Target Audience

- People in Rehab
- College students
- For all ages
- beginners

Workout plans

- targeted objectives (cardio, weight loss, certain areas)
- stretching routines
- workout plans based for ur weight and height
- Type of workout split
- workout plans based for ur weight and height
- how to do workout videos detailed
- how to do workout videos detailed
- recovery plan (foam rolling, stretching, icing)
- lifting functions (power, strength, hypertrophy)
- yoga
- Compound or auxiliary lifts based on your goals
- Description of where you're supposed to feel a certain exercise
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- Description of where you're supposed to feel a certain exercise

Nutrition /Diet

- customized dieting plans
- recommendations for diet
- macros calculator
- calorie counter
- Meal prep Ideas
- Recommended Nutritional Meals
- Allergies/dietary restrictions
- water intake

Additional Services

- Sleep tracking
- Fitness tracker support
- notes section with each workout to keep track of soreness, what felt challenging, etc
- general q and a
- visual diagram of what part of the body you are working doing a specific activity
- self tracking for soreness
- sleep tracking

the app itself

- rounded curves for the UI
- Feedback on form
- motivational videos
- gotta pay ofccc
- Are you more interested in strength or aesthetic
- trainers/nutritionists can create profiles with their contact information and credentials
- Reminders / Notifications
- Trained professionals
- u tryna bulk, be lean, shredded, buff?
- Personalized daily calorie count for your body type/golas
- Lifting form feedback