

# PendingName.com

PendingName.com is an interactive educational website that allows users to examine and interact with human muscle anatomy and build their own workouts.

PendingName.com will provide an anatomically accurate (but simplified) avatar that highlights the different muscle groups within the body. Users will be able to drag their cursor over each different muscle group and click any groups they would like to target for their workout. Once a desired muscle group is selected, a brief description is provided for that user as well as a list of suggested workouts (with videos/gifs demonstrating the movement) that they can add to their workout. Once all of the users' desired muscle groups are selected, a summary page will display their workout.

## PERSONAS

- **Albert:**
  - Albert is new to his fitness journey. He is overwhelmed with all of the different concepts of working out and he's looking for something that simplifies the entire process down. Albert can use pendingname.com to build his workouts and learn about fitness.
- **Gina:**
  - Gina is a seasoned veteran in the fitness world. She knows what to do at the gym and sticks to her routine. Yet, she's recently noticed that her overhead press has suffered a bit due to a shoulder impingement. Gina goes to pendingname.com and clicks on the shoulder muscle of the website's avatar. There, she cycles through a list of alternative exercises she can do that won't cause her any pain.

## Competitors/Comparisons

- MyFitnessPal's feature of adding things into a 'shopping cart'
- <https://www.humananatomyillustrations.com/interactive-human-muscular-system-front-back.html> is comparable in the sense that each muscle group is highlighted and the user can browse and click each muscle group.

