

median	design	content	research	how to appeal to beginners
<div>Make website for easy access and improved shareability</div> <div>Isaiah</div>	<div>should we find a visual designer</div> <div>Isaiah</div>	<div>should have explanations on different supplements</div> <div>Isaiah</div>	<div>need to higher coaches</div> <div>Isaiah</div>	<div>focus on the basics of each muscle group and keep exersizes simple</div> <div>Isaiah</div>
<div>we could do a blog/magazine for easy distribution</div> <div>Isaiah</div>	<div>should look inviting and approachable</div> <div>Isaiah</div>	<div>different workout splits/schedules</div> <div>Isaiah</div>	<div>would need to higher dietritions</div> <div>Isaiah</div>	<div>explain core supplements but communicate that they are in no way required</div> <div>Isaiah</div>
<div>a book could have increased revenue</div> <div>Isaiah</div>	<div>find a name that implies gym things but doesnt sound over the top</div> <div>Isaiah</div>	<div>talk about other important things to do in addition to exercise ie sleep and rest</div> <div>Isaiah</div>	<div>do reaserch on diffrent protein sources</div> <div>Isaiah</div>	<div>cut out unneeded fearmongering around certain lifestyles and foods in the gym</div> <div>Isaiah</div>
	<div>avoid mixing with plannet finesses message. we do not want to be associated</div> <div>Isaiah</div>	<div>guides to macros and diet</div> <div>Isaiah</div>	<div>research how bmi affects the recommended amount of different nutritional products.</div> <div>Isaiah</div>	<div>breakdown any initial impressions about the gym community being harsh to beginners</div> <div>Isaiah</div>
		<div>explanations on what your body needs to grow stronger or healthier</div> <div>Isaiah</div>		