

Problem Statement

Background:

As collegiate students , most of the people we interact with are still growing into their bodies. This causes a great deal of insecurity in the youth of our times.

With the advent of social media, the prevalence of people with a better physique is omnipresent. On top of which, the multiple directions that college life pulls us in, implies that some aspect of our lives will face the short end of the stick. It is often that physical exercise that endures this.

The inherent property of physical growth dictates that persistence in the field cannot be substituted by an extra long session in the gym. We personally believe that the most common hurdles for people not exercising is the fight to get started , as once we start, with the influx of endorphins it is smooth sailing.

The imposter syndrome that sets in when one sets into the gym can be a hard wall to break, as often one cannot afford a trainer and experienced gym goers have a hard time expressing the intricate non-trivial points to note while performing a particular routine.

Exercise guides are present in online communities , however in this field, one needs expertise during the exact moments of exercise and much cannot be learnt by just reading online.

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Create a self-paced personalized exercise guide.