

Data slider

Age

23

Height

5'11

Weight

200

Activity Level

High

Workout Intensity

Moderate

Input
Data
about the
user



Choose your Workout



Functional
Training

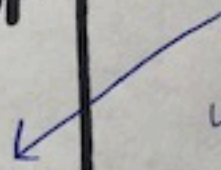


Cardio



Crossfit

User
picks
workout
type





Work out: Functional Calculated Data Results

Superset

Chest Press 3×10
Shoulder Flys 3×10

Single set

Dips 4×10
(added
weight)

Click to Preview
Exercises

Using data
and workout
selection a
program is
designed for
you

Workout Routine Helper



Beginner



Advanced



Hardcore

Beginner Workouts!

4 Squats for 2-4 sets!



Video for learning the proper
technique

Review on Workout

Was it too difficult? Yes or No

Was it too easy? Yes or No

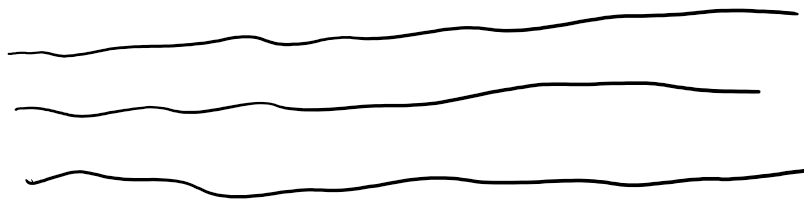
Would you like more
workouts similar to
this? Yes or No

Squat (3 x 10)

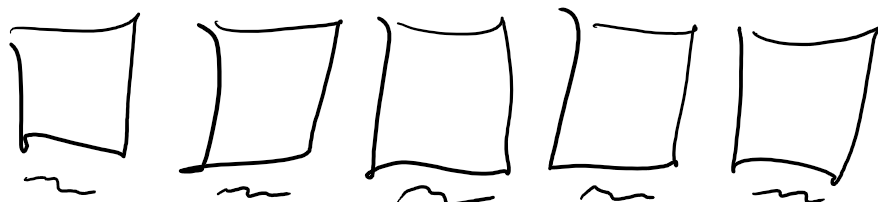


(video)

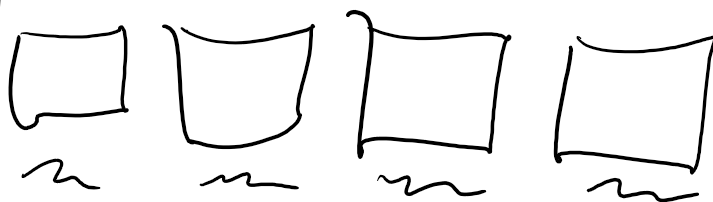
How to do it right:



Try something New:
upper body



Back/shoulders



Work out Review:

How was your workout?

Intensity

Too easy |-----| Too Hard

Length

Too short |-----| Too long

Movement

Too static |-----| Too Dynamic

Welcome!

WORKOUTS

Equipment

WORKOUTS
SELECT STYLE

+

Strength

Cardio

WORKOUT Option Selected

WORKOUT
Select Intensity
(Select all that apply)

High

Medium

Low



WORKOUT
Select length

0 - 30

30 - 60

60 - 90

WORKOUT

Best Fit suggestions!

Workout
1

Select

Workout
2

Select

BEGIN YOUR
WORKOUT



Equipment Selected


Equipment

Search by name) 9

	
Equip1	Equip2
	
	

Equipment

Equipments Name



→ muscles: ~~~~~

→ How to use: ~~~~~

→ Suggested length: ~~~~~

Design 2

WORKOUT
Helper!

let's begin

WORKOUT Helper

Input Info

Height: _____

Weight: _____

Fitness Level: _____

Goal: _____

WORKOUT Helper

Options for you!

Workout1	Workout2	Workout3

WORKOUT Helper

Workout 1

Equipment needed:

Time: ~~~~~

Goal: ~~~~~

WORKOUT 1

1) Set 1

EXERCISE:

→ Name:

form ~~~~~

→ Name:

form ~~~~~

TIMER GO:

WORKOUT

Complete!

Rate:

* * * * *



Sketch 3

Let's
WORKOUT!

BROWSE RESOURCES

B
R
O
W
S
E
R
E
S
O
U
R
C
E
S

WORKOUTS FOR
YOUR goals

Equipment
Information

EXERCISE
Explanation

WORKOUTS

lose weight	gain muscle
tone	flexibility

f
o
r
y
o
u
r
g
o
a
l
s

Equipment

gym or outside

name PIC	name PIC
name PIC	name PIC
name PIC	name PIC

i
n
f
o
r
m
a
t
i
o
n

EXERCISE

name

PIC

name

name

name

EXPLANATIONS

Select exercises
to create WORKOUT!

Personalized

Exercises Selected

WORKOUT created

Begin

WORKOUT

WORKOUT

complete ✓

Great job!