SDP SYNOPSIS

**Name**: Nisha Modani

**Division**: CS-B

**Batch**: B3

**Roll no.**: 66

**Title**: Fitness App

**ABSTRACT:**

Fitness app is an android app. Fitness promotes strong muscles and bones. Hence, this app will be based on fitness training for the user. This will help user to select type of workout they want to do. User will need to register first and then login to use this app. Initially the home page of app will contain pedometer to count number of steps user has walked. This app will contain poses for workouts, yoga and other exercises depending on the user’s choice. This app will also contain full exercise steps depending on weight (3 to 4 choices )

**Technology Used:**

* Software: I will be using android studio platform to create app
* Language: I will be using java to code the app
* Testing Device: I will be using an android mobile with android version more than 8.0