Workout Application Features

1. Interface that randomly selects a workout or exercise
2. Users can choose between default workouts, default and community workouts or ‘My Routines’ workouts
3. Users can refine the workouts before searching
   * Exercise
   * Routine
   * Body Part
4. Users can submit workouts or exercises
   * Detailed description, name, body part, type (workout/exercise), picture
5. Users can rate all workouts that they can complete it
   * Thumbs up or thumbs down
6. Users keep track of macro nutrients (protein, carbs, fat)
   * Display total for the day
   * Set a goal
7. Share exercise/workout/routine via social media outlets (Facebook/Twitter)
8. Save workouts/exercise to ‘My Routines’