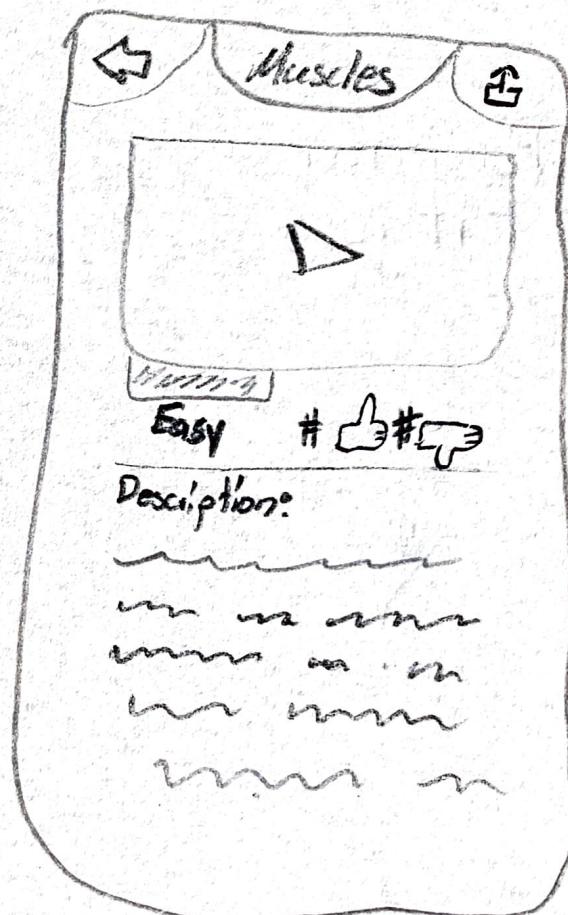
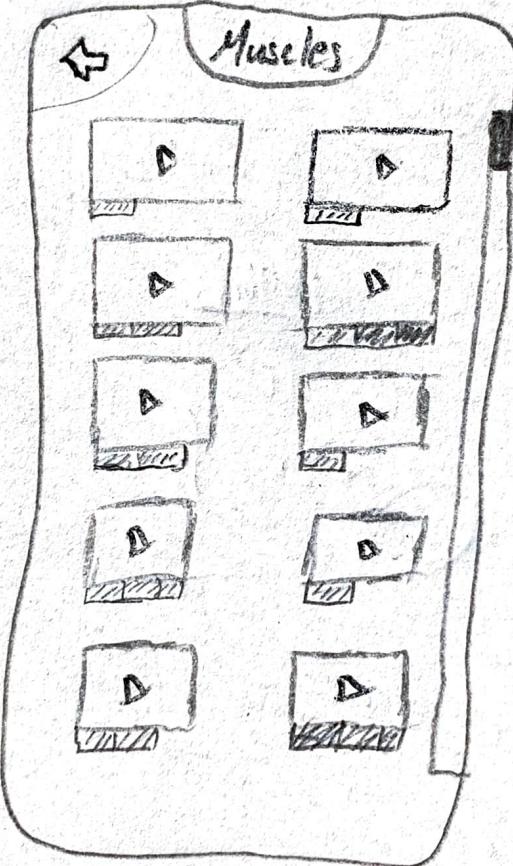
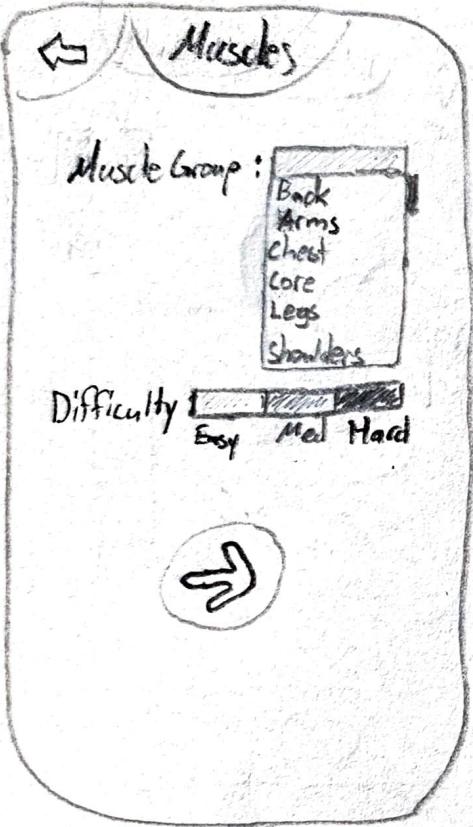
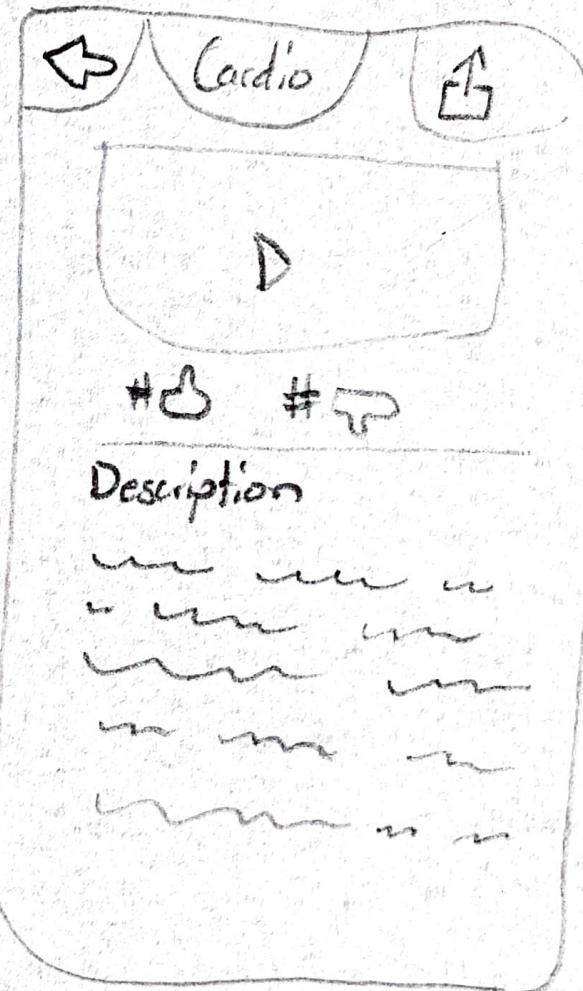
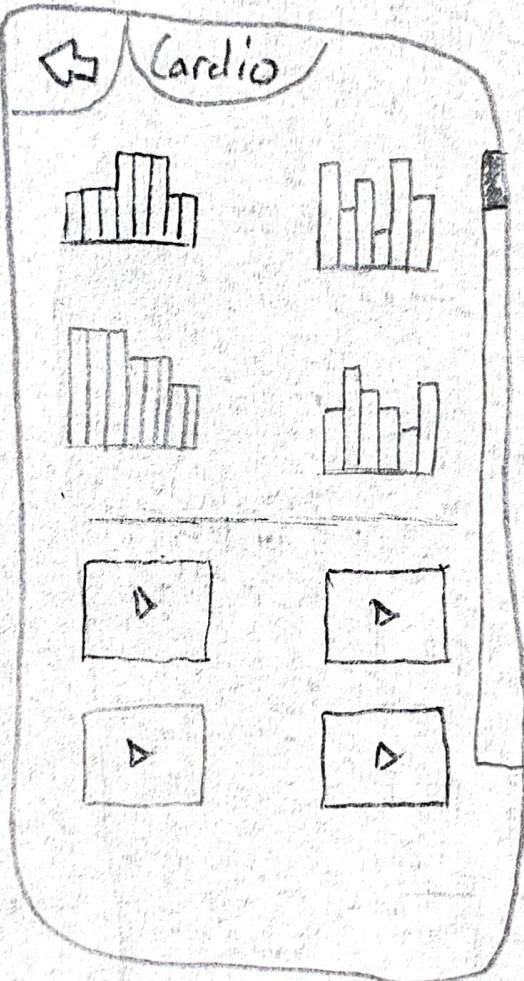
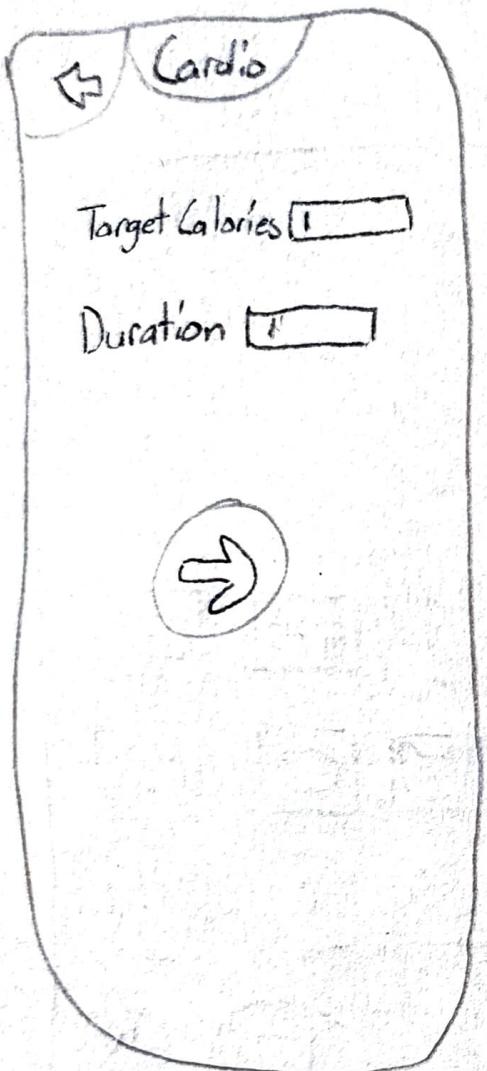


