Scenario:

You are an office worker in a big banking firm. You find yourself at your desk all day, your only active break is if you walk to go get lunch. You would like to start going to the building gym but you are intimidated. You would like some workouts and gym help on your phone, so you feel comfortable in the gym.

Task 1: Find the best workout for you at a a beginner level at age 30 and complete it!

Task 2: Find the best workout for you and then learn more about the equipment you would need.

Task 3: You completed a fab workout and now its time to give it a great rating.

What changes you should make to your application:

➔ Currently there is no back button if a user makes a mistake or forgets something.
➔ A "save workouts" so that if the user liked the workout, they can come back to it.
➔ Add a direction to an equipment page, so if a user just as an inquiry about a machine they can access this quickly.
➔ We need a clearer button to press to get equipment information so the user knowns where to press the button.
➔ Probably should create an account so can save information.

What you need to keep the same for your application:
➔ The pictures for refence, especially useful for beginners.
➔ The multiple options for workouts, so users do not feel confined to one choice.
➔ Color differences when selecting things for clarity, especially if a continue button is not present.