

# Workout Type

## UX

## Consistency

## wellness

## Custom

## Muscle Group

**Weight Loss**

Muscle Development

equipment or no equipment workouts; what type of equipment needed

**HIIT**

**Cardio**

different difficulty levels

likely users that are new to working out, new to specific workout

how are exercises modeled??

paid subscription

**Gym locator**

free subscription

Subscription model includes access to live workout sessions from exercise influencers

pair with health app or external fitness device

iOS and android compatible (Apple Watch and Android Wear versions available)

how they select workout (human model of muscles)

push notification as reminder

workout streaks??

Compete with friends

workout schedule

different workout plans (for gaining muscles or losing weight etc)

Online Coaches: review routines and provides advice

Workout Plans: Building a Workout Routine for others

achievements??

mindfulness

healthy eating and nutrdition

why you should take care of X muscle group (eg shoulders and upper back for posture)

motivation

premade

make your own

watch video

look at pictures

read description

**back**

**Biceps**

**Glutes**

chest

forearms

**whole body**

**Core**

hamstrings

**calves**

**Quads**

targeted workout series for muscle groups

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