

Personal Fitness Problem Statement

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Problem Statement: Our users want to exercise with proper form but are not familiar with the exercises for particular muscle groups. Our solution aims to inform first time gym users with curated exercise routines, pre-workout stretches, and fitness tracking.

Who is experiencing the problem?

- Users who want to start a workout routine or wish to lose or gain weight within a timeframe.

What is the problem?

- Users have problems understanding how to effectively and properly exercise certain muscle groups.

Where does the problem present itself?

- Anytime the user would like to exercise, at home or at the gym.

Why does it matter?

- Encouraging correct exercise practices will help people live healthier and happier. Will also avoid the formation of detrimental muscles which may hinder movements.