# Personalized Fitness Trainer

Hueristic Evaluation

# Strive for consistency

## All body parts have the same UI

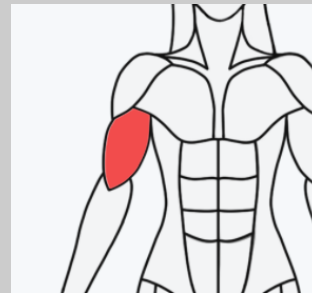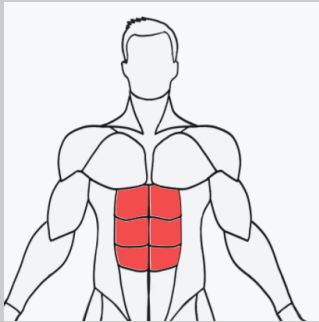# Enable frequent users to use shortcuts

The user information, i.e. the gender of the user is cached
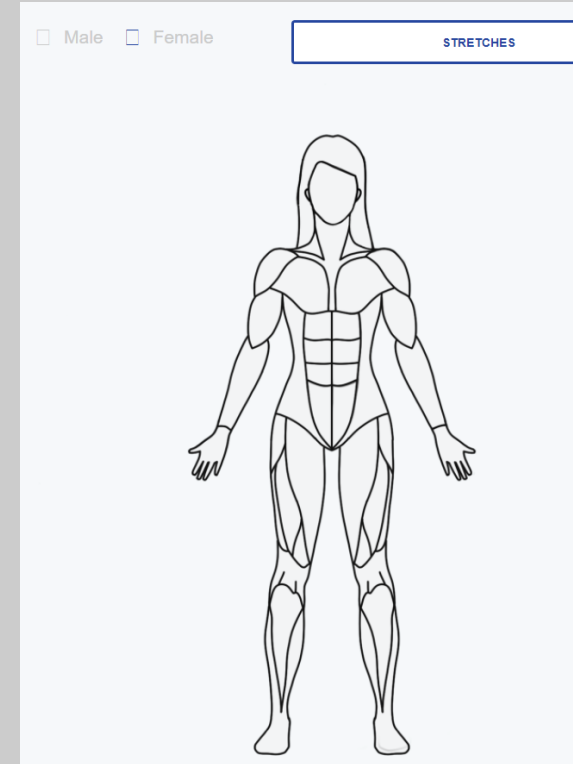
# Offer informative feedback

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
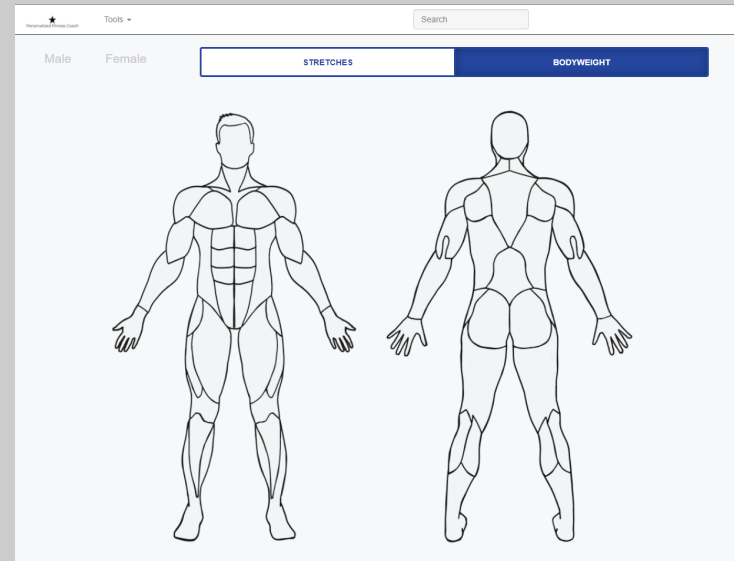
# Reduce short-term memory load

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



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.