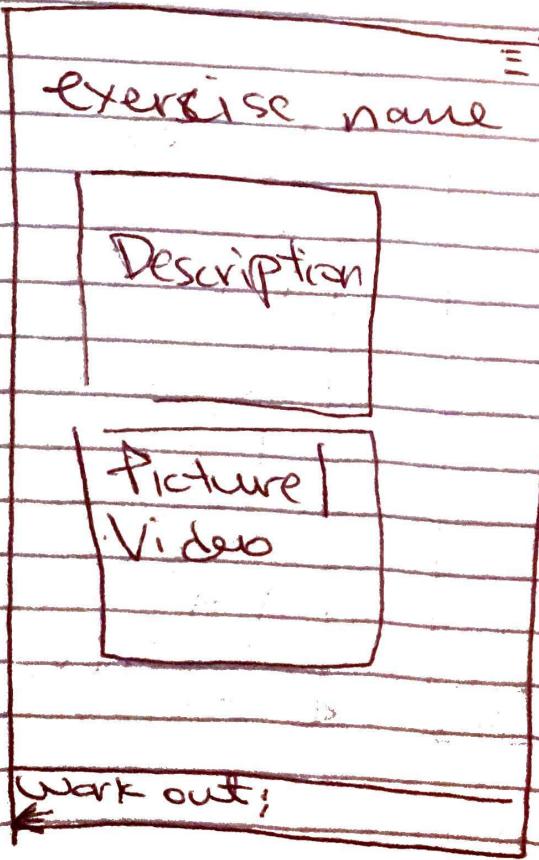
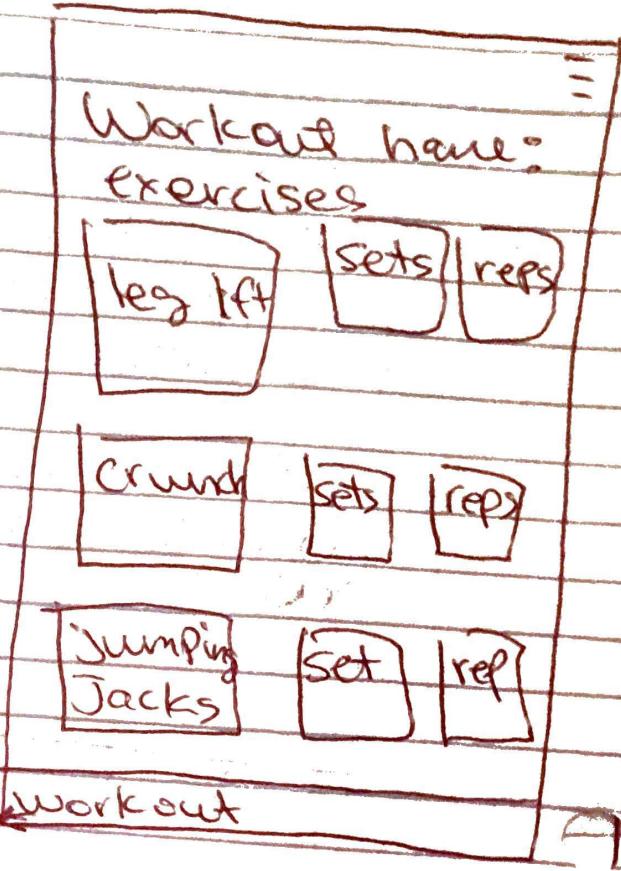
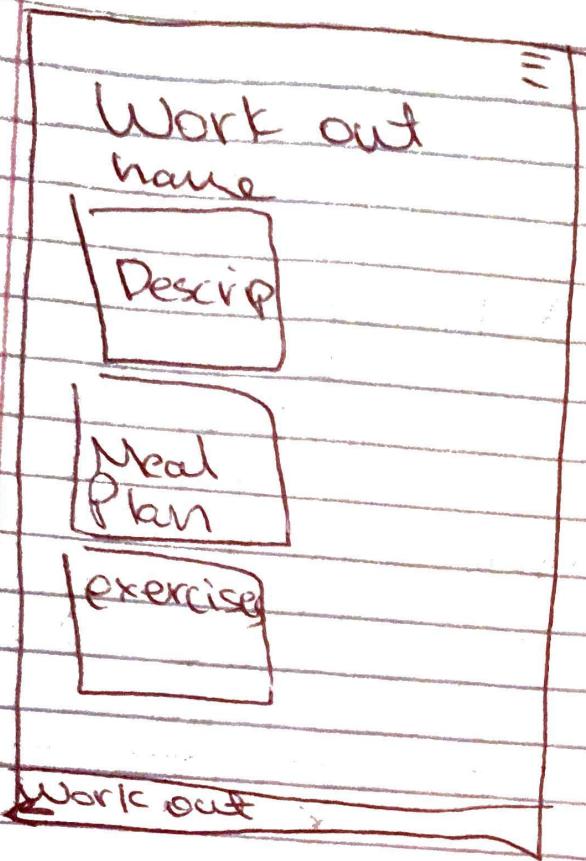