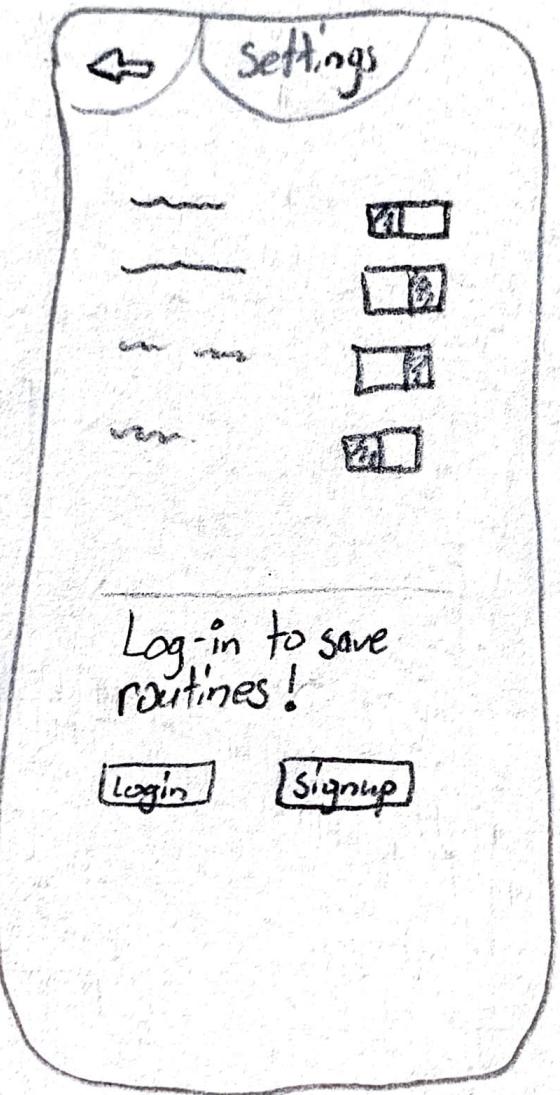
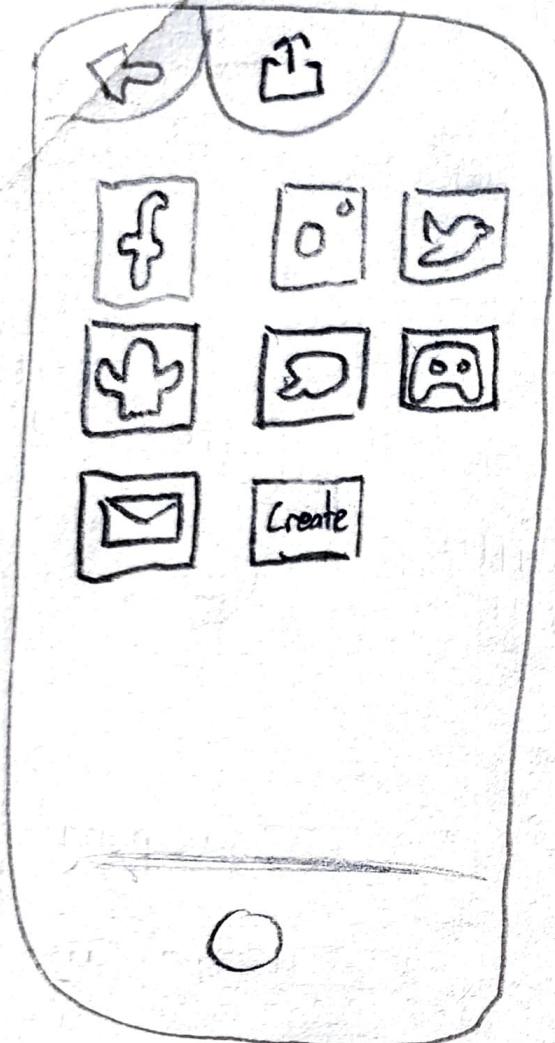
Team Golden Apples

