

By: Diana Sen

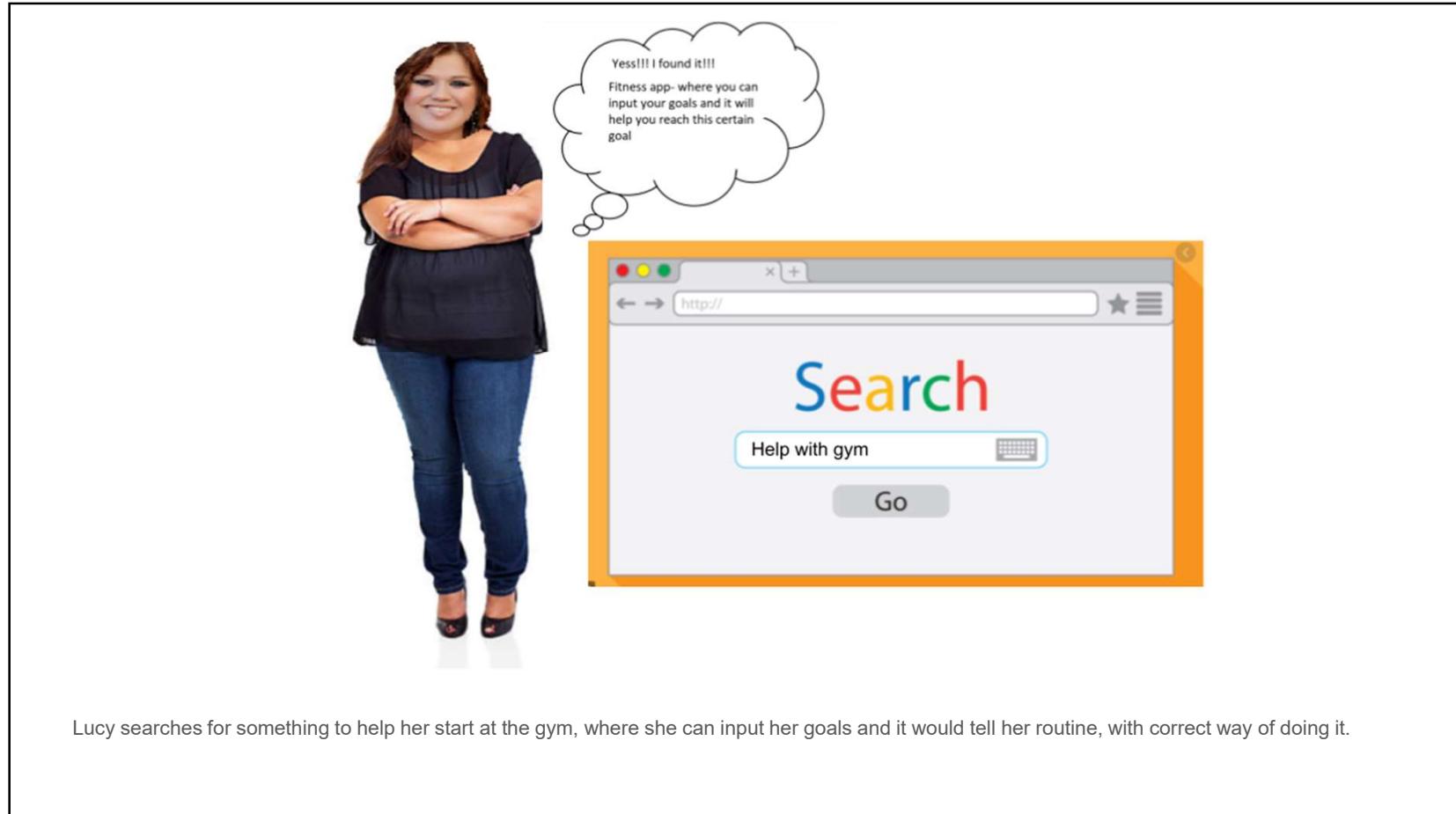


Lucy always sits at the desk with minimum of movement and lots of unhealthy snacks.





One day Lucy decides that she wants to be able to keep up with her friend in the gym and be fit and healthy. But the problem is that she doesn't know how to use certain gym equipment or what work out she wants to do.





Lucy downloaded app and ready to input all her information in order to achieve best results.



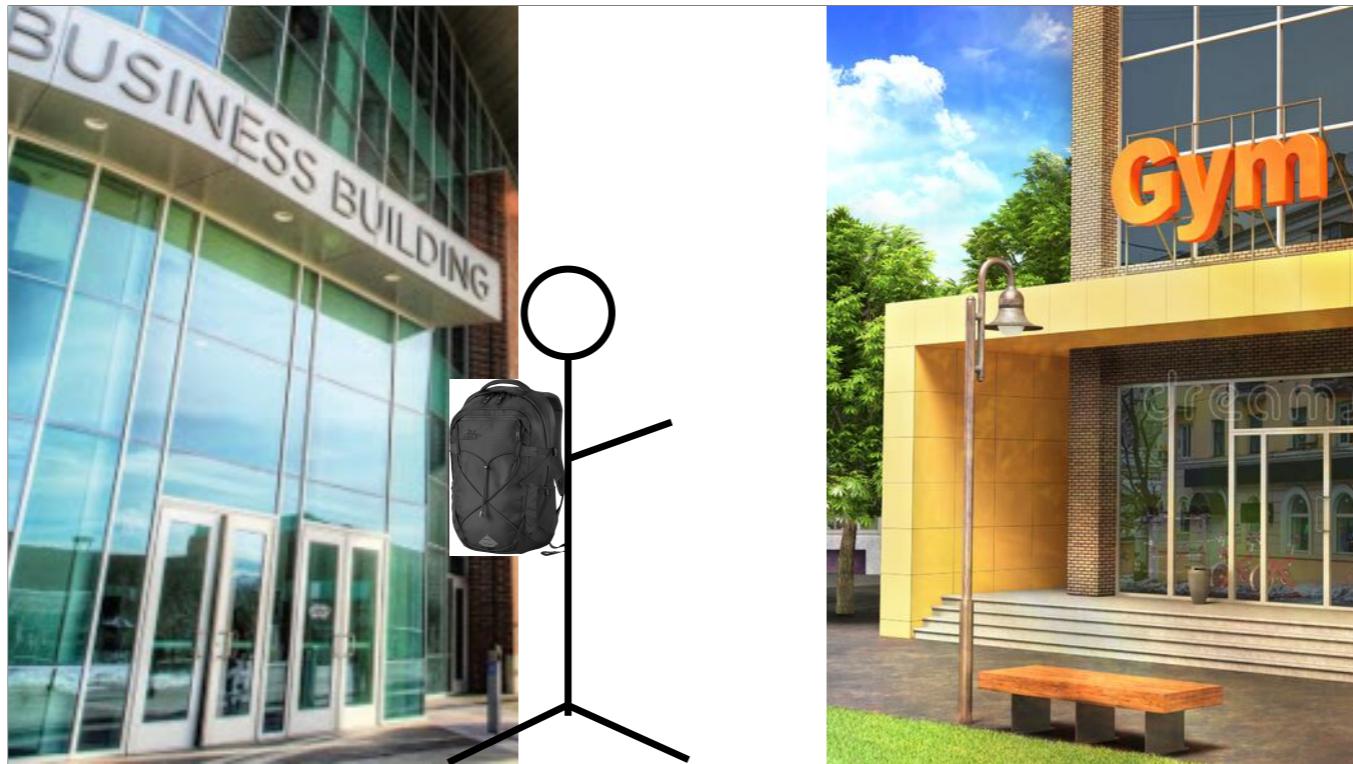
Lucy loves using her fitness app, it not only tells her what to do to achieve her goal, but also gives her motivation, and tells her how much of great work she did.



