

Epidemic App Features and Challenges

The purpose of my app is to help people who aren't able to go to a gym because they either don't want to risk their health or the gyms are closed and people are quarantined.

Feature List:

1. A user should be able to "facetime" a trainer in order to be led through each workout as if they were working with a personal trainer at a gym.
2. A user should be able to select which muscle group they want to exercise that day in order to tailor their workouts to that muscle.
3. A user should be able to pick which trainer they want depending on who trains them in that specific muscle group the best in order to get the best workout out of that session.
4. A user who doesn't have a home gym or weight set should be able to select that they don't have proper exercise equipment in order to get paired with a trainer who can lead someone in a no-equipment workout.
5. A user should be able to schedule workouts in advance in order to make sure they have a trainer for the time they want to workout.
6. A user should be able to message trainers in order to ask them for advice when they are not working out.
7. A trainer should be able to create workout programs for their trainees through the app so that the user can do the workouts on their own without having to be on call with a trainer.
8. A trainer should be able to accept or decline a request to train someone, similar to an uber or lyft driver being able to accept rides so that they don't get overworked/overbooked.
9. A user should be able to input data in order to monitor their progress (eg. certain weights, running speeds, etc.)
10. A user/trainer should be able to do group lessons in order to teach multiple people at once so that it can feel like a workout class.

Challenges:

1. I definitely could not build this app with every feature on the list myself. For example, the facetime feature would be extremely difficult. I think that besides a few features, a well versed IOS developer would be able to create this app to my liking.
2. I think that this app could be useful during a time like this for people who like to work out with trainers. I think it would be difficult to make sure the privacy details are safe between the users and the trainers and manage when you can work with a trainer. For example, making sure that there are strict policies in place for how users and trainers can interact with each other.