Diana Sen, Doug Stokes, Jackson Trigiani, Thomas Vu





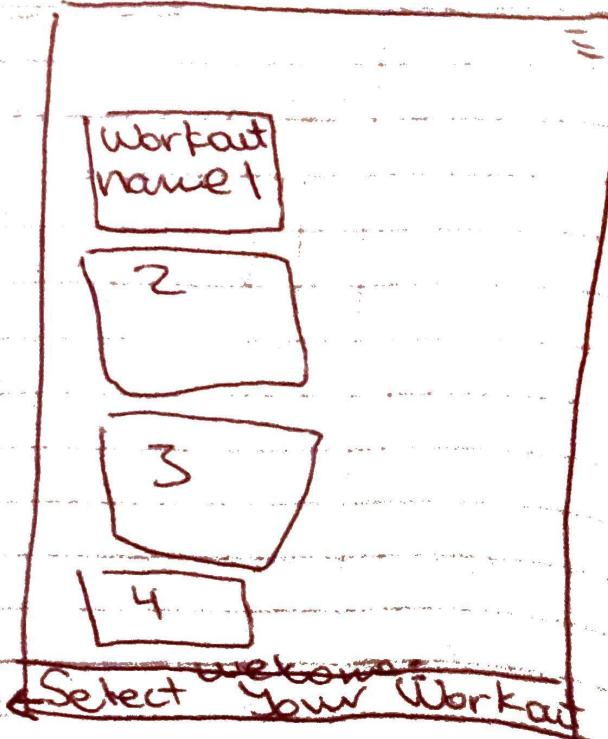
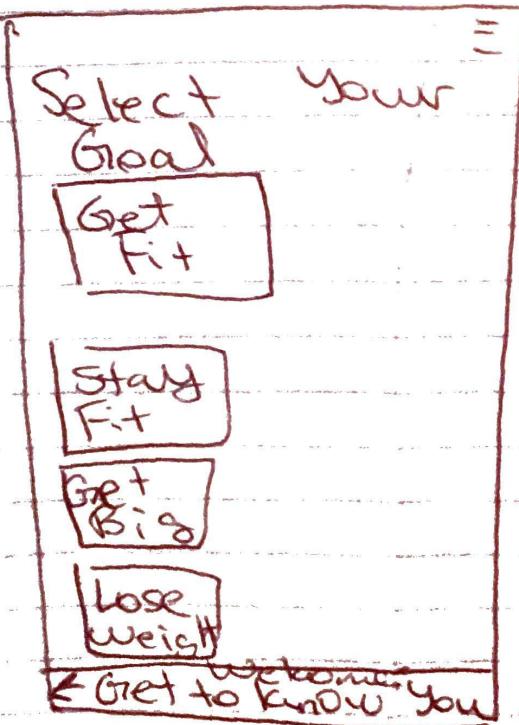
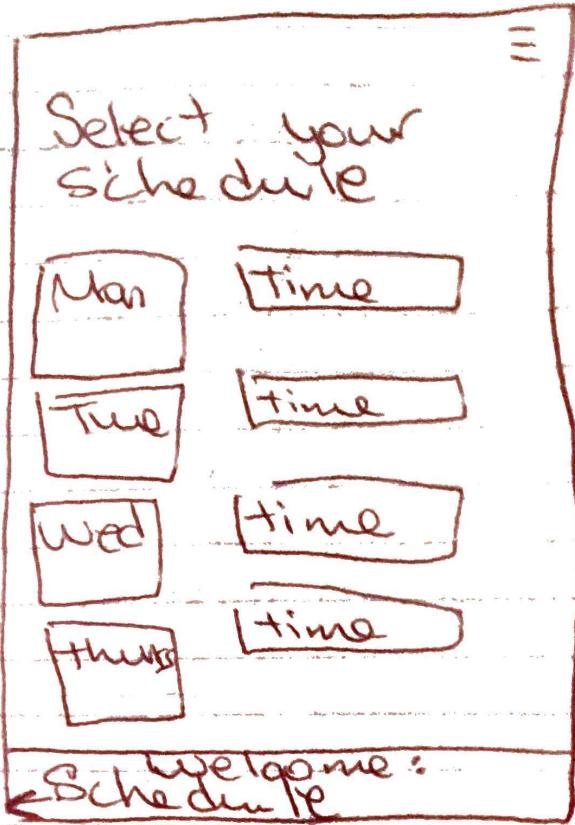
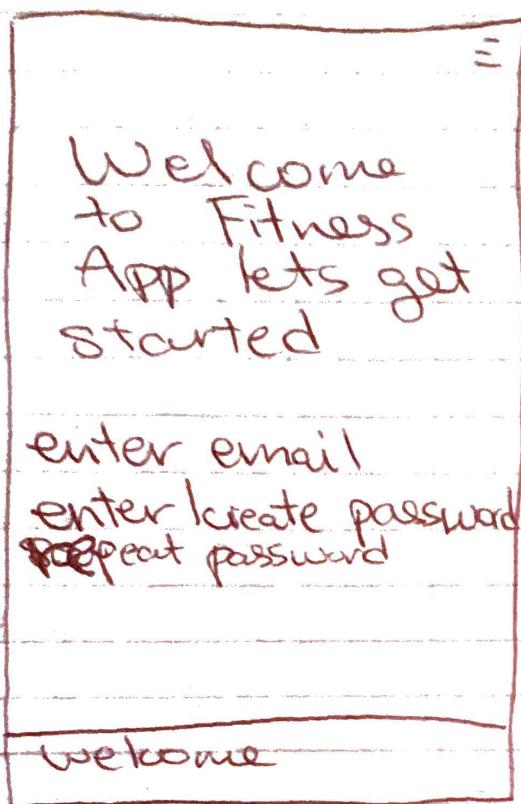


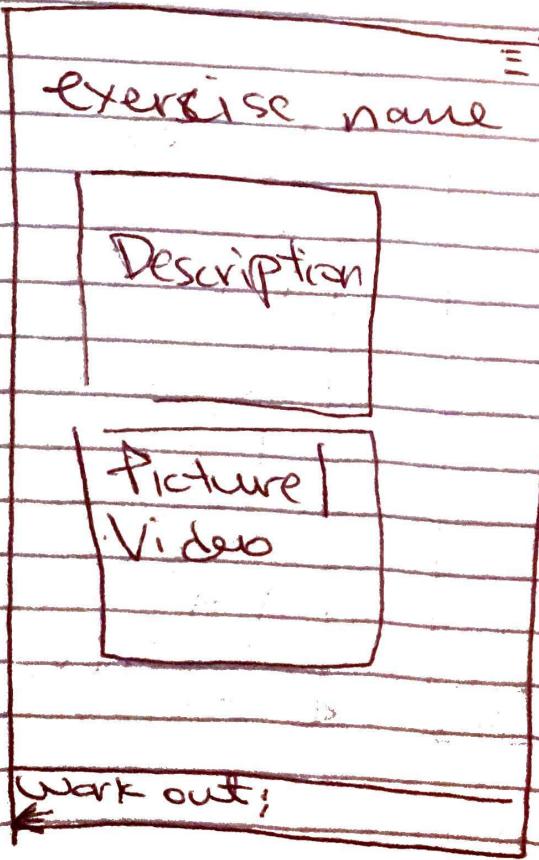
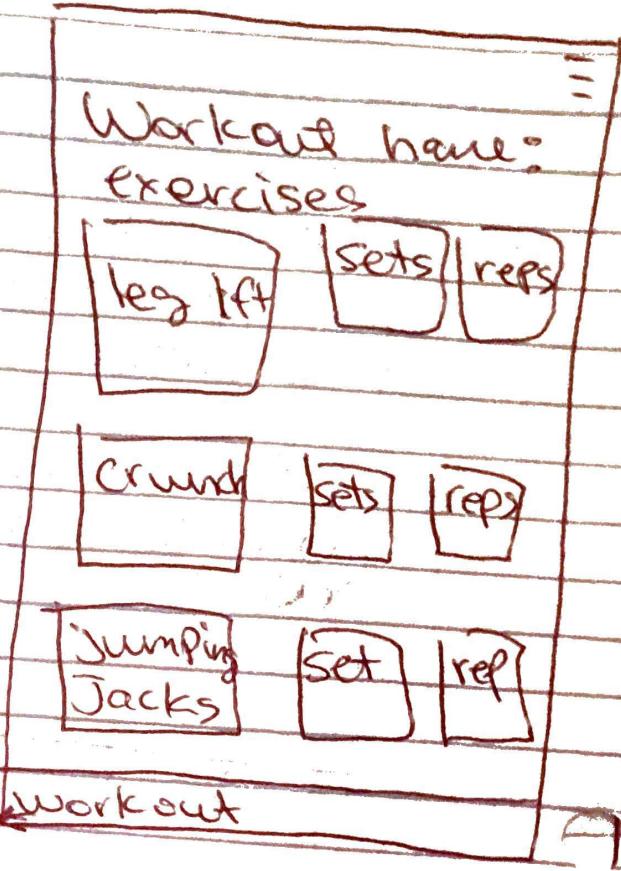
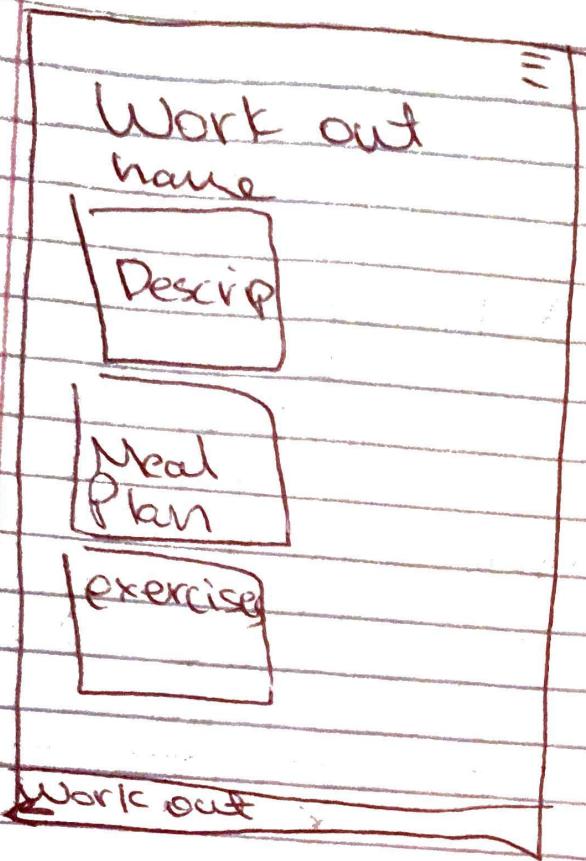