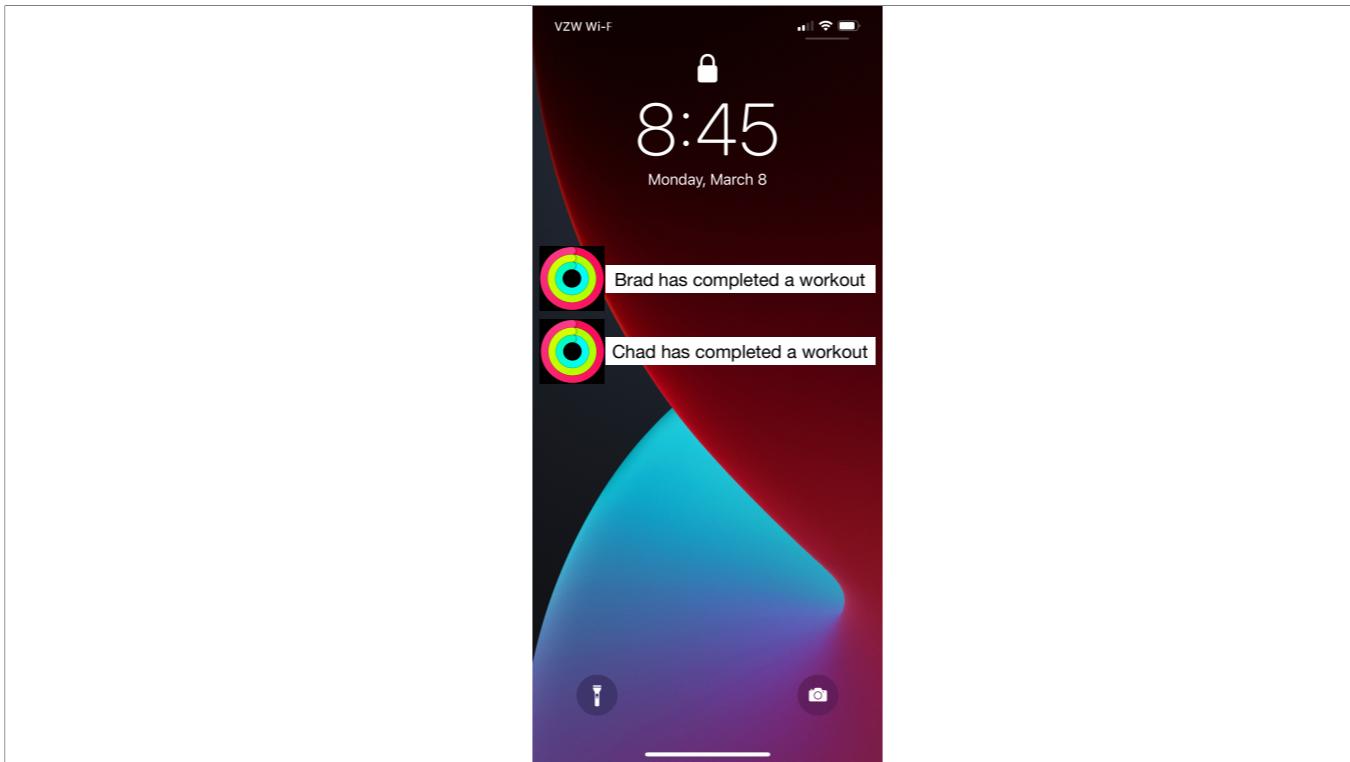
After following apps directions, Lucy is now fit and healthy. Also now she can keep up with her friends at the gym.

