**COVID-19 workout app Interview**

How often do you exercise?

6+ years twice a week / once during the weekday(wed) & once in the weekend(sun).

What type of exercise do you do?

jogging, boxing, basketball, weightlifting

Why do you exercise?

To get rid of stress

How did COVID-19 pandemic affect your workout?

Due to corona boxing and basketball is unavailable,   
and working out at the gym with masks on is a pain.

Doing yoga now.

Exercise equipment at home?

1 cattle bell, 1 pair of dumbbells, yoga mat

If it is possible, what other equipment would you like at home?

Pull-up Bar

When you cannot go to the gym, what difficulty do you have with your workout session?

Lacking variety of health equipment available in the gym (limited weight of free-weights).   
Too pricy to buy all the weights.

no partner / spotter : reduces motivation, also no feedback on the form

Have you ever used any fitness apps?

Used one fitness app before

What functions did you like about that app?

Shows the video of the exercise, and gives a set time and break time.

What do you think that app can improve?

* personal trainer function.
* show different type of exercises on same body parts with countdown and timers.
* function to exchange your current workout, routine, how much calories they burnt with others for more motivation (social networking).

How do you plan your routine?

It is expensive to hire a personal trainer, so mainly search multiple websites (youtube, googling) for information and proper form.

How long does it take to plan your weekly routine, do you have the same weekly routine?

It takes 1hour to plan my weekly routine that I follow each week.

If we recommend a routine, are you willing to change your routine?

If it is from a professional, I am willing to change my routine and follow that routine.

Prefer a premade routine made by a professional than planning on my own.