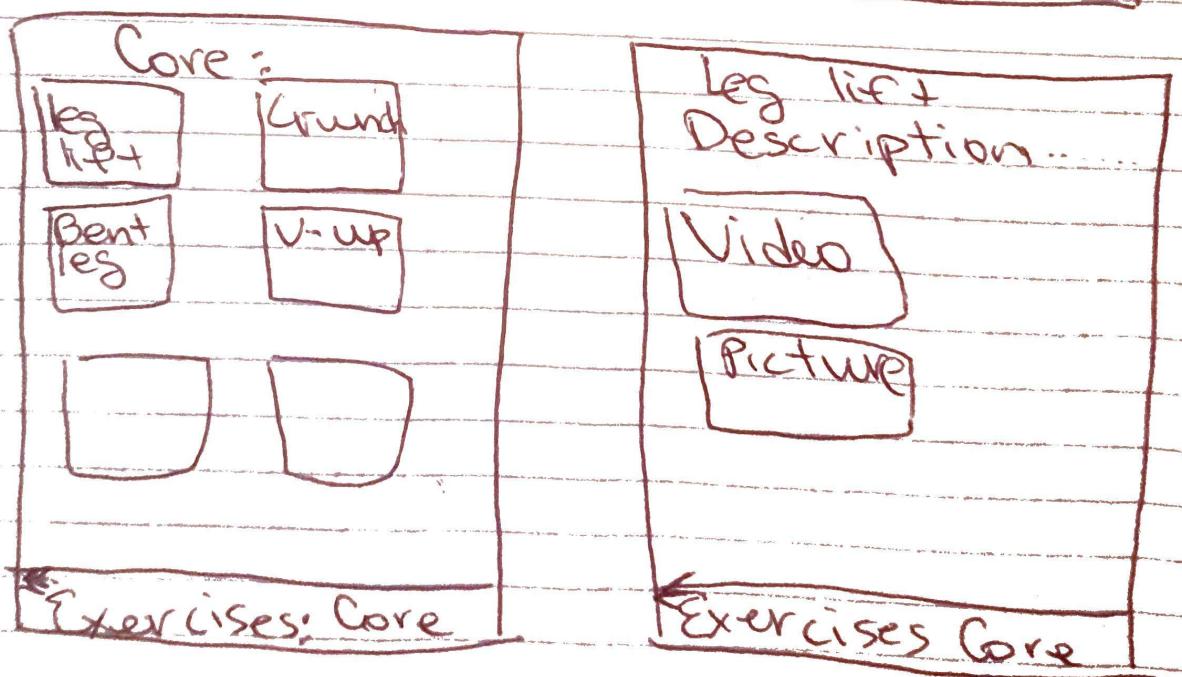
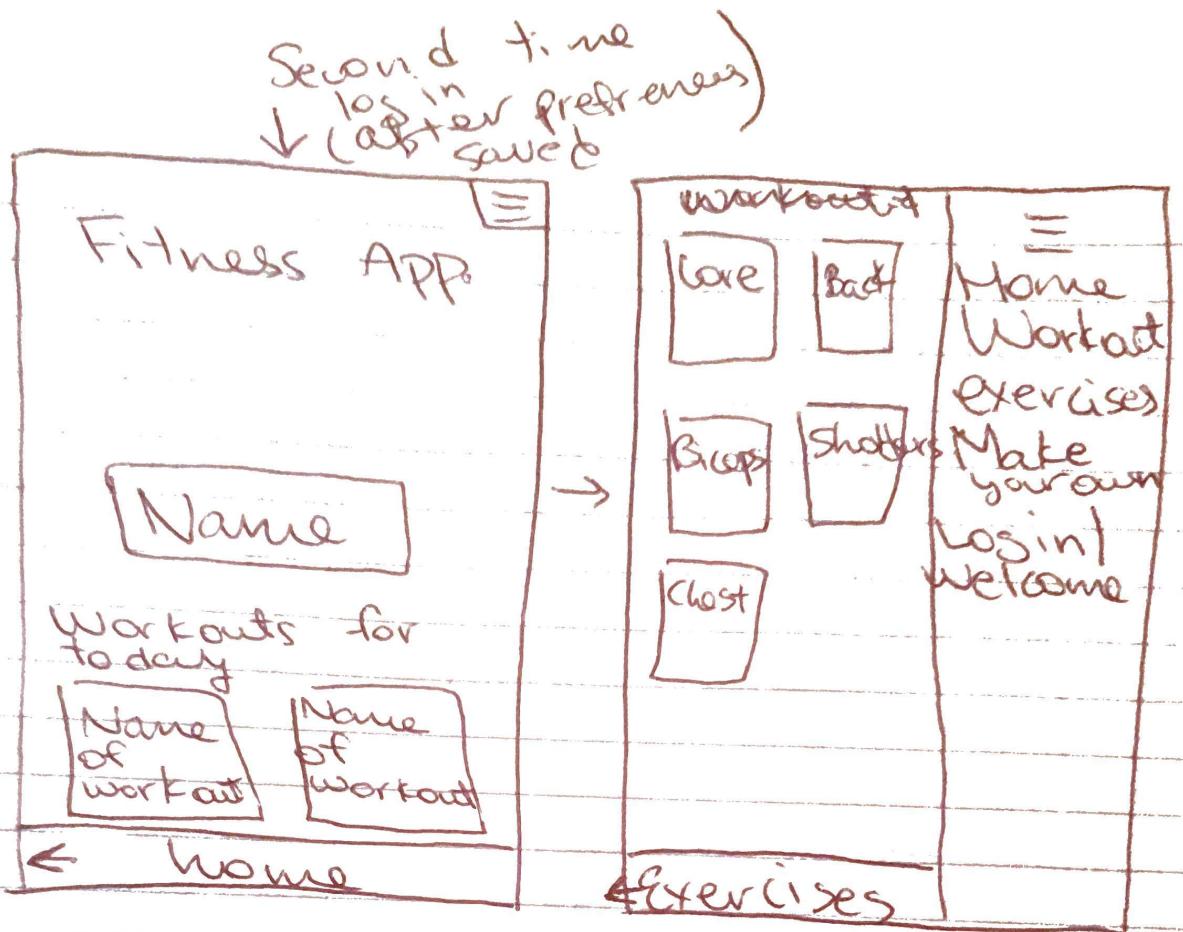
Thomas Vu
Golden Apples

