

1. Project title

Fitmobile

2. Team Members:

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3. Project Overview:

The application will provide different exercises for different muscle groups such as chest, back, legs. It will mainly focus on beginners and reduce possible injury risks by giving tutorials and leading to healthier life.

It is crucial to develop a fitness application because some people may not know how to apply the exercises correctly even though they are interested in the sport. For this reason, Fitmobile will be an accessible platform for anyone using a smartphone to learn about fitness.

4. Objective and Scope of the Project:

Upon completion, Fitmobile aims to provide effective exercises for users to help them achieve their fitness goals. Moreover, Fitmobile will also enable users to communicate with each other via the comment section.

End Points:

Get All Muscle Groups

Returns: It will show all muscle groups such as chest, back, legs.

Get All Exercises

Returns: It will show all exercises.

Get Exercises By Group Id

Returns: It will show all the exercises that belong to a specific muscle group

Get Exercises By Id

Returns: It will show the selected exercise in detail.

Get Comments By Exercise Id

Returns: It will show all the comments related to that specific exercise

Post Comment

The user will be able to post comments using the specified area.

5. Background and current practice

Current state-of-the-arts in the proposed project area are Nike Training Club and Freeletics.

1. Nike Training Club provides intentional, progressive workout programs with specific nutrition, recovery, and mindset tips along the way.
2. Freeletics is a sport application where you train with your own bodyweight only.

6. Potential customer/user description

The Fitmobile is designed for anyone who is interested in fitness and exercise, regardless of their fitness level or experience. The first audience Fitmobile aims to reach is beginners who want to learn how to perform exercises correctly and safely. The second audience Fitmobile focuses is gyms. Gyms can benefit from using Fitmobile to support their members. Members can use Fitmobile when they want to check if they are doing the exercises correctly or learn about the details of an exercise.