

FitMe – Workouts customization system

Introduction

Problem

Finding workouts that fits to the needs of a trainee.

- Customized muscle group
- Customized difficulty level
- Customized training time

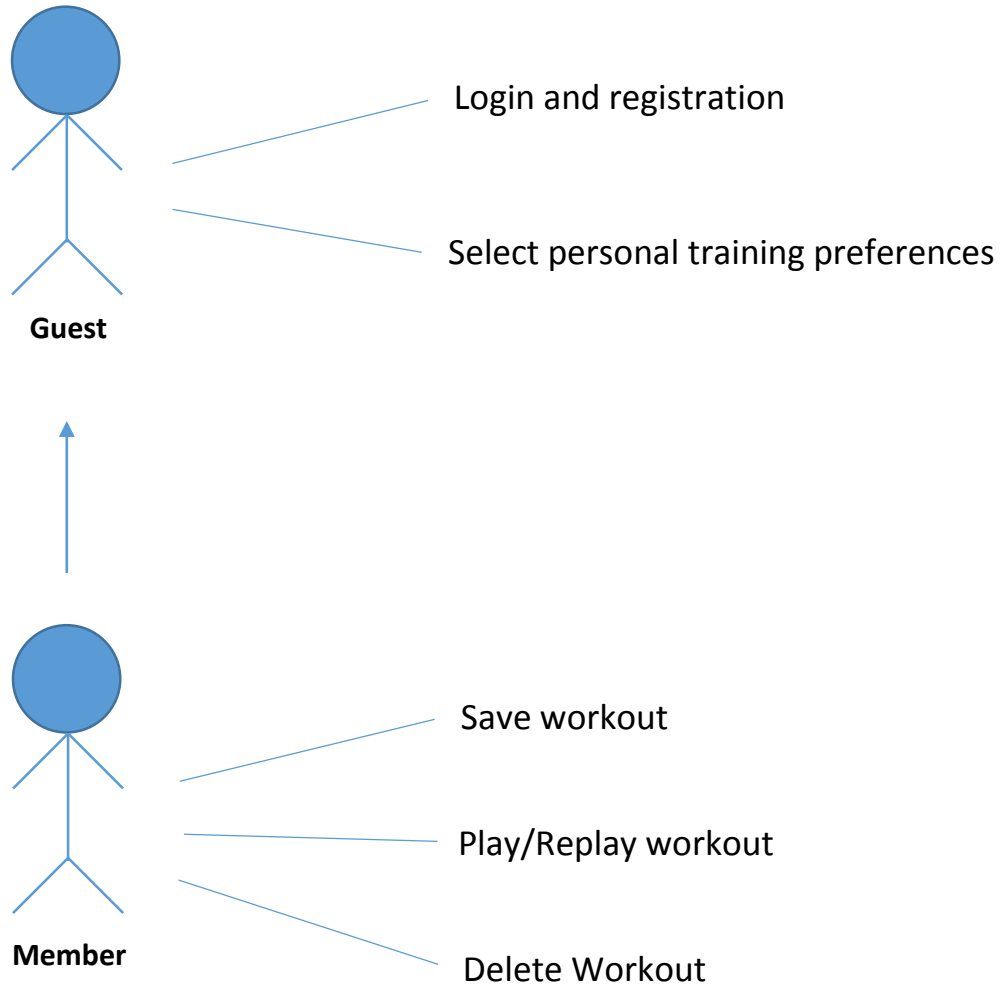
Solution

An online web application that helps trainees (beginners - advanced) to create their own customized workouts.