DianaDen

First time ever
↓
log in







Select Your Schedule

Mon

Time

Tues

time

Wed

time

Make Own Plan Schedule

Body Group Want to Work Out

Chest

Biceps

Calves

Core

Make Own Workouts

Exercises Add to your Custom Workout

leg lift

Rep - Sets

sit ups

Rep - Sets

Core

Your Custom Work Out Complete

Name

Description

Workout for today

Exercise	reps	sets	complete
1			
2			
3			

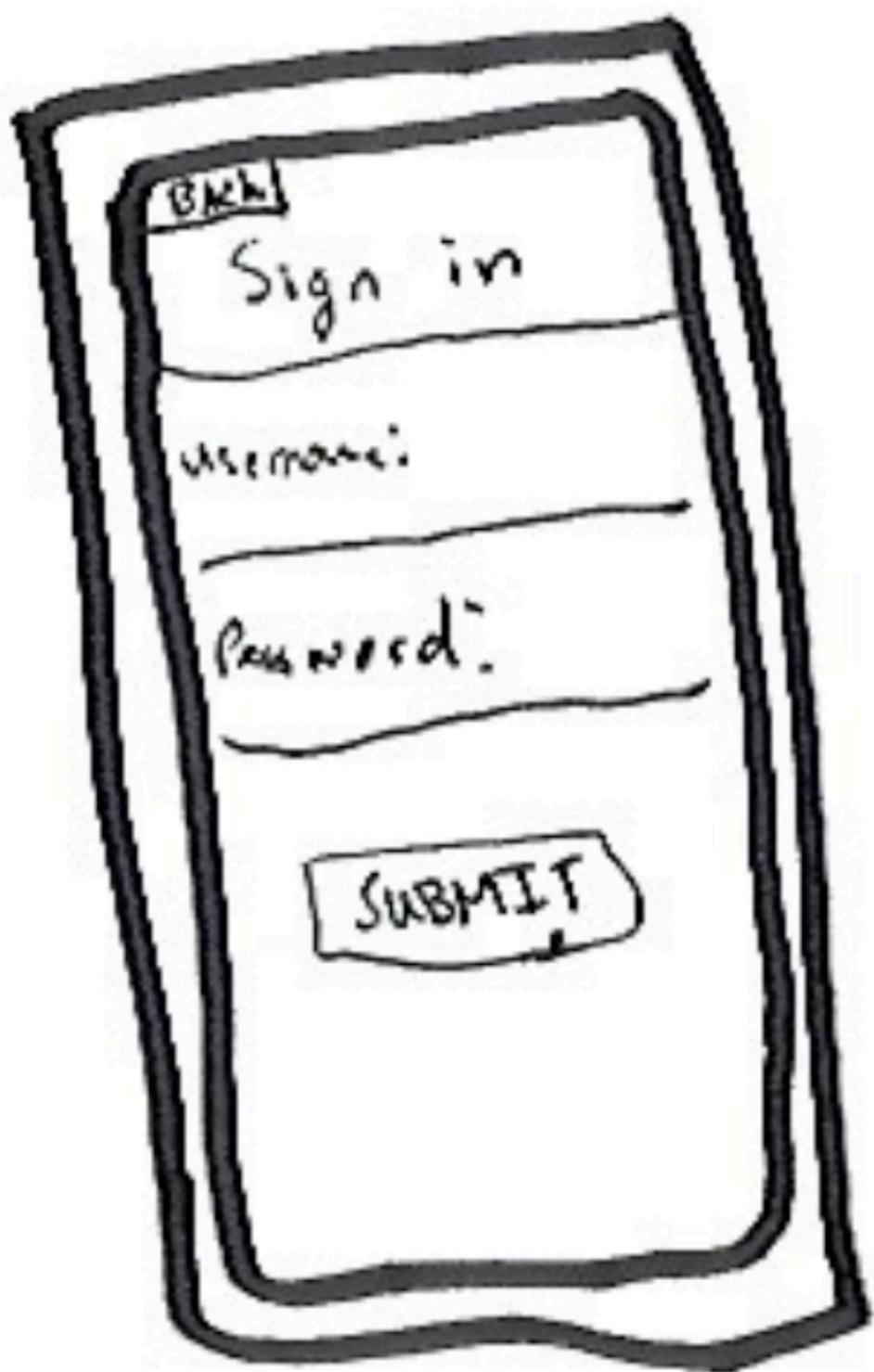
Work out

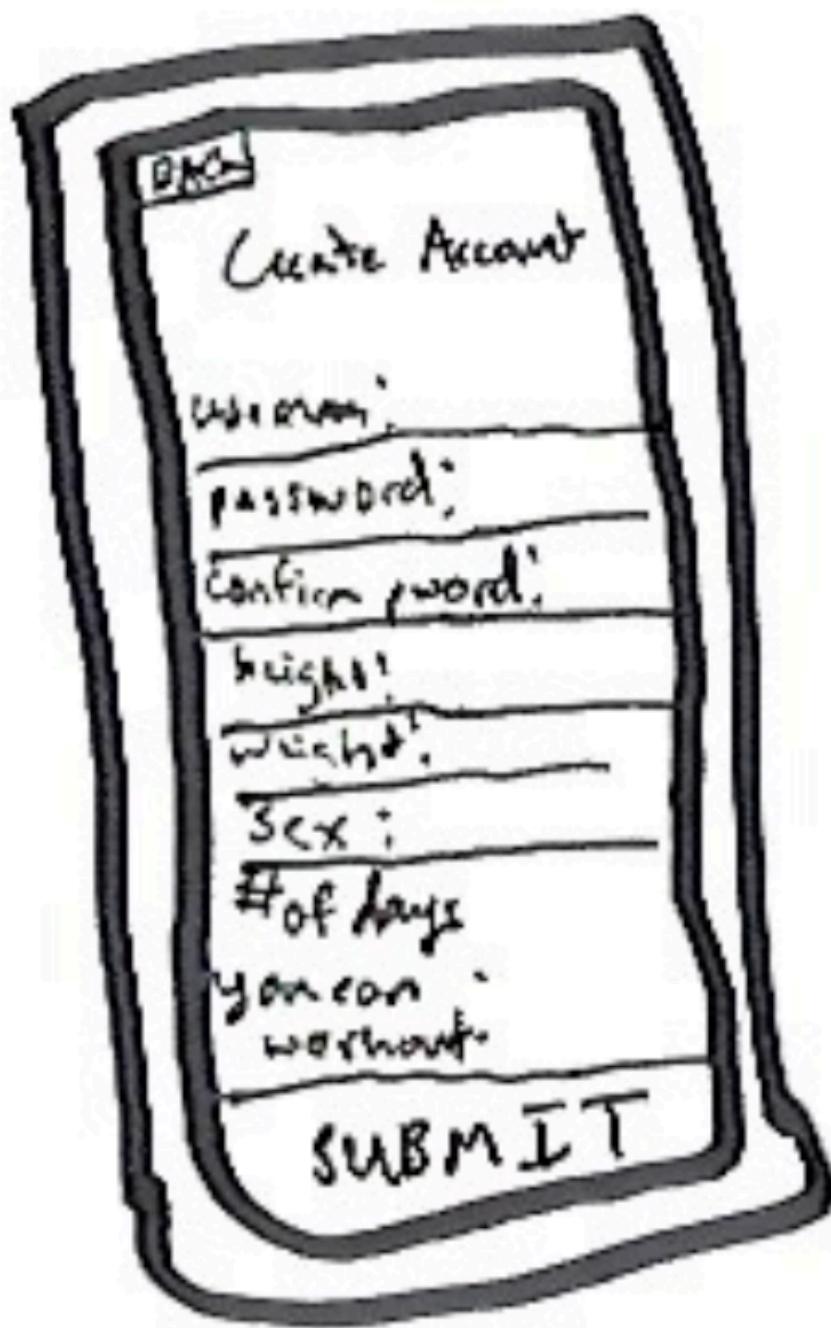
Congratulations
your
workout
for
today
is
complete