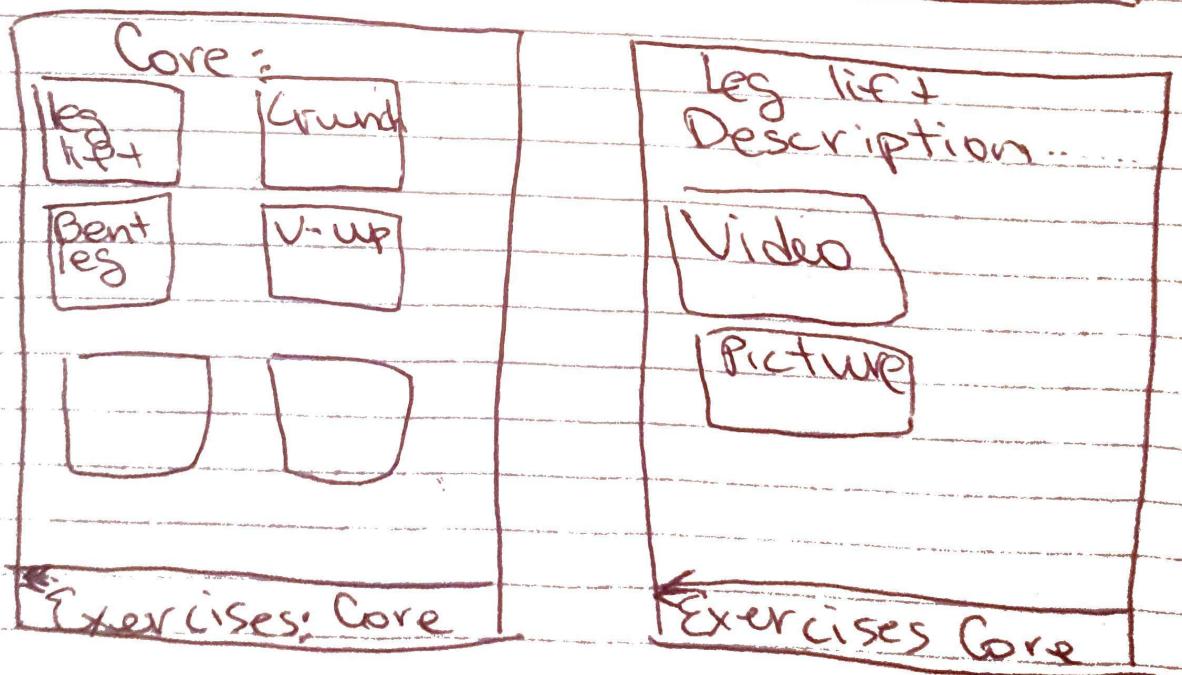
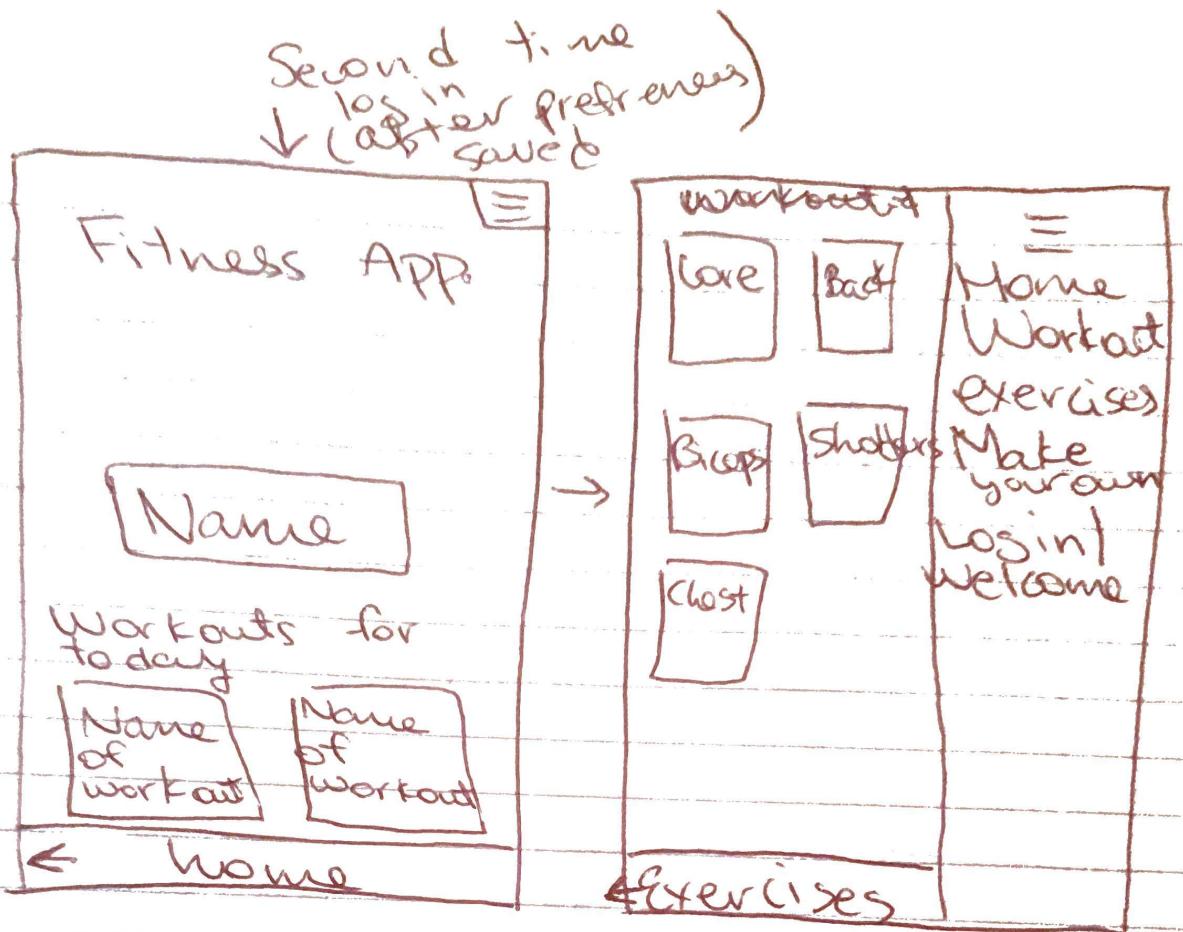
Thomas M  
Golden Apples