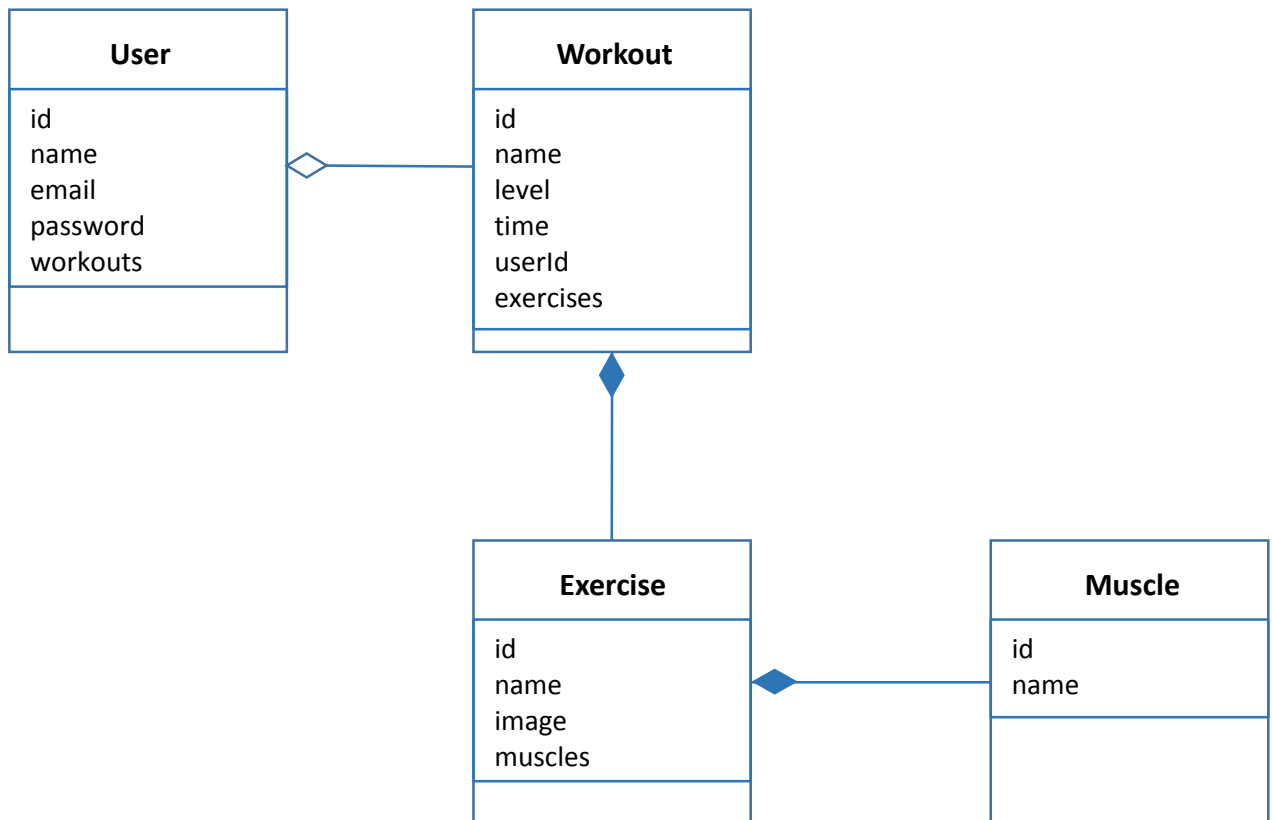
Target Audience

- Member User
- Guest User

