Scenario:

You are looking to start working out again after some time of inactivity. You want to get back into working out casually without going too crazy on doing a ton of workouts.

Task 1:

Pick the workout type "Cardio" and select "Beginner" workout difficulty.

Task 2:

Pick the workout time length that best fits you and look at the workouts that are provided.

Task 3:

Rate the workout a 4/5 stars once you are completed.

Notes:

What changes you should make to your application (Min 3 Things):

- Add arrows to go to the next page of the app.
- Might not need the review of the workout afterwards.
- Make the review completed screen different.

What you need to keep the same for your application (Min 3 Things):

- The design is simplistic and easy to use.
- The videos are a good design idea.
- The variety of workouts is a good idea.