# DianaDen

First time ever  
↓  
log in







Select Your Schedule

Mon

Time

Tues

time

Wed

time

Make Own Plan Schedule

Body Group Want to Work Out

Chest

Biceps

Calves

Core

Make Own Workouts

Exercises Add to your Custom Workout

leg lift

Rep - Sets

sit ups

Rep - Sets

Core

Your Custom Work Out Complete

Name

Description

Workout for today

| Exercise | reps | sets | complete |
|----------|------|------|----------|
| 1        |      |      |          |
| 2        |      |      |          |
| 3        |      |      |          |

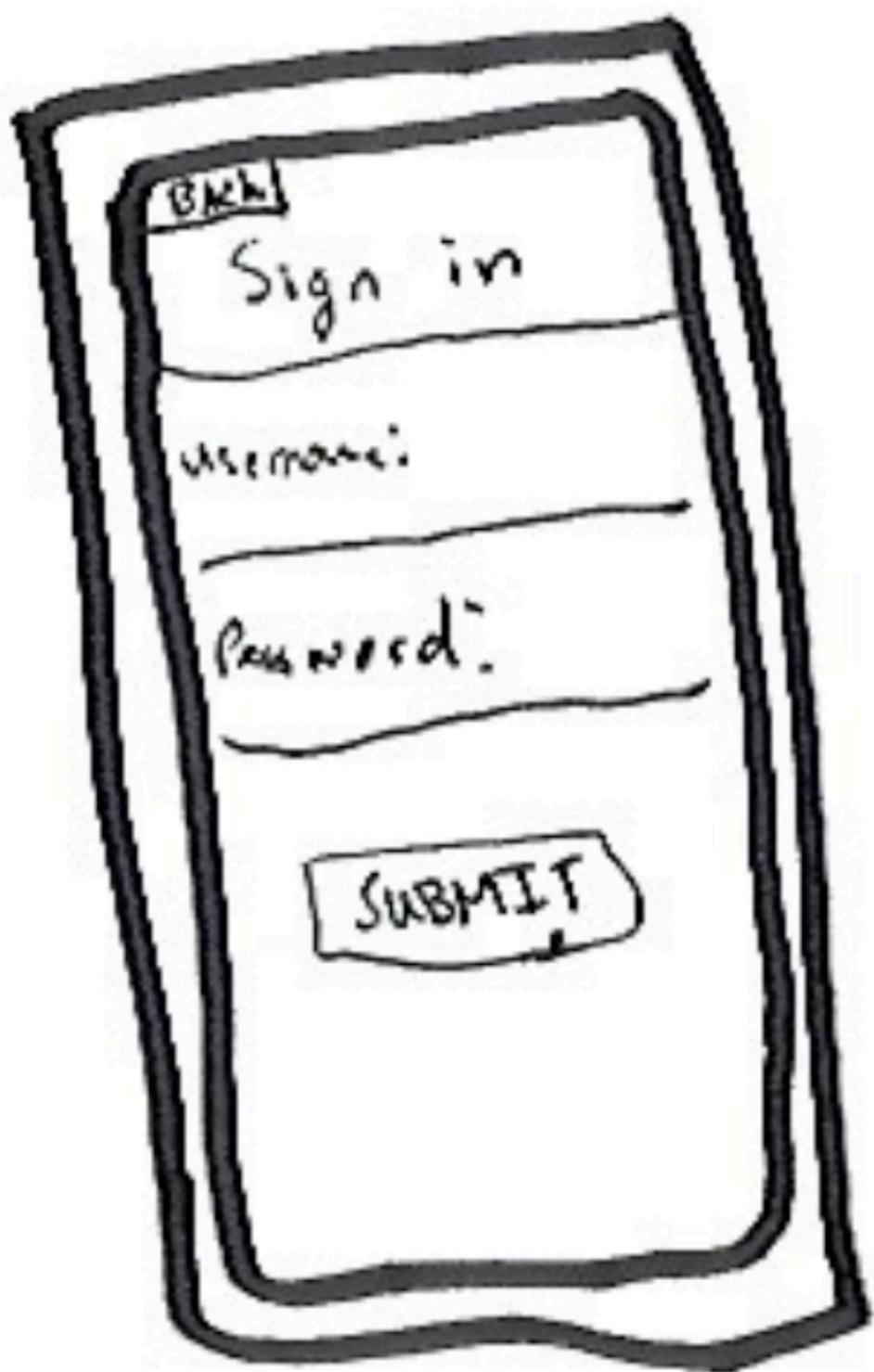
Work out

Congratulations  
your  
workout  
for  
today  
is  
complete

# Jackson Trigiani's Personal Fitness App Sketch

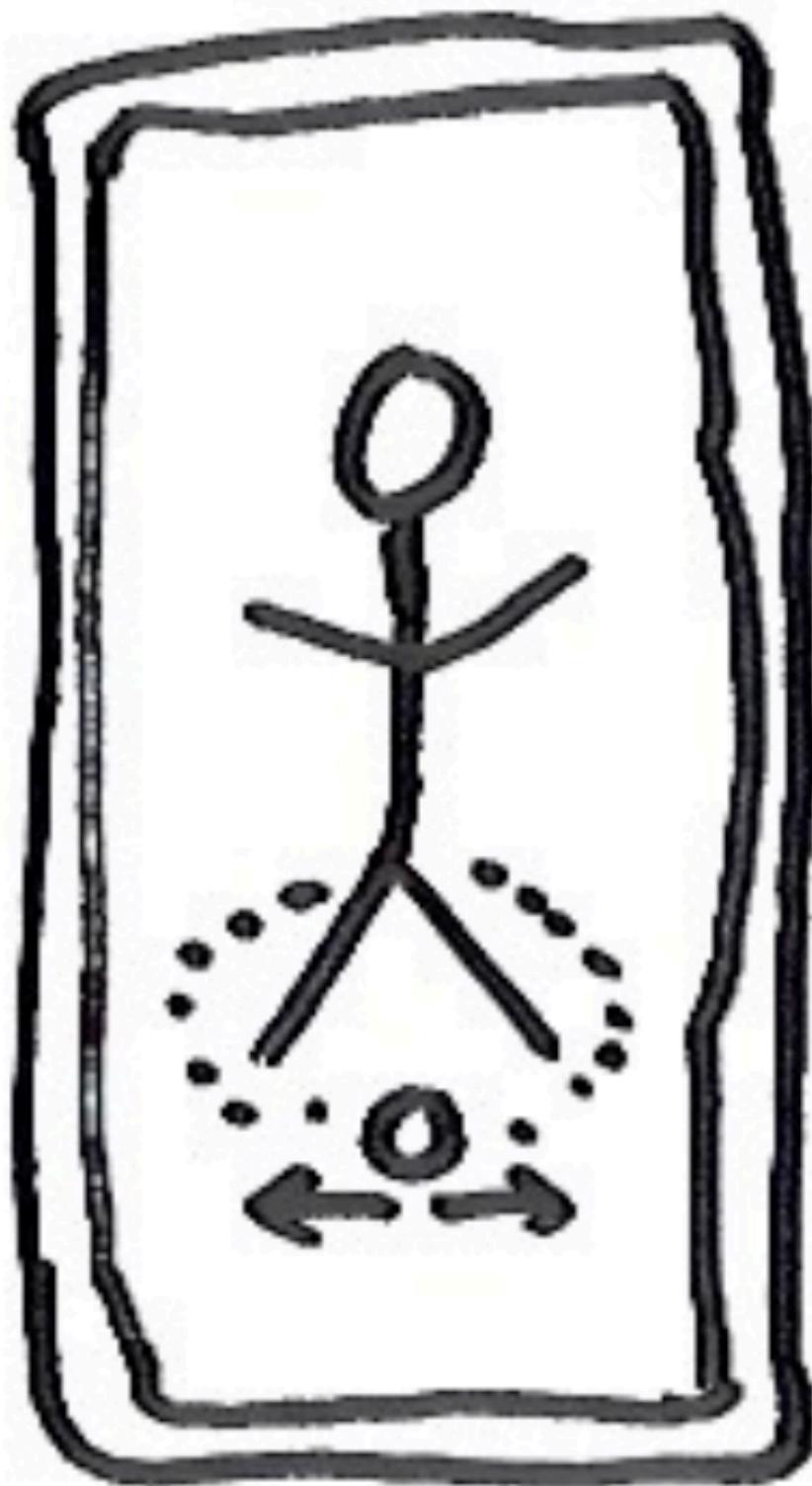


Home Page of the app where you can either sign in to your existing account or create a new one

