

Personalized Fitness Trainer

Hueristic Evaluation

Strive for consistency

All body parts have the same UI

Calves

STRETCHES

BODYWEIGHT

The calves are composed of two muscles, the gastrocnemius, and the soleus. Both muscles are active every time the ankle joint flexes. In other words, the calves are involved every time you take a step, stand up, or jump.

Bodyweight

Walking Calf Raises

Difficulty: Beginner



Traps

STRETCHES

BODYWEIGHT

There is far more to the trapezius muscle than meets the eye. The traps are not just the muscle that sits on top of your shoulders. The traps actually travel a large portion of your spine. When well developed, the traps take on the look of a cobra hood. The traps are divided into three portions. Those portions are referred to as the superior, medial, and inferior fibers. All three parts serve similar, but different functions.

Bodyweight

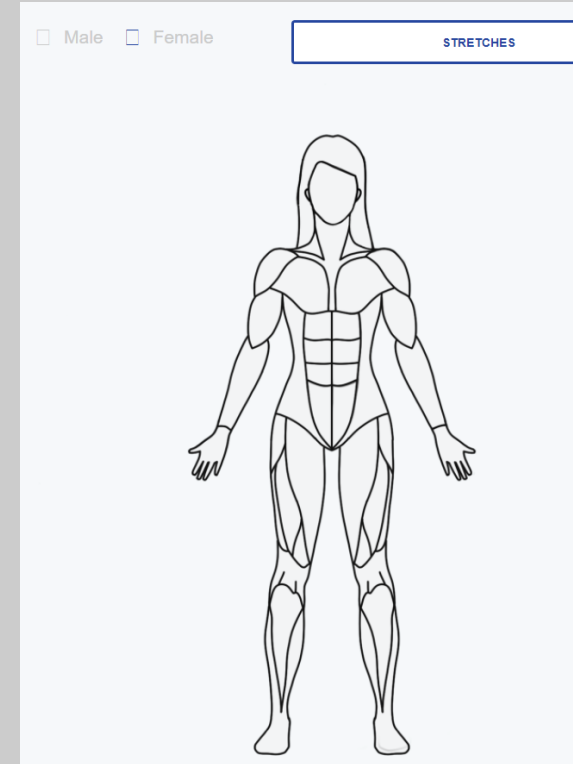
Elevated Pike Press

Difficulty: Intermediate



Enable frequent users to use shortcuts

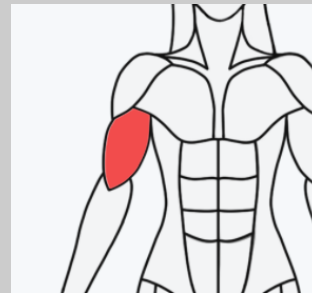
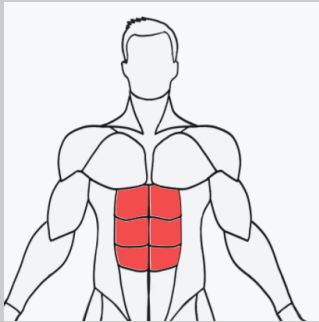
The user information, i.e. the gender of the user is cached



Offer informative feedback

Offer tips on which muscles to focus on contraction

Colour coding for which muscles the exercise targets



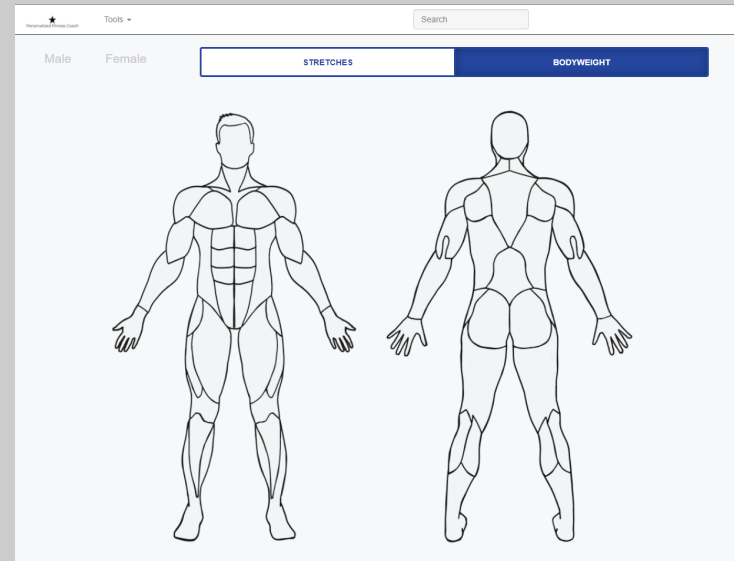
Design dialogs to yield closure

Mention when it is good to do certain exercises.

- 1 Point your toes into the floor.
- 2 Slowly walk forwards and backward
- 3 Keep your heels in the air as long as possible while walking.
- 4 It may be beneficial to do this last at the end of your workout.

Support internal locus of control

Control is determined by home page which redirects to all available exercises



Reduce short-term memory load

For particular muscle groups you can easily switch between stretches & exercises

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