Jackson Trigiani's Personal Fitness App Sketch

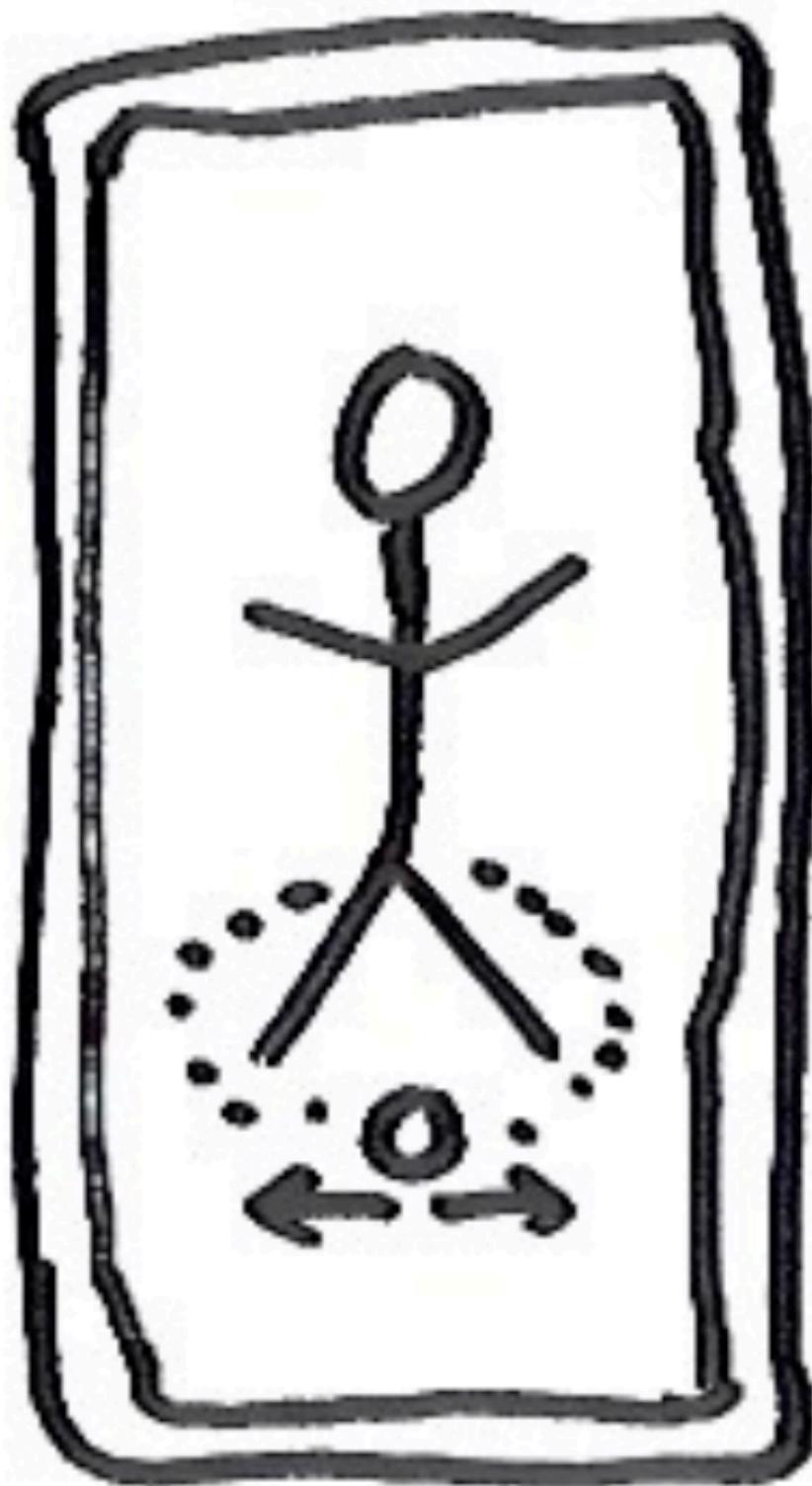


Home Page of the app where you can either sign in to your existing account or create a new one