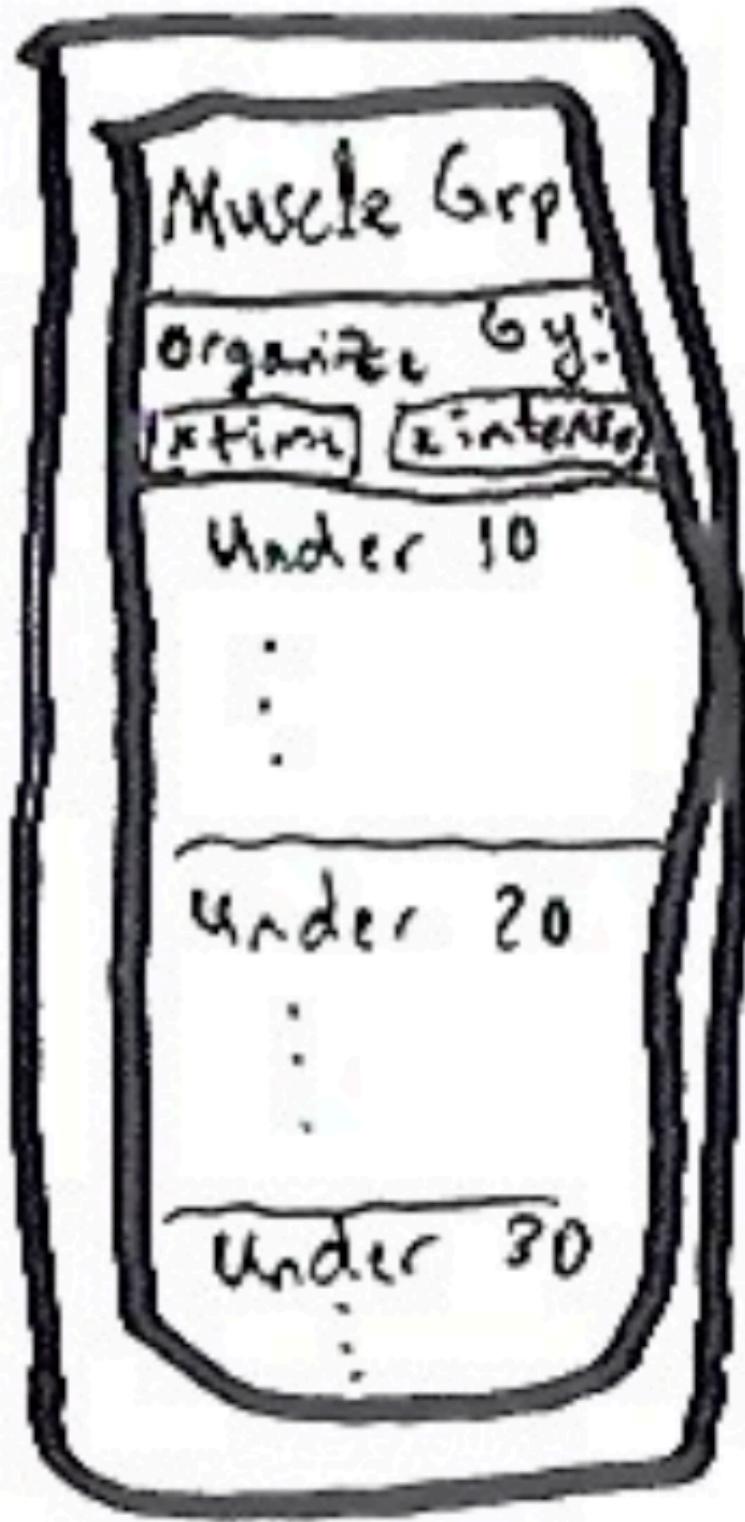




All of the  
information you  
must enter to  
create an account



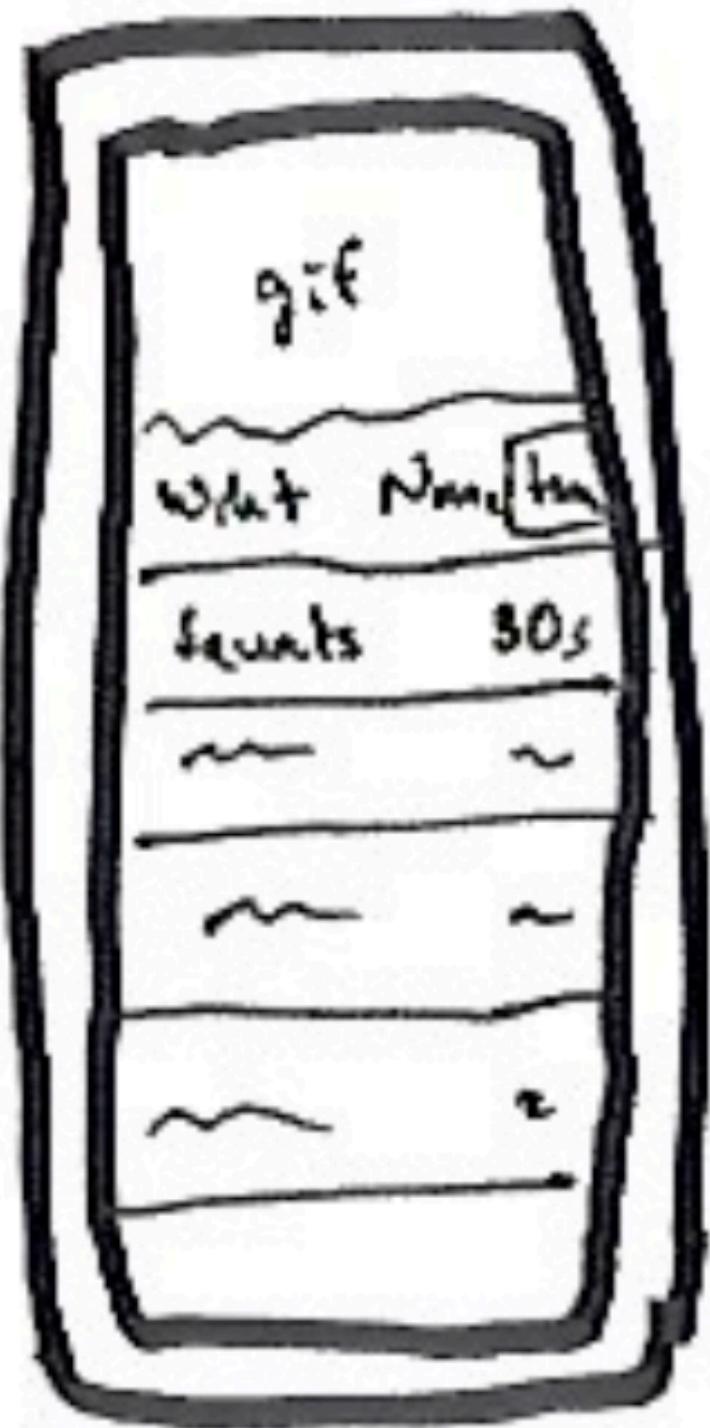
Rotating image of person where you  
can  
select the particular  
muscle group you  
would like to  
workout



