

Workout Type

Weight Loss

Muscle Development

equipment or no equipment workouts; what type of equipment needed

HIIT

Cardio

different difficulty levels

UX

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)

Consistency

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??

wellness

mindfulness

healthy eating and nutrdition

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

motivation

Custom

premade

make your own

watch video

look at pictures

read description

Muscle Group

back

Biceps

Glutes

chest

forearms

whole body

Core

hamstrings

calves

Quads

targeted workout series for muscle groups

ThomasVu, Jackson Trigiani,
Diana Sen, Vijay Tripathi

