Fitness Guidance Application

Function:

* **Register and Login:** Allows users to create an account and log in to the application to store personal data.
* **Select Workout Program:** Allows users to select available workout programs, such as cardio, yoga, chest, back, legs, etc.
* **Workout Guide:** Provides detailed instructions on exercises, repetitions, rest periods, and instructional videos.
* **Workout Planner:** Allows users to create personal workout plans with exercise selection and timing.
* **Progress Tracking:** Record and display user's progress during workouts, including weight, reps, workout time, etc.
* **Statistics and Reporting:** Provides reports on workout progress and progress, e.g. graphs showing progress.
* **Schedule Reminders:** Send notifications to remind users about workout times and fitness-related activities.

Non-Function:

* **Browser Compatibility: If a browser version of your app is available, ensure compatibility with popular browsers such as Chrome, Firefox, and Safari.**
* **Image and Video Quality: Provides high quality images and videos to help users perform exercises properly.**
* **Social Media Integration: Allows users to share workout progress and achievements on social networks to drive engagement and engagement.**