Brian's Trip to the Gym

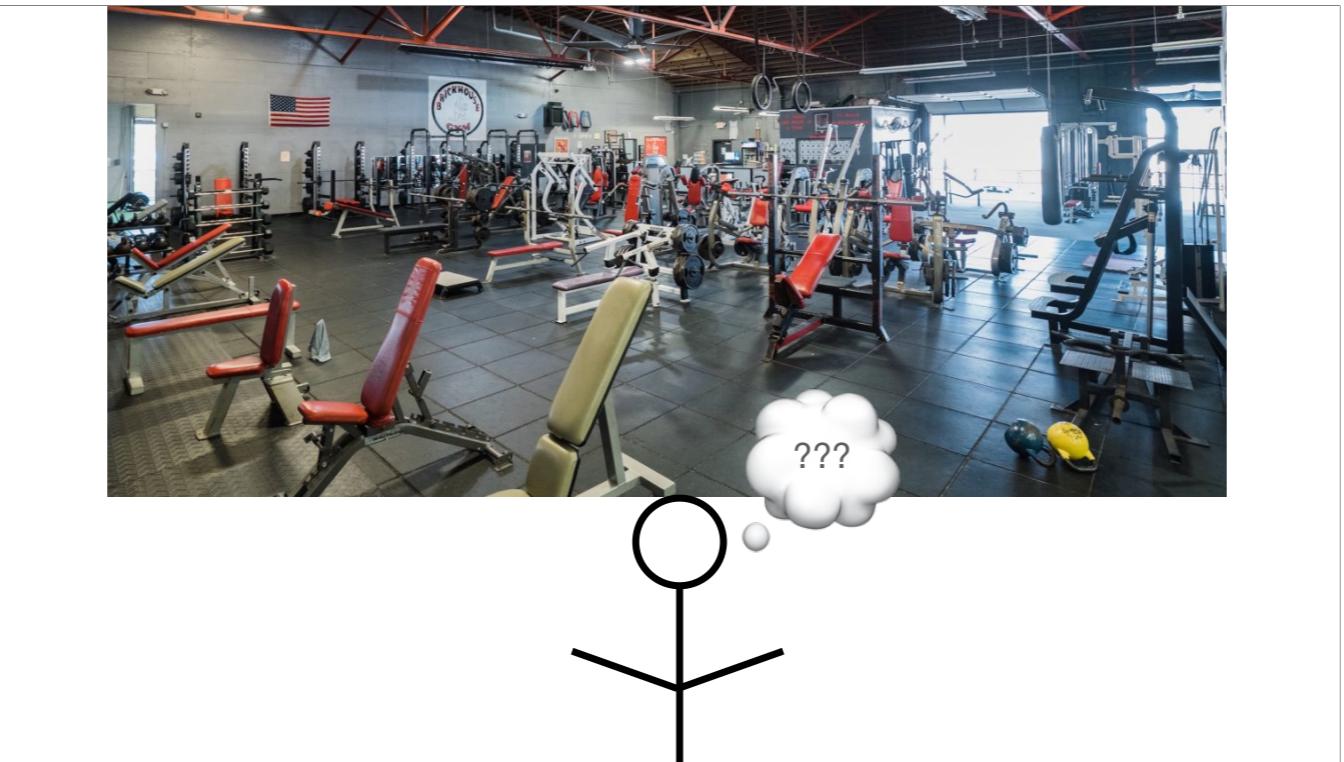
Vijay Tripathi



Brian is leaving his ECON 101 class to go to the university gym



While he's checking in, he gets a notification that his friends Brad and Chad closed all their rings for the day and completed intense workouts



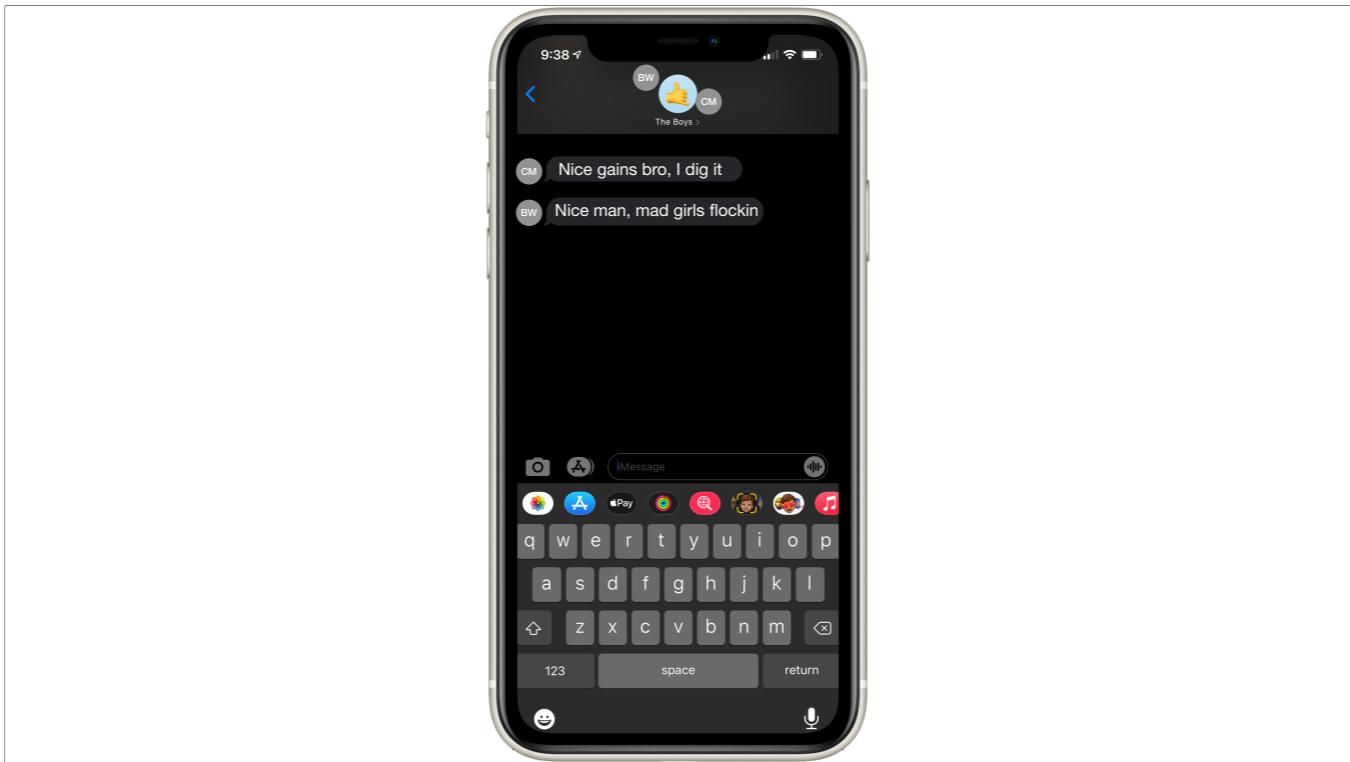
Brian is lost in the sea of machines and doesn't know where to start



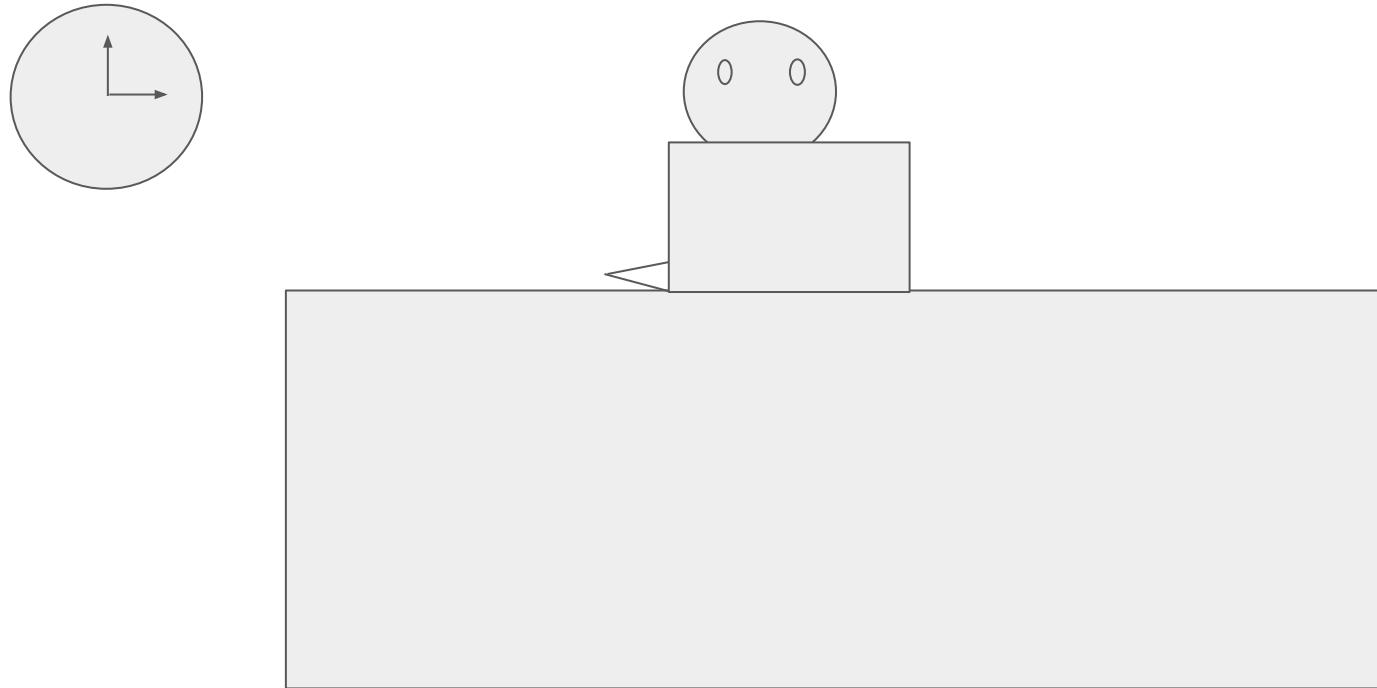
He opens the Personal Fitness app and finds machine-specific instructions and details



