

FitQuest AR

FitQuest AR helps you on your fitness journey with a helpful AR gym buddy, bringing the gym experience to wherever you are-

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Similar products & Relevant Links

Name: Gymnotize

Url: <https://apps.apple.com/us/app/gymnotize-pro-workout-routines/id916313726>

Relevant Features

- 3D animated model who demonstrates the workout moves
- Create customized training plans
- Track repetition count
- Show which muscle groups are involved in each exercise

Name FitXR

Url: https://www.meta.com/experiences/2327205800645550/?utm_source=onix-systems.com&utm_medium=oculusredirect

Relevant Features

- personalized VR fitness
- choosing from a variety of workout types (strength, boxing, dance)
- personalize the workouts according to your level

Name: Supernatural

Url: <https://www.getsupernatural.com/>

Relevant Features

- Different workout types (box,warm up, cool down)
- Shows timer(for timed exercises)
- Voice guided workout

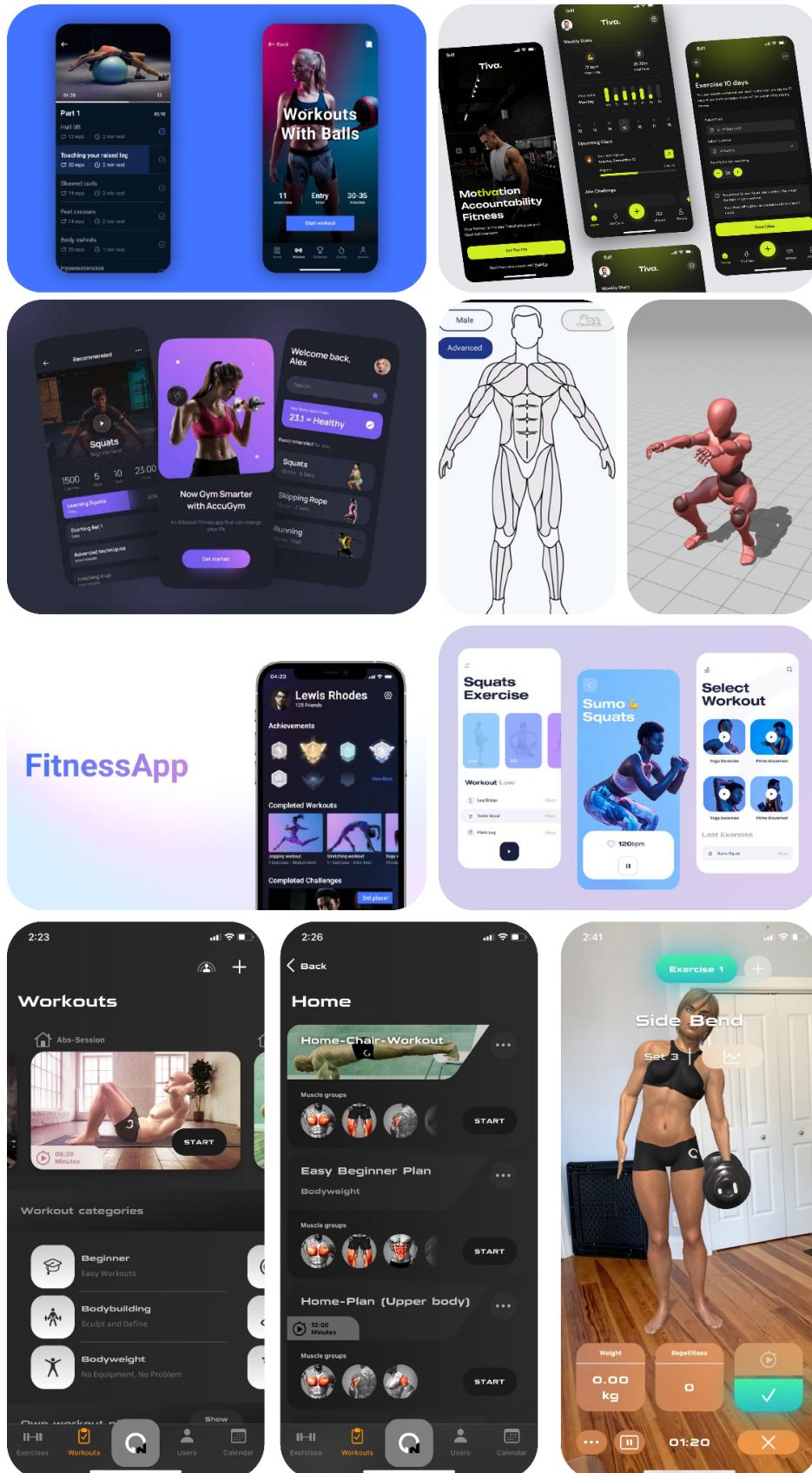
Main Features

- 3D model representing a male/female trainer, animated to demonstrate the exercises and workout with you
- Customize your own workouts
- Optional : the app customizes workouts for you
- Track your progress
- Timer for timed exercises

- A variety of workout types (strength, high intensity, box etc.)

User Journey - Step by step flow through app

1. Make an account (username and password) and log in;
2. When setting up your account: describe body type and goals (lose weight, build muscle etc.)
3. Browse workouts or exercises and see their animation and description
4. Choose a workout and use your phone to watch the AR gym buddy demonstrate the moves (use your phone camera to see the AR gym buddy from any angle and understand the proper form of the exercise and the muscles it targets)
5. Track your progress and see which workouts you have completed (example: after finishing a workout, rate its difficulty and track the time it took you to complete it and see your improvements)
6. *Customize your gym buddy



Moodboard

Technologies, Libraries, Assets

1. Unity
2. Blender
3. Mixamo
4. ARFoundation + ARCore - android / ARKit - ARCore
5. Vuforia Engine
6. UI Toolkit
7. Firebase SDK (or something similar, for user authentication & storage)