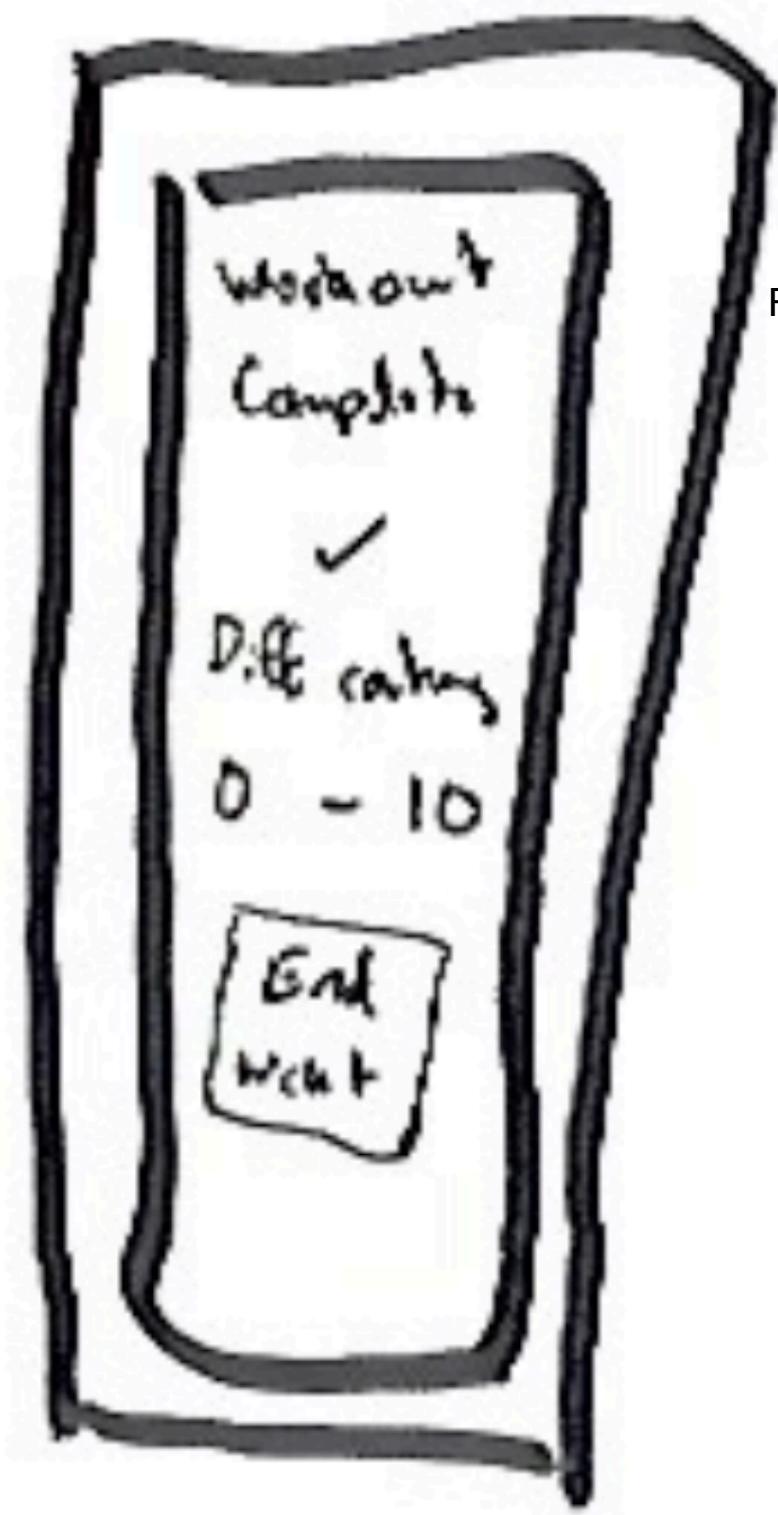
Selecting muscle group brings up another page to choose from a list of workouts specific to that group



After choosing your workout, you can select if you want to workout solo or watching a trainer-provided app.



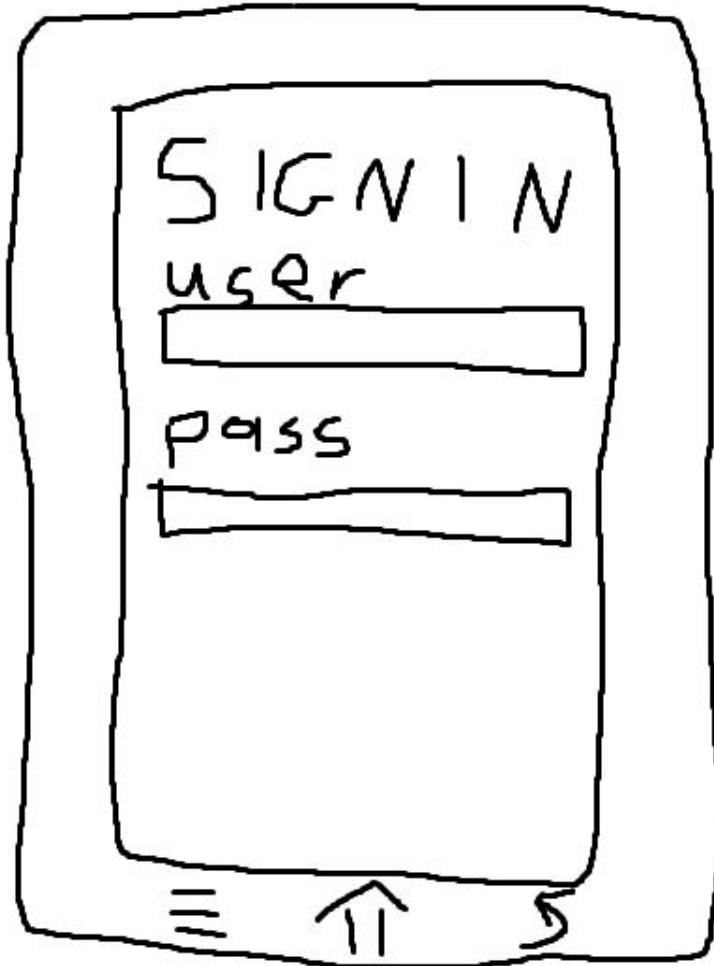
the gif at  
the top  
shows the  
workout  
form for  
each  
exercise of  
the workout



