# WORKOUT ASSISTANT... WITH A TWIST

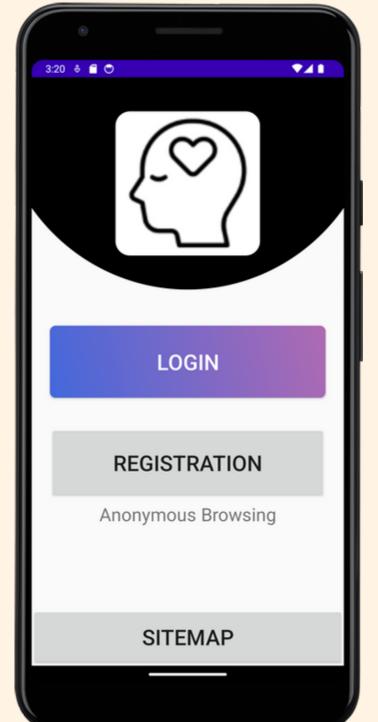
What sets us apart is our focus on **anonymity and privacy**. Our app also leverages **generative Al to create customized workouts** for each user!

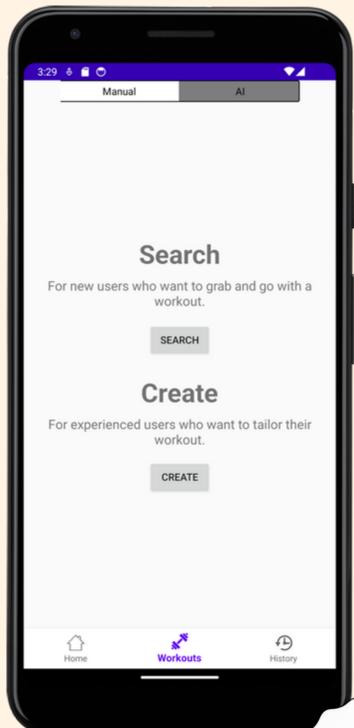
### What is it?

- It's a health application that allows users to select and **personalize workouts**
- Suitable for **any fitness level**
- Uses AI to facilitate users progress
- Helps users stay motivated on their fitness goals

# **Key Concepts**

- Al integration for selecting functions
  - Customized workouts designed with ChatGPT
- Emphasis on Anonymity and Privacy
  - Anonymous mode available, enabling users to enjoy the app offline without logging in or transmitting data to us
  - While offline, Al is unavailable and nothing about the user is remembered.





## **Anonymity**

In today's world, anonymity is a hotly debated topic. The constant collection, sale, and analysis of people's data has created unease. In response, we have developed an **anonymous mode** in our app. This feature provides users with **access to most of the functionality while remaining fully incognito**.

### AI

Our app has a dedicated workouts page where users can select from a collection of pre-made workouts, or answer a few questions to allow the AI to create a personalized workout tailored to their goals. We've accomplished the latter by integrating ChatGPT's API, which is fed the answers to the questions.

# Built with: TIDB SQLite

#### Our Team

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