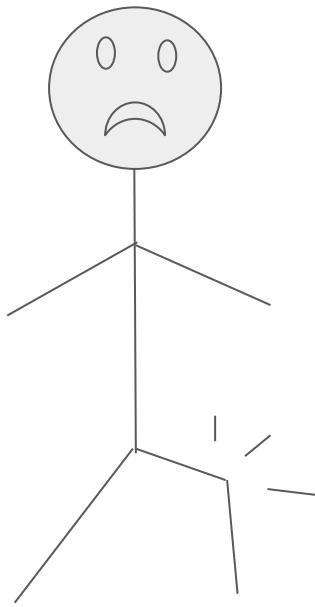
After an hour of working out, Brian closes all three rings and feels confident



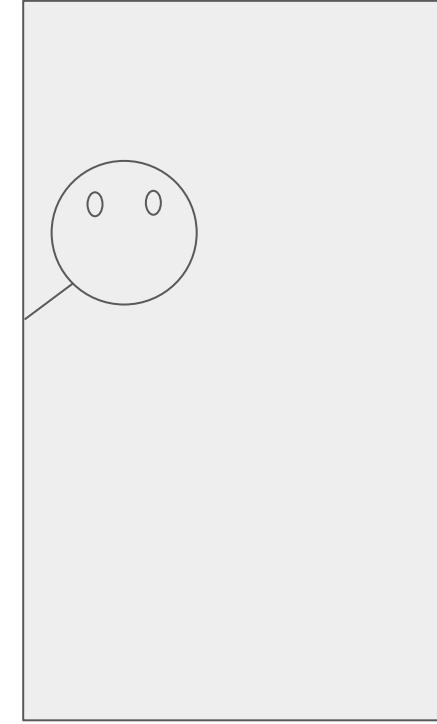
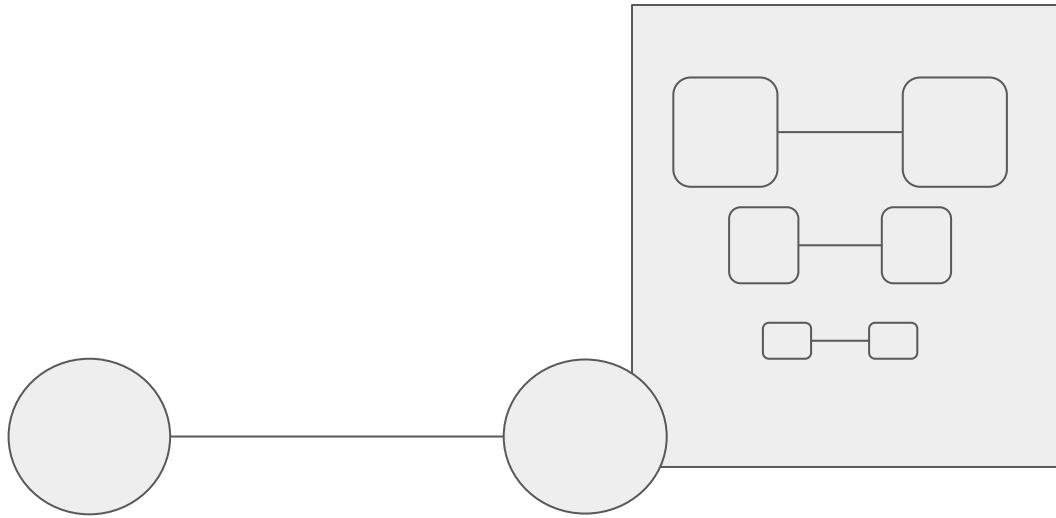
Brad and Chad are impressed with Brian's success at the gym and are excited for him



Seymour Gaynes works hard at his accounting job to provide for himself and his family.



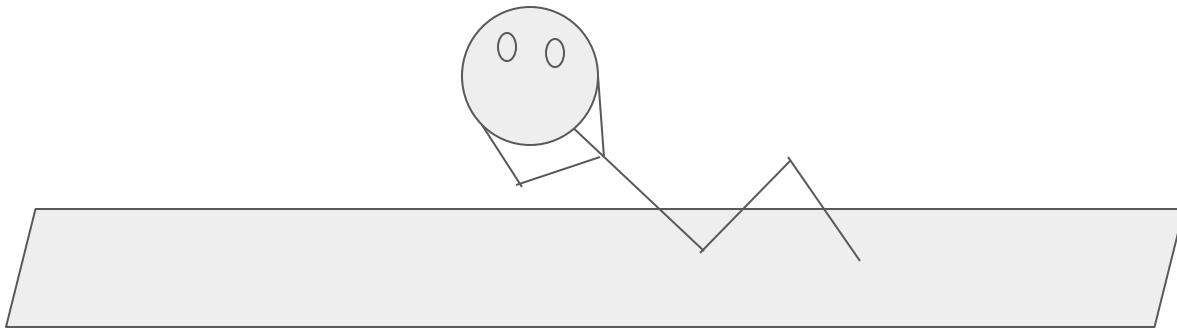
Seymour unfortunately suffers from joint and muscle pain at home.