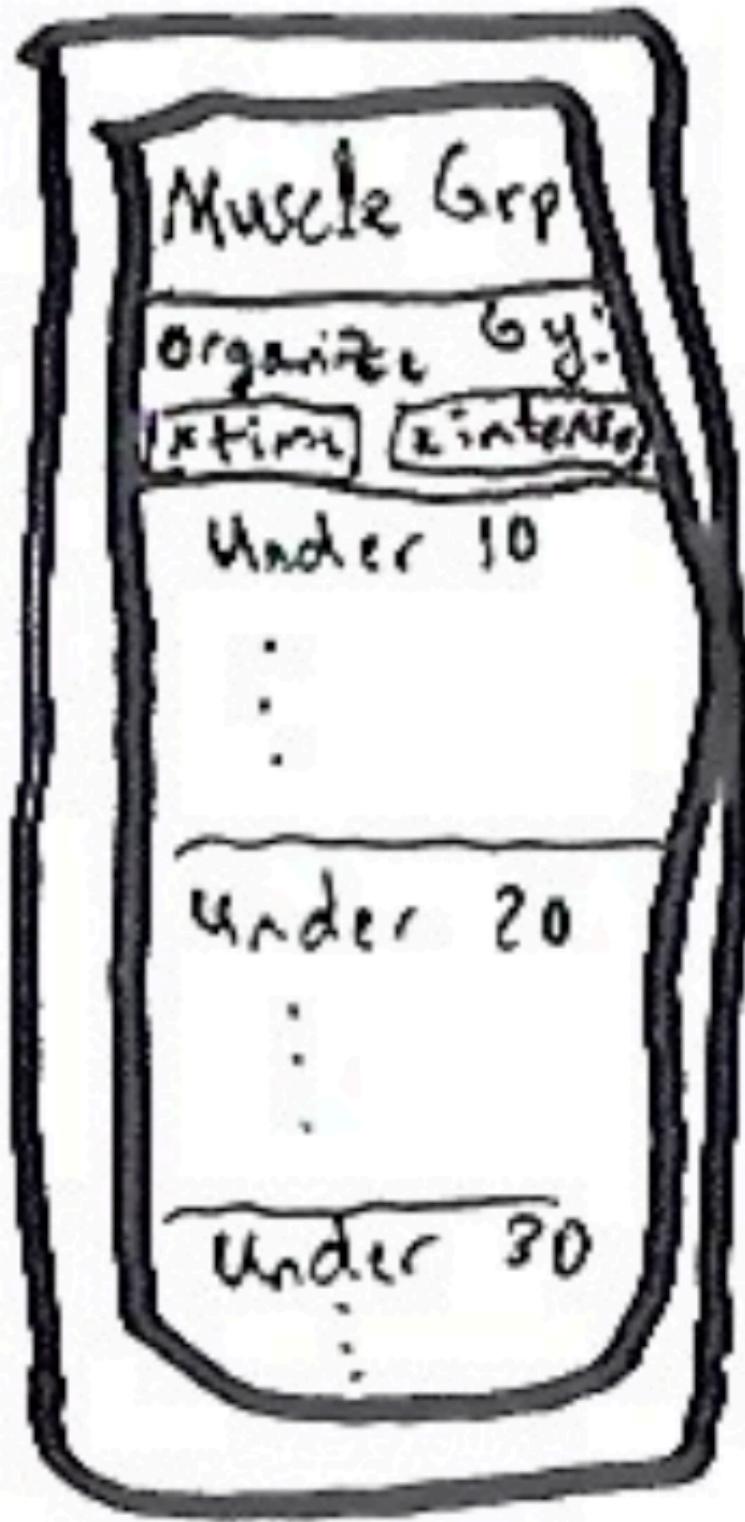




All of the
information you
must enter to
create an account



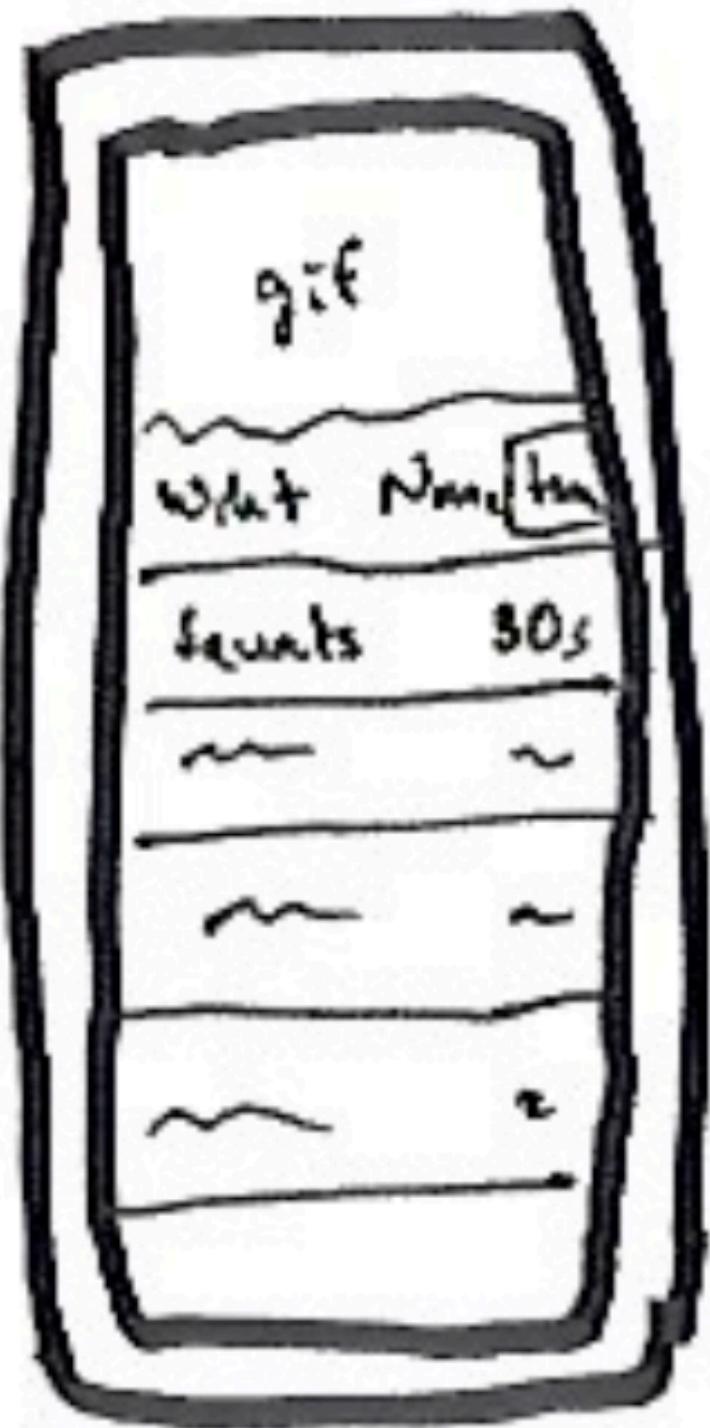
Rotating image of person where you can select the particular muscle group you would like to workout



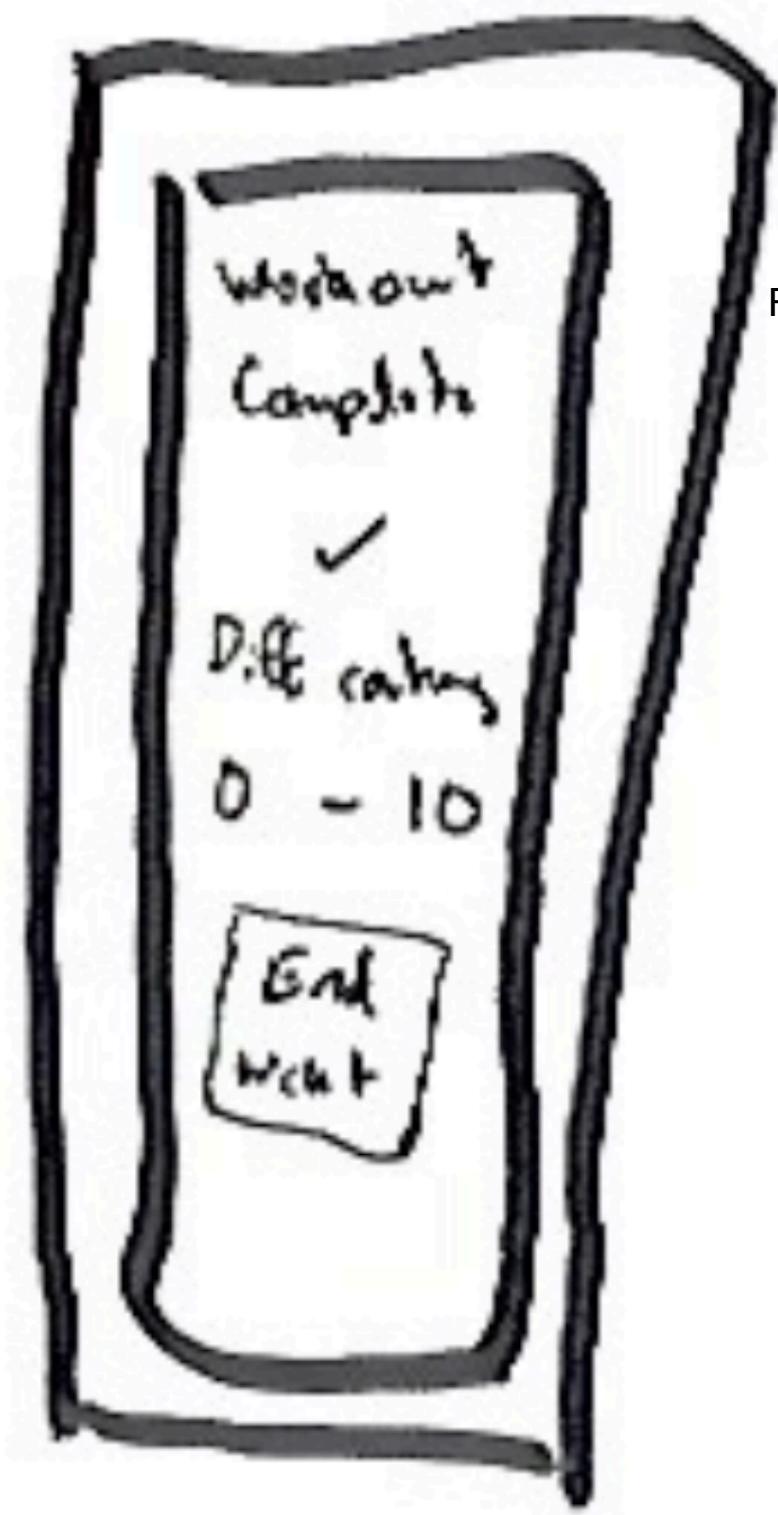
Selecting muscle group brings up another page to choose from a list of workouts specific to that group



After choosing your workout, you can select if you want to workout solo or watching a trainer-provided app.



