

## Activities

**Soccer**

**Football**

**Basketball**

**baseball**

**Lifting**

**Running Clubs**

**Cardio**

**Community Walk-Groups**

**Calisthenics**

**squash**

**dodgeball**

**boxing**

## Community

**Competition with friends**

**5mile radius leaderboard**

**Find People to Workout With**

**Global Leaderboard**

## User Benifits

**Improving Your Physique**

**Improve Mental Health**

**Weight Gain/Bulking**

**Weight Loss/Cutting**

**track your progress**

## Earning Points

**Personal Records**

**duration in the gym**

**weekly goals**

**Being higher in the rankings than your friends**

**Set your own goals weight loss/weight gain**

**completeing an organized workout**

**Activities Completed**

**Working out consecutive days**

## Goals

**inspire people to work out more**

**getting people in a consistent workout routine**

**build up workout communities**

**Improve physical fitness throughout whole communities**