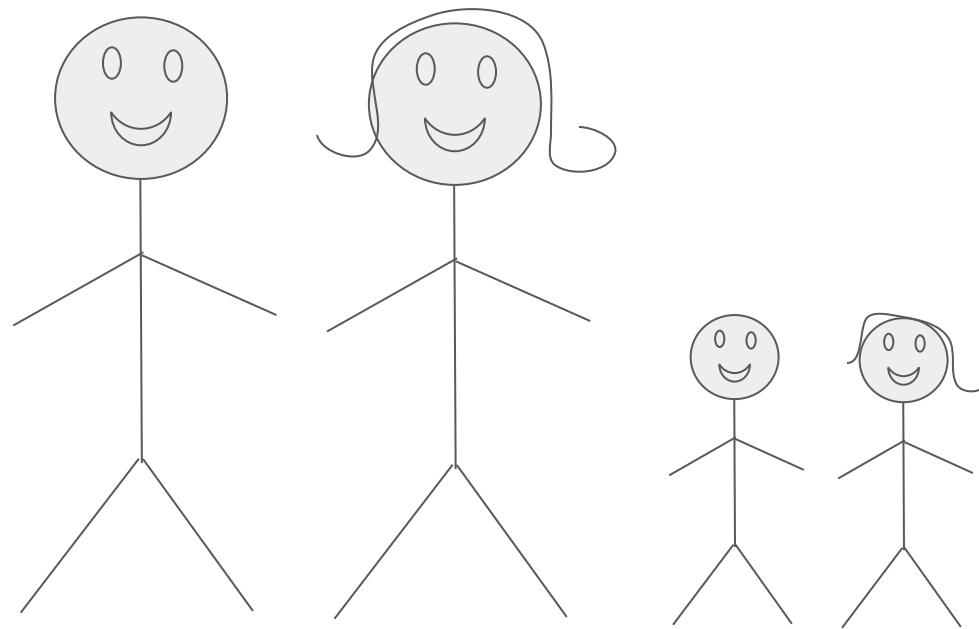
Seymour wants to exercise to improve his chronic pain, but is overwhelmed, as it has been several decades since he's exercised regularly.



Seymour is able to find a personal fitness app he thinks might help him with his problem. It looks like it has targeted exercises specifically for pain like his!



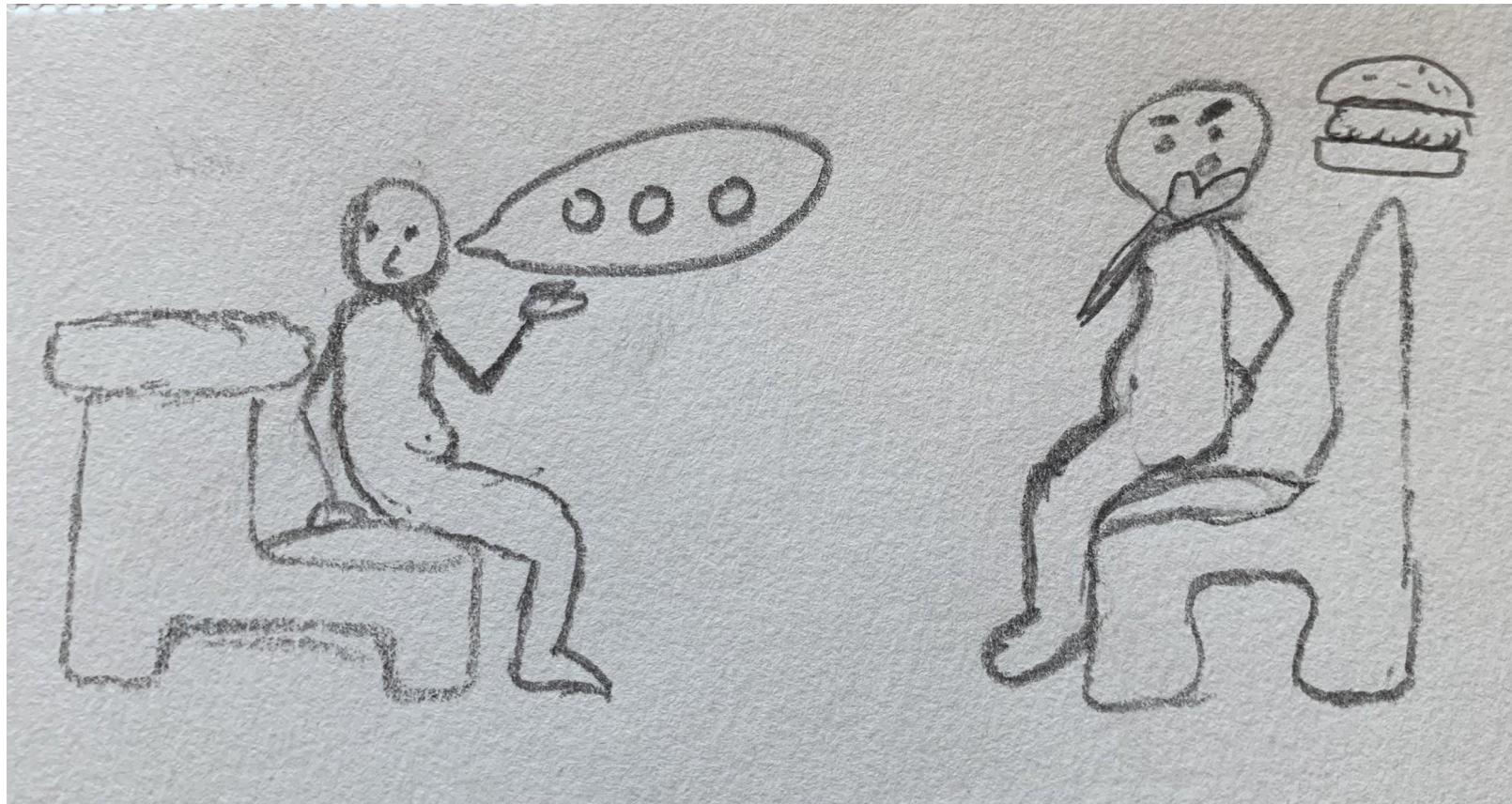
Using the fitness app, Seymour finds an exercise plan that will help him soothe his pains and aches.



