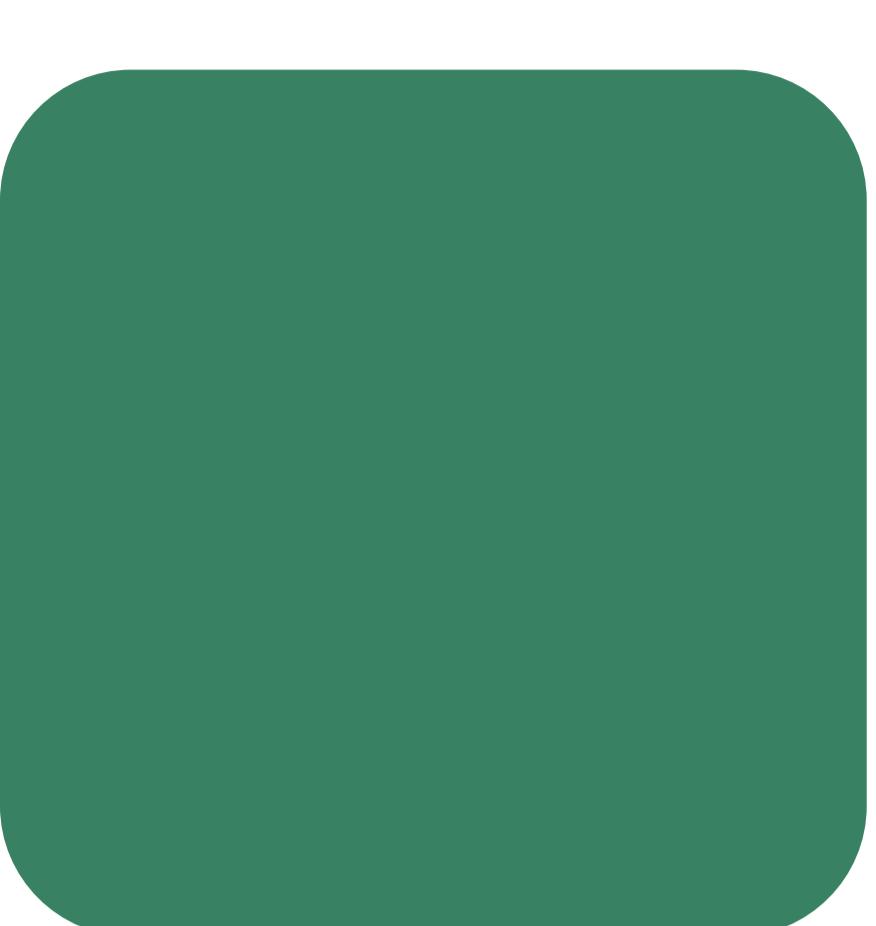
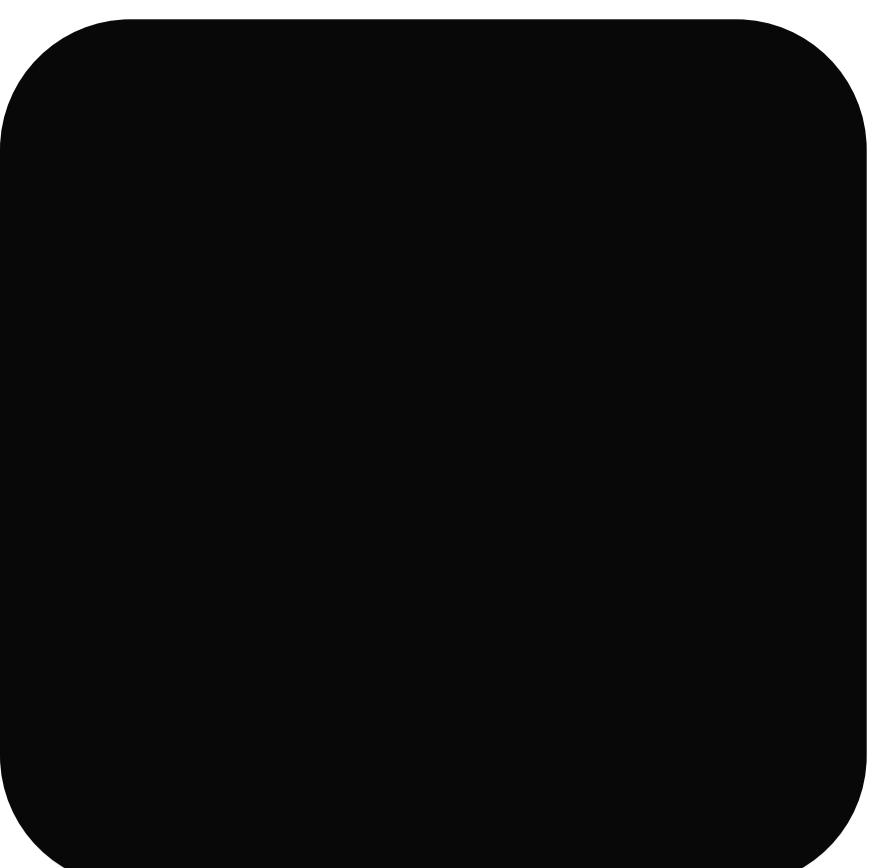


COLOUR SCHEME



FONTS

Numans

MAIN PROTOTYPE

Yudo

Exercises Workouts Live

Your fitness journey starts here.

Innovating exercise with technology.

begin

A teal robot character with a heart on its chest is positioned next to the text.

Yudo

Exercises Workouts Live

Workouts

- Full Body - 45 minutes, 9 exercises
- Upper Body - 30 minutes, 6 exercises
- Core - 30 minutes, 15 exercises
- Cardio - 1 hour, 3 exercises

Each item has a small teal robot icon to its right.

Yudo

Exercises Workouts Live

Exercises

- Plank
- Sit Ups
- Leg Raises
- Pushups

Yudo

Exercises Workouts Live

Core - Exercises

Those abs are no longer just a dream.
• Focused to tone your abs and obliques

- Plank - 30 seconds
- Sit Ups - 30 seconds
- Leg Raises - 30 seconds

back next

• 30 minutes
• 20 second breaks
• 15 exercises
• 2 reps each

Yudo

Exercises Workouts Live

Demonstration

Plank description here

back start

Yudo

Exercises Workouts Live

30 seconds •

Score: 95%

A small teal robot icon is at the bottom left.

Keep your hips up more!

Yudo

Exercises Workouts Live

Congratulations!

Average Score: 95%

home

A large teal robot character is on the left side of the screen.