

## Workout Type

**Weight Loss**

Muscle Development

equipment or no equipment workouts; what type of equipment needed

**HIIT**

**Cardio**

different difficulty levels

## UX

likely users that are new to working out, new to specific workout

how are exercises modeled??

paid subscription

**Gym locator**

free subscription

Subscription model includes access to live workout sessions from exercise influencers

pair with health app or external fitness device

iOS and android compatible (Apple Watch and Android Wear versions available)

how they select workout (human model of muscles)

## Consistency

push notification as reminder

workout streaks??

**Compete with friends**

workout schedule

different workout plans (for gaining muscles or losing weight etc)

Online Coaches: review routines and provides advice

Workout Plans: Building a Workout Routine for others

achievements??

## wellness

mindfulness

**healthy eating and nutrition**

why you should take care of X muscle group (eg shoulders and upper back for posture)

motivation

## Custom

premade

**make your own**

**watch video**

look at pictures

read description

## Muscle Group

**back**

**Biceps**

**Glutes**

**chest**

forearms

**whole body**

**Core**

hamstrings

**calves**

**Quads**

targeted workout series for muscle groups

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