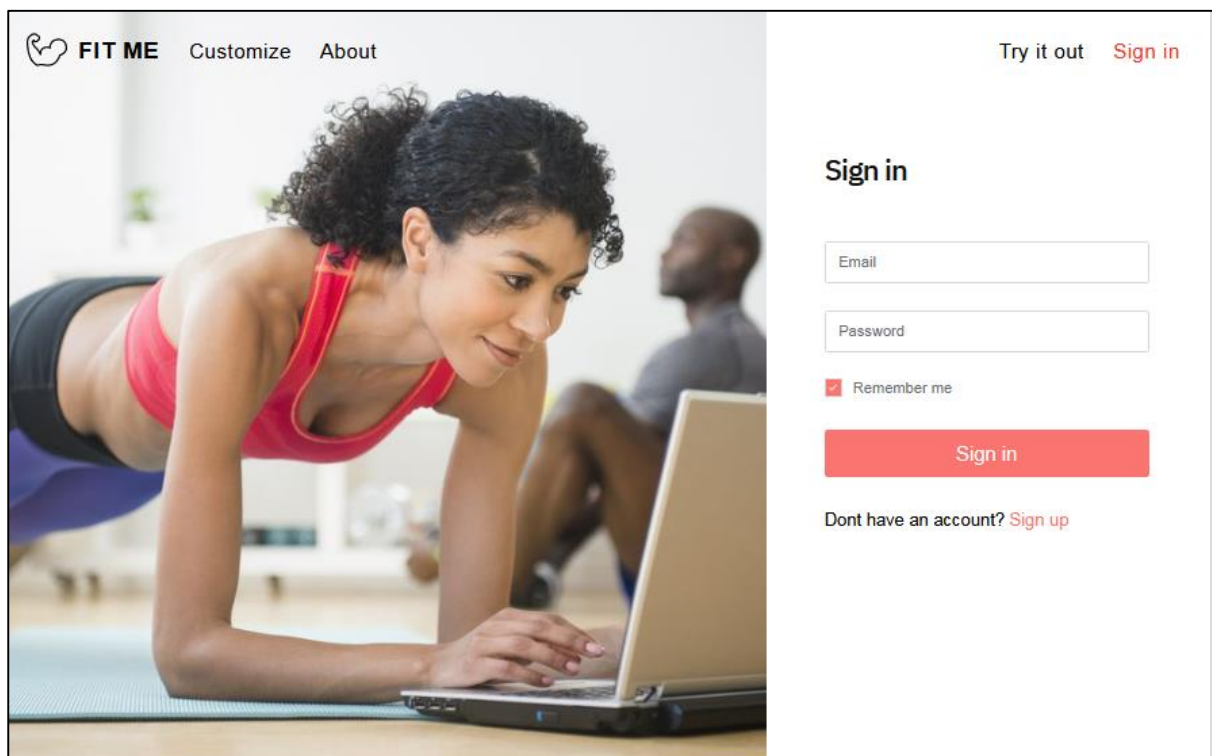
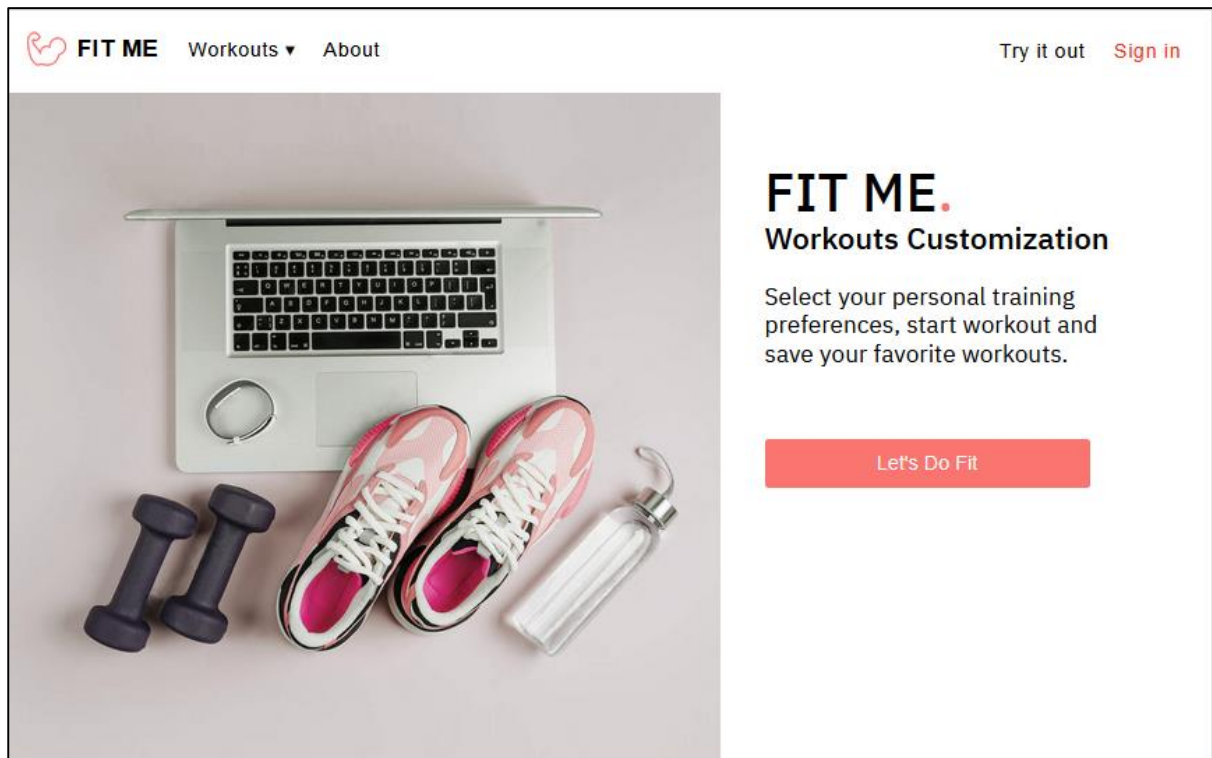
Use Cases



