

Fitness Routines

Cardio

**Upper
Body**

**Lower
Body**

**Core
Strength**

Personalization

Users can
select from a
variety of
fitness
routines

Users can
choose up to a
certain
amount of
routines

**Users can
set up
daily
regiments**

Users can set
reminders for
their workout
routines

Network

Users can
share their
routines with
friends

Users can get
recommended
others to follow who
may be in the same
boat regarding
general fitness
goals

Users can also ask
questions to other
users about
different things they
do to make their
workouts better

Users can also get
recommended what
kind of meals that
would pair well after
certain workouts

Notifications

The app will
regularly
remind the
user to stay
safe while
exercising

The app will
remind users
to drink plenty
of water.

The user can
tell the app to
notify them
when their
routine is
about to begin

Users can
choose to opt
out of these
notifications.

Aerobic Exercises

Users can choose different levels of intensity for their routines.

People can save and favorite their favorite workouts from their friends

Users will be notified when someone follows them

Anaerobic Exercises

Users can arrange their selected routines in any order they desire.

Users can see videos of other people's workouts

Users will get notifications suggesting people to follow

Basic Warm-ups

Users can set their routines to specific dates

Users can set up groups with people with similar workout regimens

Users will be able to see who follows and who they are following

Intense Fitness Routines

Users can save/delete their routines

The app will automatically check in if they notice a user being inactive for more than 3 days.

The app can provide users with recommended routines based on user input

Users can set alarms to notify them when their routine is over

Users can document how long they work out

If a user looks like they are abusing the app, a notification will be sent to the user saying their account will be temporarily suspended

The app has a selection of pre-made routines

User can post about their particular workout and share to other social media platforms

If a user looks like they are being active longer than the recommended time for each person, they will be asked if they would like to take a break

Routines have descriptions to show what the routine focuses on building

The user will be notified at the beginning that they should stay within their comfortable pushing limits

Recommended meals for healthier eating.