

Target Audience

People in Rehab

College students

For all ages

beginners

Workout plans

recovery plan
(foam rolling, stretching, icing)

targeted objectives
(cardio, weight loss, certain areas)

lifting functions
(power, strength, hypertrophy)

stretching routines

yoga

workout plans based for ur weight and height

Compound or auxiliary lifts based on your goals

Type of workout split

Description of where you're supposed to feel a certain exercise

workout plans based for ur weight and height

Compound or auxiliary lifts based on your goals

how to do workout videos detailed

Description of where you're supposed to feel a certain exercise

how to do workout videos detailed

Nutrition /Diet

recommendations for diet

customized dieting plans

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

trainers/nutritionists can create profiles with their contact information and credentials

rounded curves for the UI

Reminders / Notifications

motivational videos

gotta pay ofccc

Trained professionals

u tryna bulk, be lean, shredded, buff?

Feedback on form

Personalized daily calorie count for your body type/goals

Are you more interested in strength or aesthetic

Lifting form feedback