

Workout Routine Modification

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Problem Statement

Our clients are confused on how to build their workout routines. They come to the local gym confused on how to properly train core muscle groups or how to schedule training days with their work schedule. They come to the gym spending more time trying to figure out how they will do their routine rather than working out.

Who is experiencing the problem?

Individuals looking to get serious in the gym or individuals looking to become healthier

What is the problem?

Certain Individuals do not know how to workout effectively

Where does the problem present itself?

Typically gyms or fitness centers

Why does it matter?

People need an effective way to workout without straining or hurting themselves.