Data Model



Mockups



Customize Workout

Level



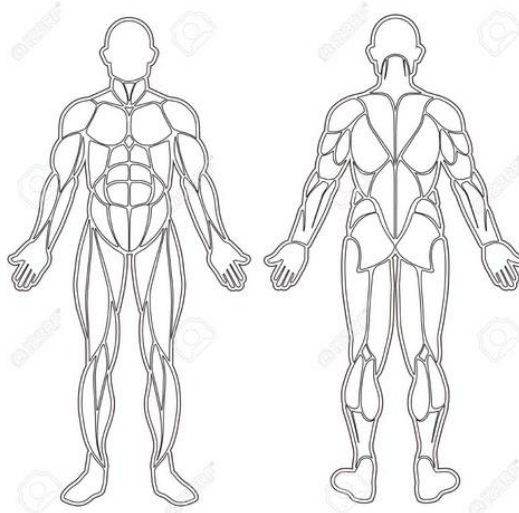
Time



Muscles

Select body areas on the right

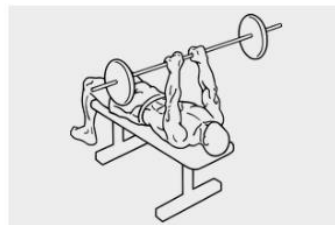
Lets Start →



Your Customized Workout



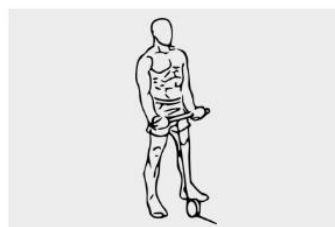
Crunches
3 sets x 15 res



Narrow grip bench press
3 sets x 12 res




Hyperextensions
3 sets x 12 res



Standing biceps curl
4 sets x 10 res

Your Customized Workout




Crunches ▶ II

Next : Hyperextensions


20

sec

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Workout Complete



15/15

Exercises

2

Level

00:15

Duration

Save Workout

Crunches ▶ II

Next : Hyperextensions

20

sec



FIT ME

Workouts ▾

About

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My Workouts

Workout #1

Level: 2
Time: 00:45
Muscles: Triceps , Abs



Workout #2

Level: 2
Time: 00:45
Muscles: Triceps , Abs



Workout #3

Level: 2
Time: 00:45
Muscles: Triceps , Abs



**Your Custom
Workout**