

WorkOut

iOS Application

WorkOut is an iPhone only application for people who wish to lose weight and gain muscle. There will technical fitness instructor and professional nutritionist for anyone who download it.



We give each of different person various plans to choose. Different people have different ways of workout. If a person needs to lose weight, we will focus more on running than doing the instrument. If a person wants to gain muscle, our professional nutritionist will provide the best opinion for breakfast, lunch and dinner.

PERSONAS



Lydia the Nutritionist
Professional health eater



Jack the Trainer
Workout maniac and good trainer



Luce the Manager
Manage the operation of WorkOut

COMPS



Total Fitness



Bodybuilding
Workout Trainer



GO