

Problem statement:

Busy working people want a clear, simple workout routine that keeps them in shape because they want the most effective and efficient exercises that can fit into their short schedules

Detail:

As someone who is a university student that spends all week taking classes, doing homework, studying, as well as working part time I want to be able to keep up with my daily exercise while not taking as long to make time in my schedule this can also apply to busy working professionals who work long hours