**Vision statement**

- **For** exercise enthusiasts of all skill levels

- **who** need exercise ideas and to make and save custom workout programs

- **the** workout building system

- **is** an interface

- **that** provides an overview of exercises.

- The system will store as many different types of exercises as possible, a description of those exercises, and an overview of which parts of the body the exercise will focus on.

- The system will allow users to make their own workout programs on the fly and to choose from saved programs. This will allow users to customize their workouts, try different exercises, and have a clear overview of the days workout.

- **Unlike** using a static workout program

**- our product** will allow dynamic workouts, tailored to the desirable intensity and length for that day.

- **1.2 Business opportunity**:

The process of going to the gym starts with determining the exercises that will be accomplished, both for each individual time and over a certain time period. Using only a static pre-determined workout program runs the risk of locking the gym-goer into a exercise regimen that doesn‘t suit them, or that loses its luster over time. Minimizing the effort required to choose exercises for a workout, and allowing flexibility from one workout to the next, reduces required preparation and indirect effort. This allows the workout process to be more efficient.

- **2.2**

**Use case**

**Name**: Browsing exercises

**Primary actor**: User

**Precondition**: Exercises need to have a valid description, kerfið er online

**Success guarantee**:

- Overview of exercises and exercise descriptions are correctly presented

- alternate: leitar

- browsing&search

- búa til program og vista það

- búa til notanda

(- búa til og eyða æfingu)