FITNESS APP

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Why Fitness App ?

- As health is concerned doing exercise is essential thing to do, while our smartphone not allow us to do. So its better to have a application that guides you to do some small exercises. (So we may have some good using Smartphone)

- Different types of exercise for different situations so that we can be benefited from this app at any situation.

Language Used ?

Flutter is used for building this application, ok so why flutter ?

- Because it has similar to native app performance and structure
- Great community support
- Class and object based language
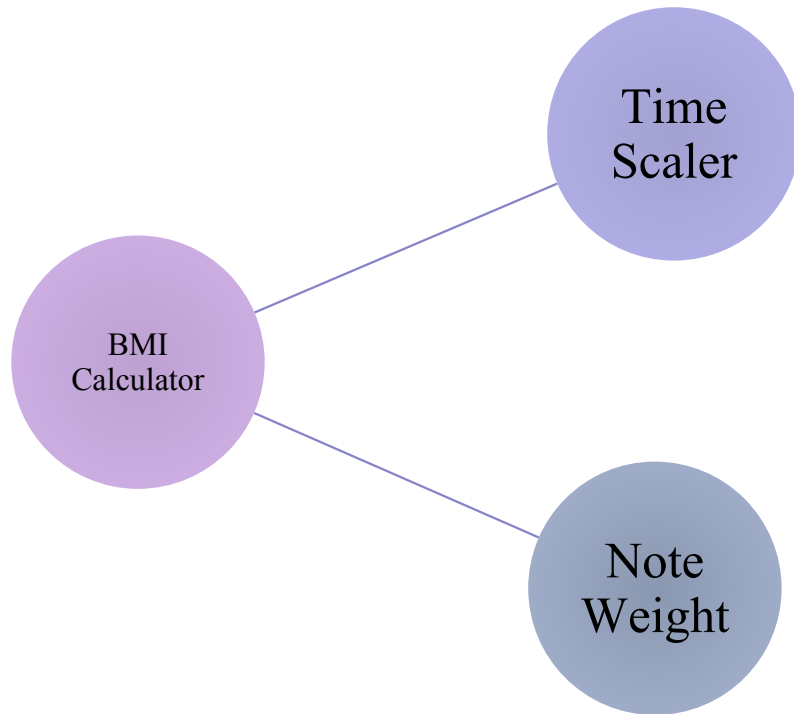- Can used to develop ios and android app at same time.

Types of workouts

Two different types of workouts included :

- Home workouts
- Gym workouts

Features in application

- BMI Calculator
- Time Scaler
- Workout Weight Setter

User can use BMI calculator to check their scale for self improvement.

Time Scaler
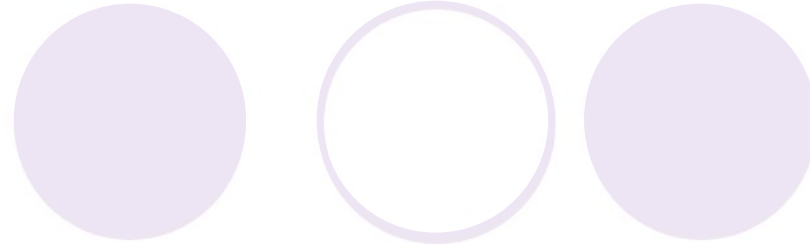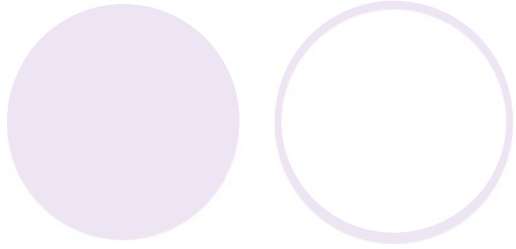
BMI Calculator

Note Weight

Backend

This is simple application so there is no need of using real time database systems.

So I have used jsonstorage.org for storing the data online in the format of json.

And retrieving them from online to application via http request .

Thank You