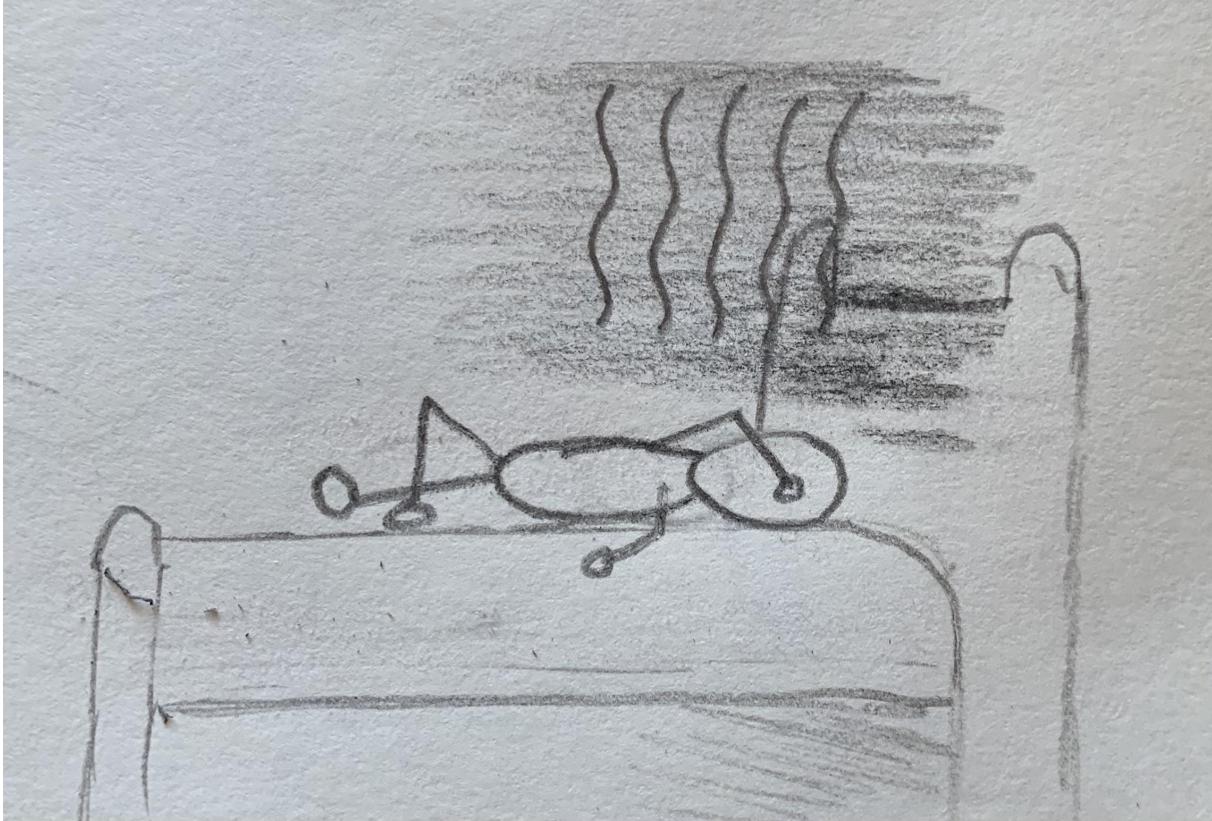
Seymour, through hard work and a well designed fitness app, manages his pain and lives happily ever after with his family.

