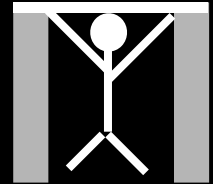


SAMISTHENICS

WEB APPLICATION

SAMISTHENICS IS A WEB APPLICATION FOR PROVIDING CALISTHENICS TUTORIALS INCLUDING DESCRIPTIONS, PICTURES, AND DIAGRAMS TO BEGINNING THROUGH ADVANCE FITNESS



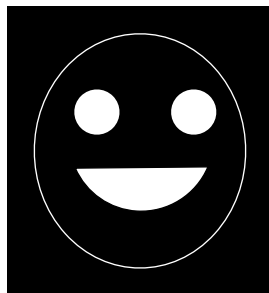
SamISTHENICS is all about what's best for the athletes. We want to make sure we provide the most comprehensive and up to date techniques in order for the athlete to progress as fast as possible without threat of injury. The fitness community will now have a resources for learning new exercises and continuing a healthy lifestyle.

Personas



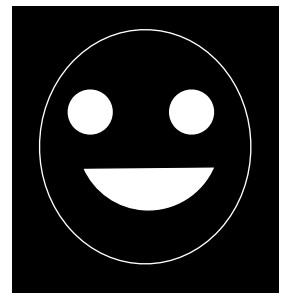
**Ryan the American
Ninja Warrior**

Interested in perfecting
his technique



**Bob the Multi-Sport
Athlete**

Interested in improving
athletic ability



**Sarah the New Years
Resolutionist**

Interested in beginning
a fitness journey

COMPS



THENX



RubberBanditz



Bar Brothers