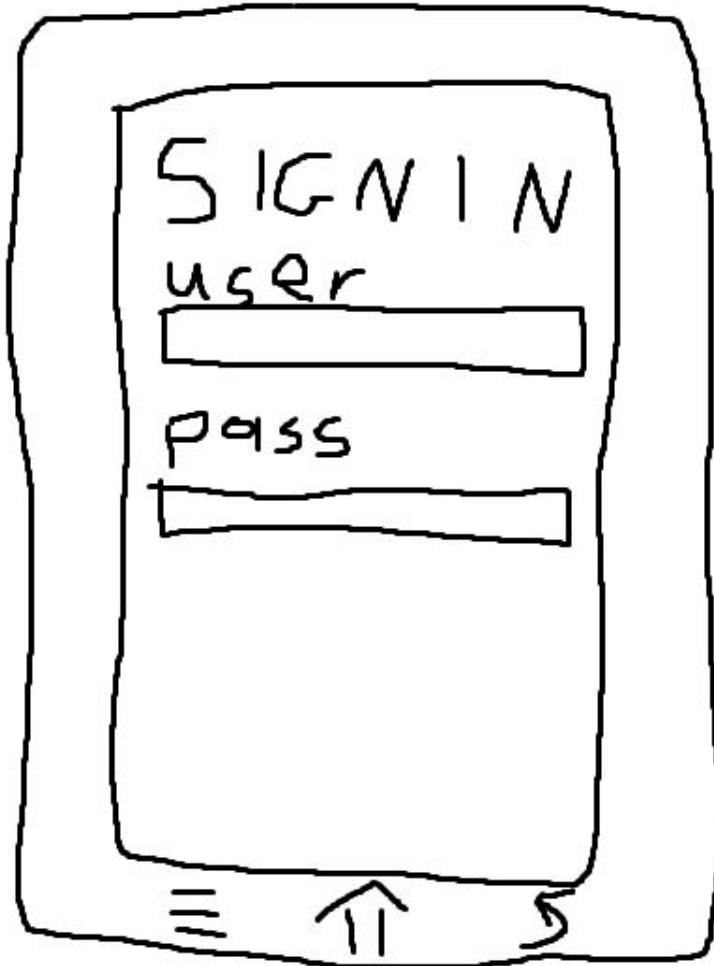
the gif at
the top
shows the
workout
form for
each
exercise of
the workout



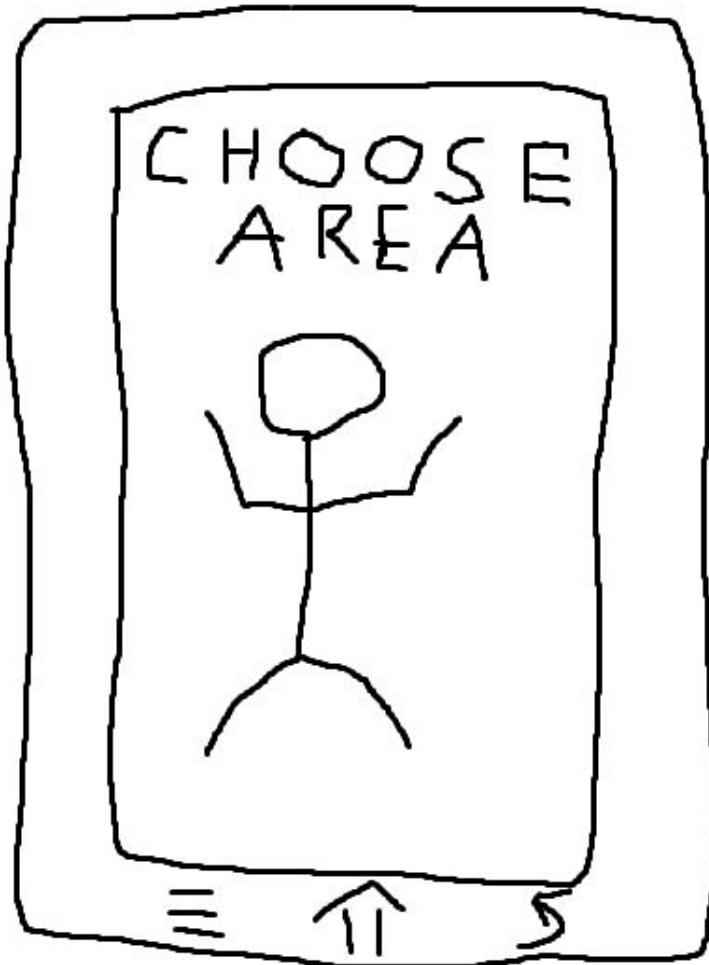
Final page of workout allows
you to rate and end the
experience

Workout Sketch

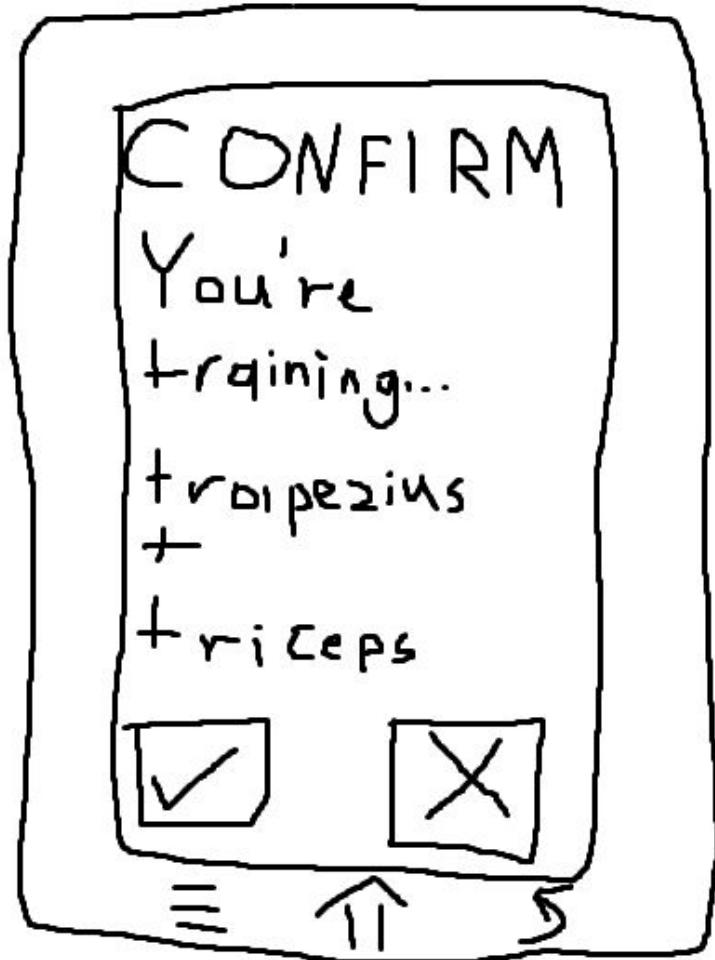
Doug Stokes



Users will first see a sign in screen where they can enter their login information.



Users can then choose the area of the body that they want to exercise by tapping on the specific area.



Users will then see a list of the muscles that they will train during their routine, and have an option to confirm or reject this workout.



A list of steps to complete for your workout is then shown. Following these steps completely will finish your workout.



This screen is shown once you complete a workout. It displays helpful information such as the amount of calories burned. It also gives a preview of a future workout if you choose to train these same muscles next time.