Big Boy Bernie

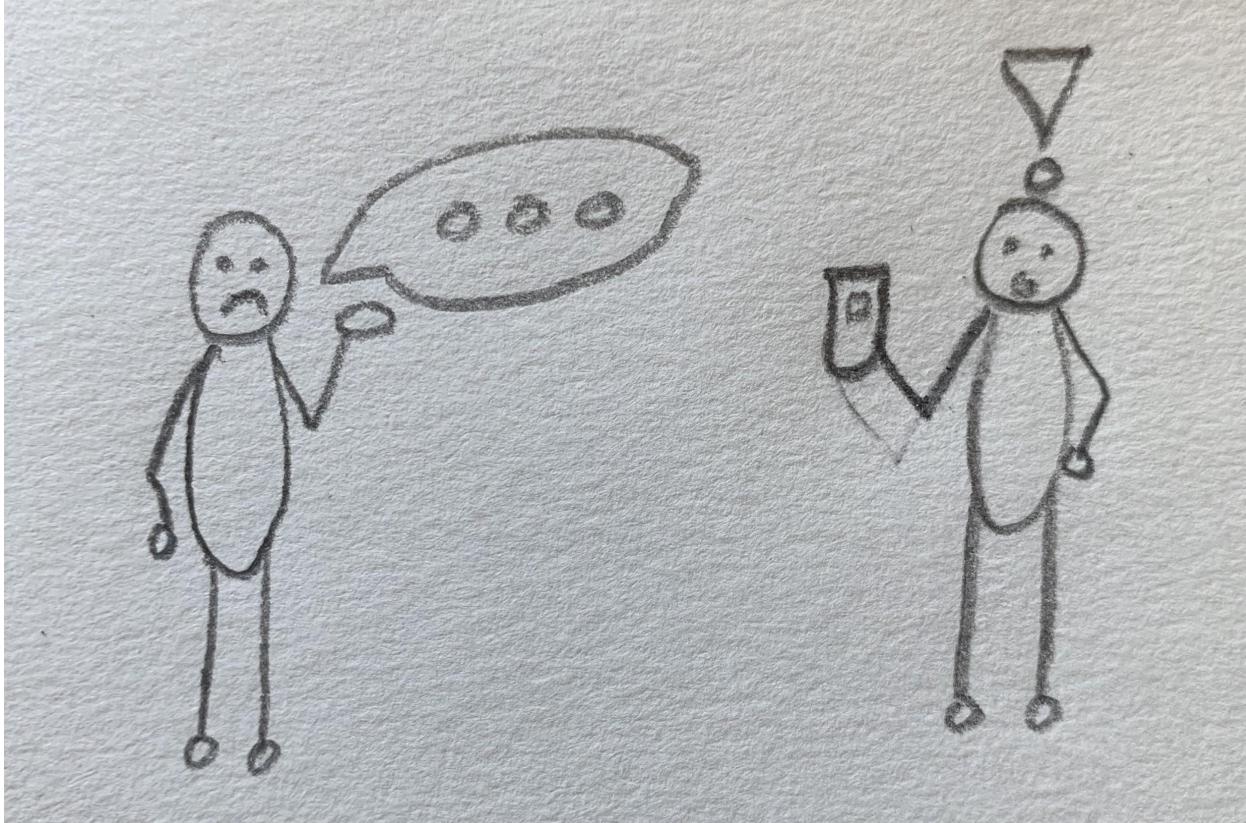
Thomas Vu



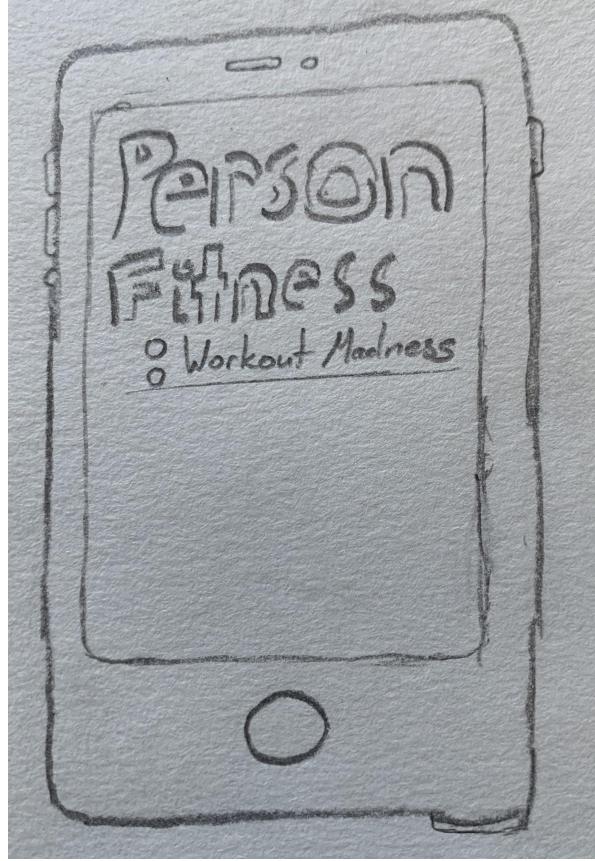
Bernie spends a majority of his day working as a therapist for numerous patients. He would sit around listening to other people's issues and would provide advice to help them cope and confront their problems.



Often times Bernie would lay on his bed with nothing to do which made him tired, frustrated, and depressed. Bernie would always listen to other people's problems, but no one ever asked how he felt.



Bernie decided to talk to one of his friends about his issue, and he introduced him to a new app called Personal Fitness: Workout Madness.



Bernie hesitated before downloading the app. He always enjoyed running and thought that weightlifting would not be a good fit for him.



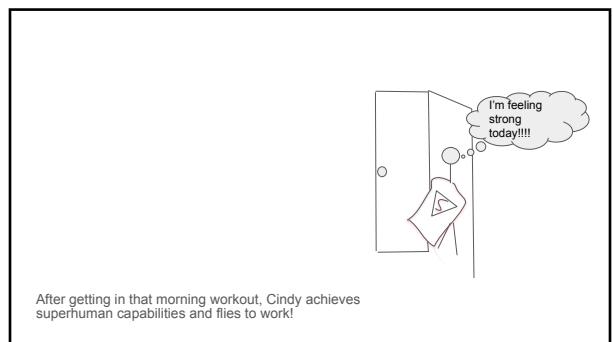
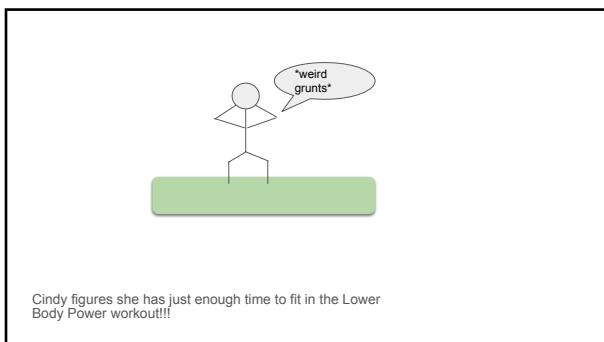
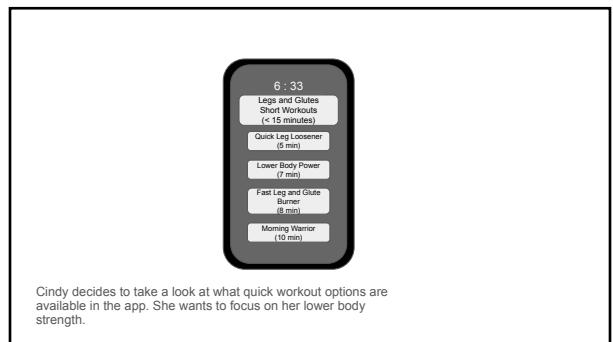
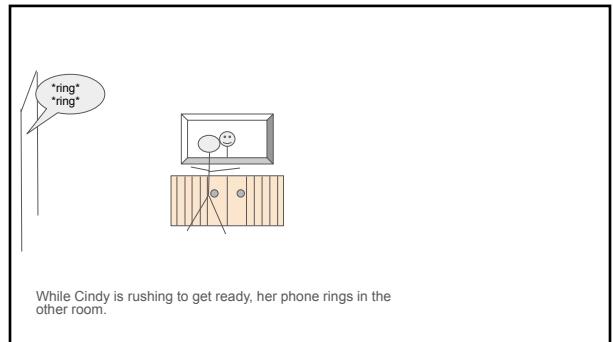
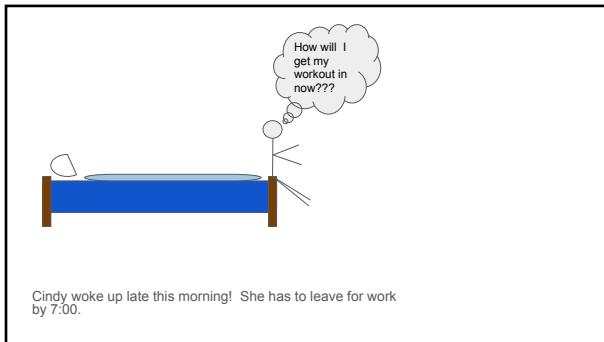
Using the app was confusing and awkward at first. Bernie felt uncomfortable lifting weights around others, especially since he couldn't even pick up a 10lb dumbbell.

