



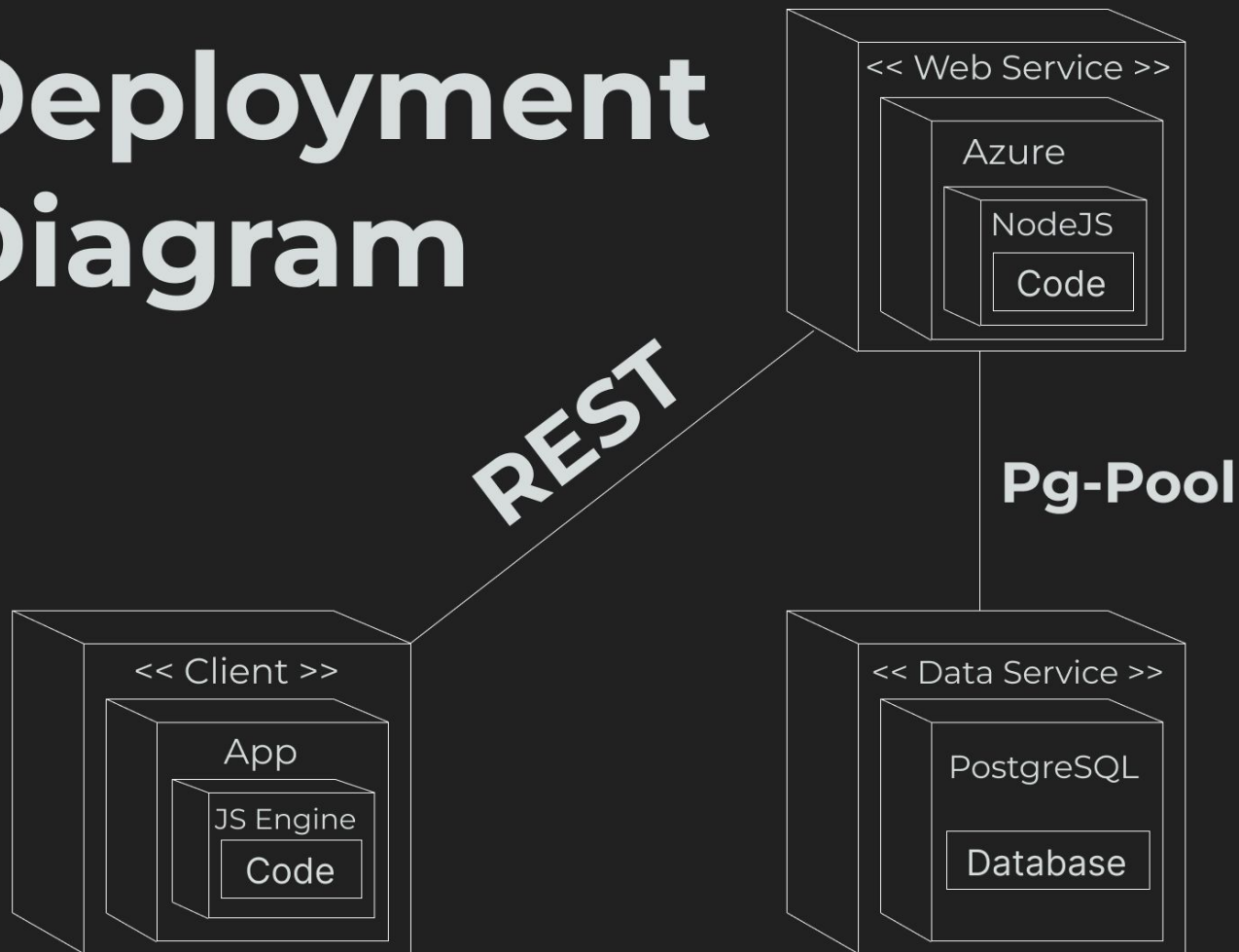


VIGIL

Workout Organizer

Demo

Deployment Diagram



Assessment: Functionality

- Interactive Interface
- Customization of workouts
- Saving workouts for later

Assessment: Future Prospects

- Dynamic rest time
- Anatomical diagrams
- More rest time activities

Assessment: Ethical Implications

- Postman: Tech is made of tradeoffs
- Phone focused – fewer connections
- Data driven hurts holistic approach

Thank you for your attention!

Any Questions?