

**Department of Computer Science and Engineering  
University of Notre Dame**

**CSE 40746 - Advanced Database Projects  
Spring 2023**

**Final Project**



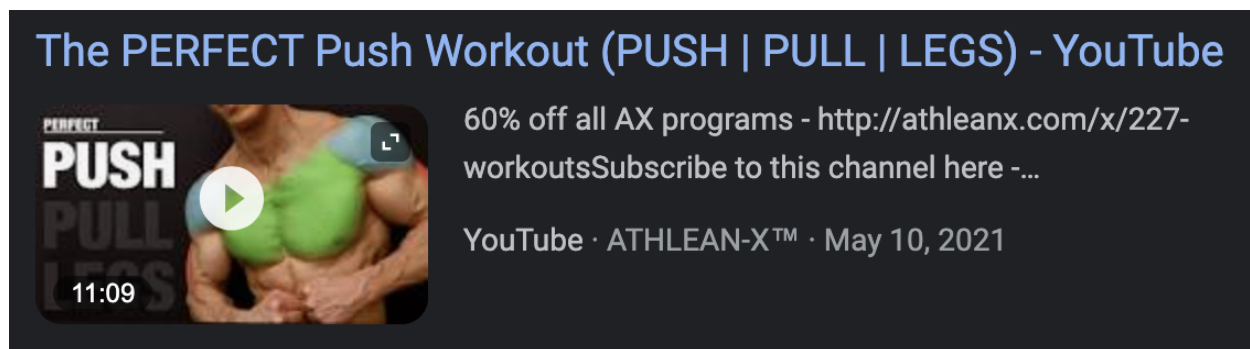
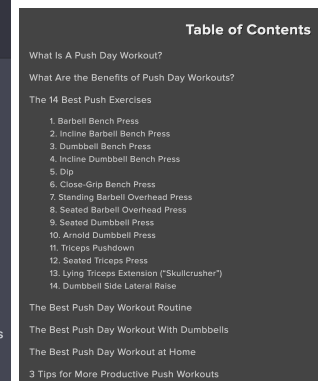
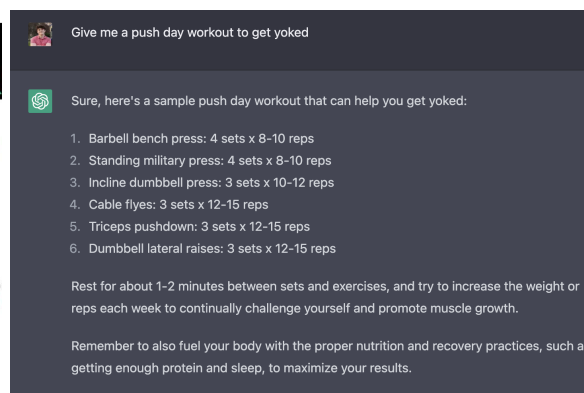
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**Group 4 - Feasibility Study**

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When brainstorming our new idea we had two main goals in mind, the first being something that hasn't been done before, and the second being something we would use on a day-to-day basis. One shared experience we all harped on was the feeling of boredom we sometimes feel while doing the same sequence of exercises in the gym everyday. We agreed that although going to the gym usually leaves us feeling great, ready to attack the rest of the day, forcing yourself through a lift you're not engaged in often feels like nothing but a waste of time. We came to the conclusion that an option that keeps the gym fresh everyday would help solve this problem, and so decided this is what we would build. This report outlines why this idea is a strong project idea, and how it would be useful to consumers.

The fitness industry is certainly a tried and tested area, with no lack of information online. For example, with one simple Google search we were able to find the following resources:



However, one issue with this circumstance is the lack of organization. Although some have the time and interest to research and learn about how each exercise works each part of a muscle, this process is not ideal for the majority of the fitness consumer market. These consumers are who this service would be most useful for, as it would streamline this information into an understandable, useful format.

In general, our target audience would be young adults who are active gym users. Upon asking around to residents who would fit this category in our dorms, people seem to appreciate this idea. Almost each person we polled agreed with our rationale behind the application, personally speaking on the difficulty of first starting in fitness. Unfortunately we were unable to get the opinion of many

people who are just starting out in fitness, but of those we were able to find they also expressed support. Overall, this idea gathered great support in this sample of our target audience.