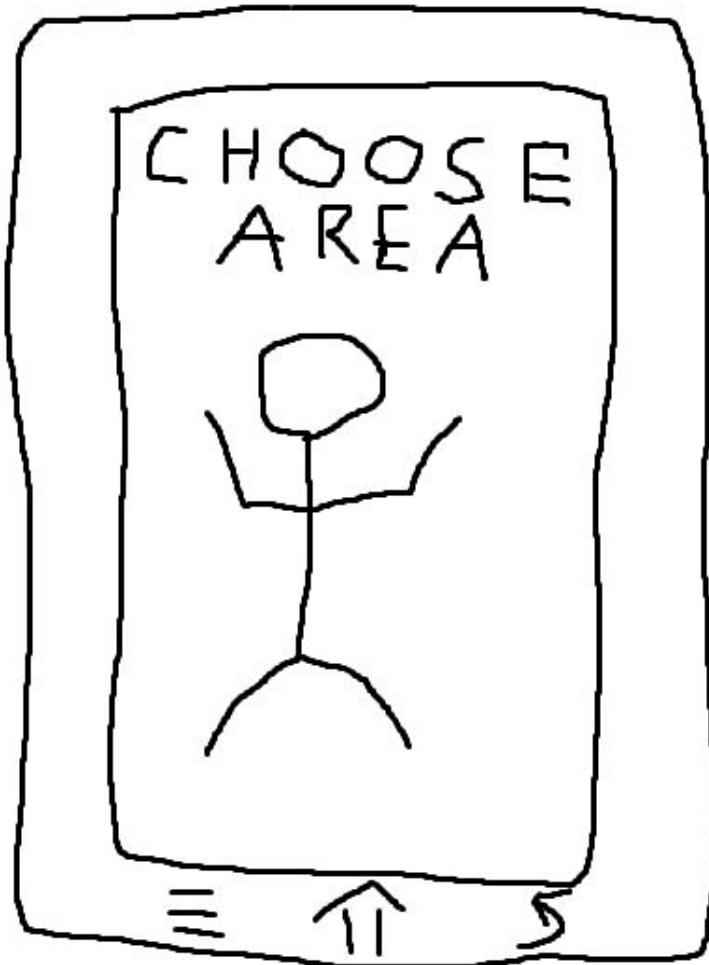
Final page of workout allows  
you to rate and end the  
experience

# Workout Sketch

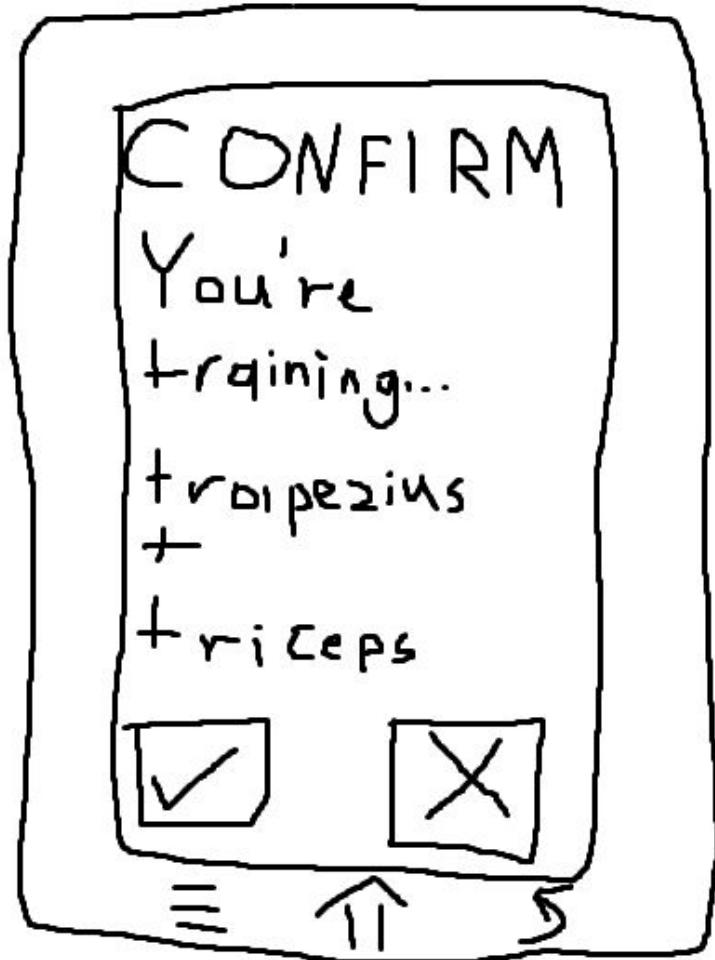
Doug Stokes



Users will first see a sign in screen where they can enter their login information.



Users can then choose the area of the body that they want to exercise by tapping on the specific area.



Users will then see a list of the muscles that they will train during their routine, and have an option to confirm or reject this workout.



A list of steps to complete for your workout is then shown. Following these steps completely will finish your workout.



This screen is shown once you complete a workout. It displays helpful information such as the amount of calories burned. It also gives a preview of a future workout if you choose to train these same muscles next time.