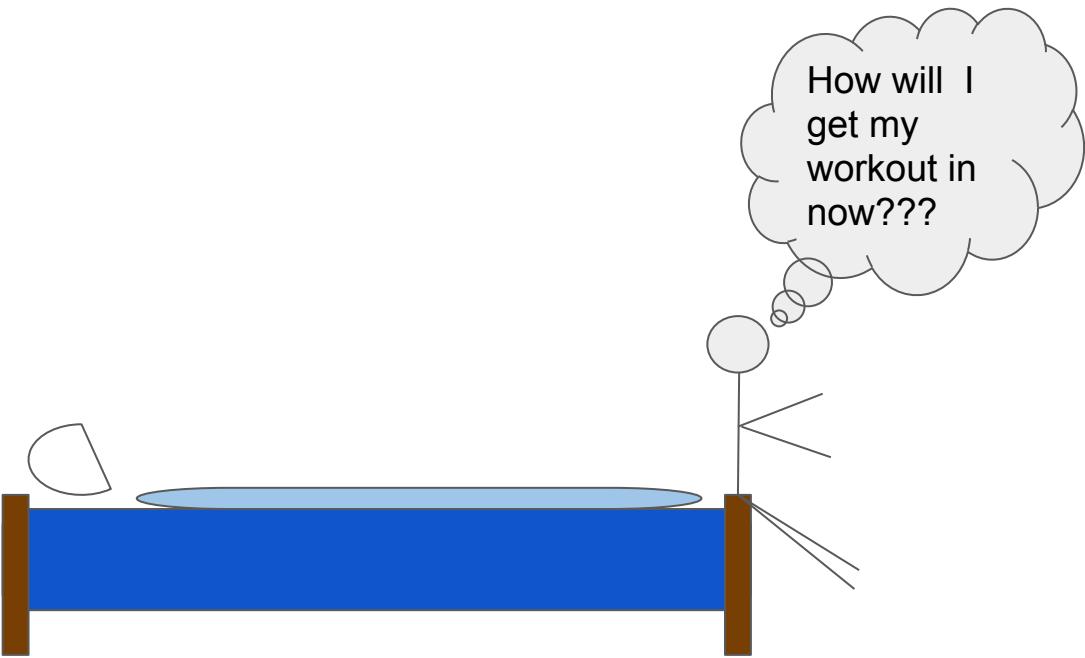


After he got the hang of it, Bernie would workout five days a week. He became more active and more confident in himself.

Cindy Miller's Storyboard

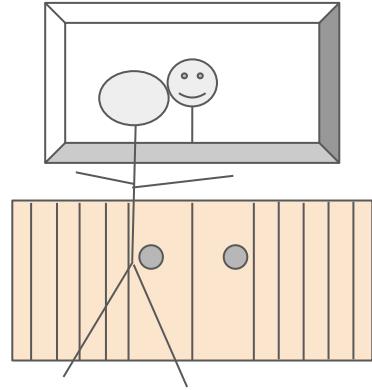
Written by Jackson Trigiani



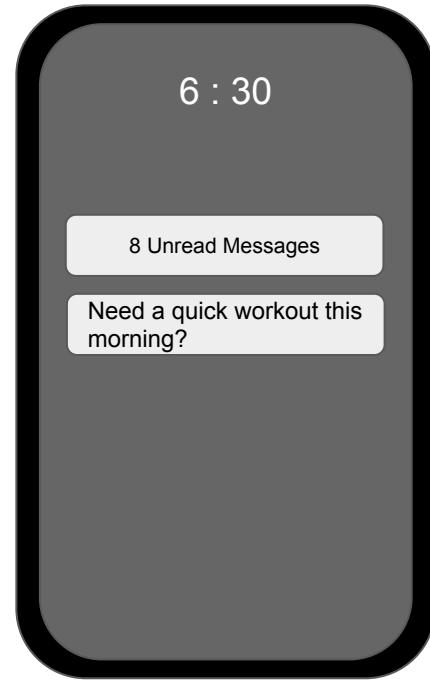


Cindy woke up late this morning! She has to leave for work by 7:00.

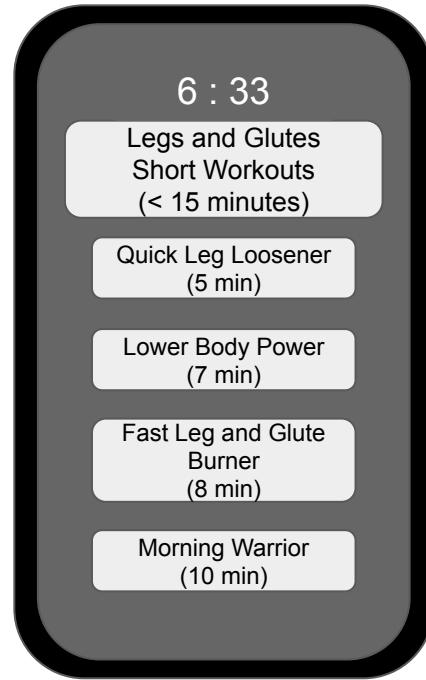
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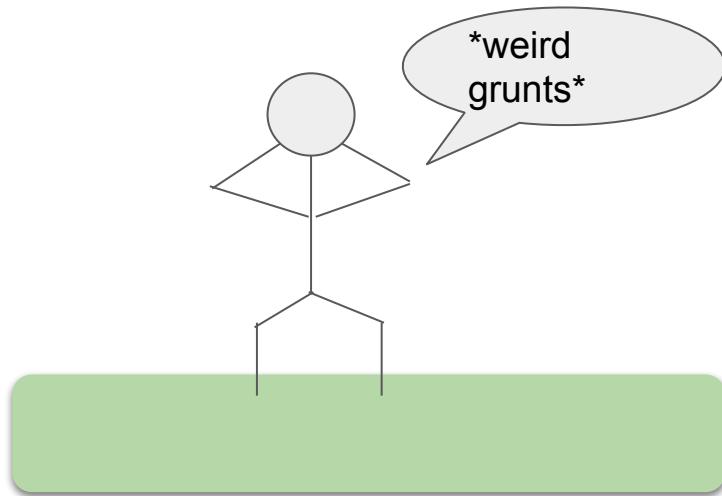
While Cindy is rushing to get ready, her phone rings in the other room.



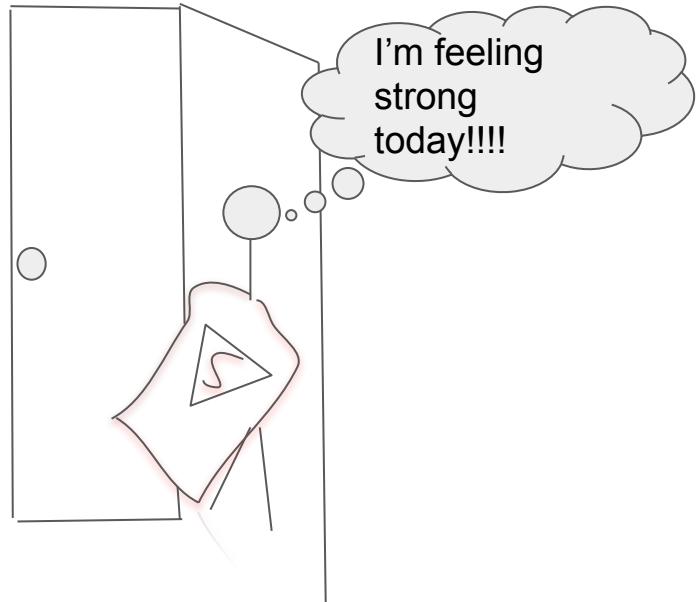
Cindy picks up her phone and remembers that she downloaded that new fitness app last night...



Cindy decides to take a look at what quick workout options are available in the app. She wants to focus on her lower body strength.



Cindy figures she has just enough time to fit in the Lower Body Power workout!!!



After getting in that morning workout, Cindy achieves superhuman capabilities and flies to work!