Exercise Efficiency App:

Purpose: An app to be used not necessarily as a phone app but can possibly be deployed to some embedded system so that it may be used as a gadget.

Goal: Since we had determined the theme of the app at the beginning of the quarter to be efficiency in time management the goal of our app is to increase efficiency in ones exercising routine.

Problem: Many people who go to the gym or exercise complain of not being able to finish their workout in the time they had originally planned. Because they ended up working out longer it will interfere with their overall schedule for the day and affect activities they had planned after that day.

Solution: Our app aims to let the users choose the exercises they do as a part of their routine and time them during each of these exercises. Timing them with our app allows a user to stay focused on the exercise and finishing on time without having outside distractions interfering.

What makes our app different from other exercise apps?

A lot of apps create a complete timed workout for you whereas our app allows you to choose your own exercises and set your own times for those exercises to finish at a time you deem fit.