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*It's never too early or
too late to work
towards being the
healthiest you.*



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Virtual Gym

Virtual Gym is one of a kind personal training studio in which technology of virtual reality is combined with different types of exercising to provide you with fun and unique experiences.

VR offers a lot of possibilities, thanks to which you will never call your training long or monotonous

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Contact

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ACESO FITNESS

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HEALTH IS A JOURNEY, NOT A
DESTINATION



NEED FINDING

- During pandemic, going to the gym is not safe and most of the gyms have been shut down due to covid's SOP.
- About 75% of the population is unfit by staying at home and doing no workout which makes them more vulnerable to the virus' effects.



PROBLEM STATEMENT

In today's world, people don't get time to focus on their health which raises the question of how health is becoming a trivial issue? The importance of fitness are that it has long term health benefits and it improves quality of life.

In these pandemic ridden times, our product will help the people to improve their health even by staying inside their homes. Tackling the problem of how such anomalous times can restrict someone from staying fit and that's why VR fitness is needed.





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Be Your Own Inspiration

The exercise room will take on a completely new expression! What kind of virtual world will you choose next time?

Interaction with virtual objects will add entertainment elements and make you want to achieve better and better results

An innovative approach to well-known exercises will motivate you to train

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Group Fitness Classes

Want to check yourself? No problem. Now you can compete with others in multiplayer sessions.



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CONCEPT VIDEO



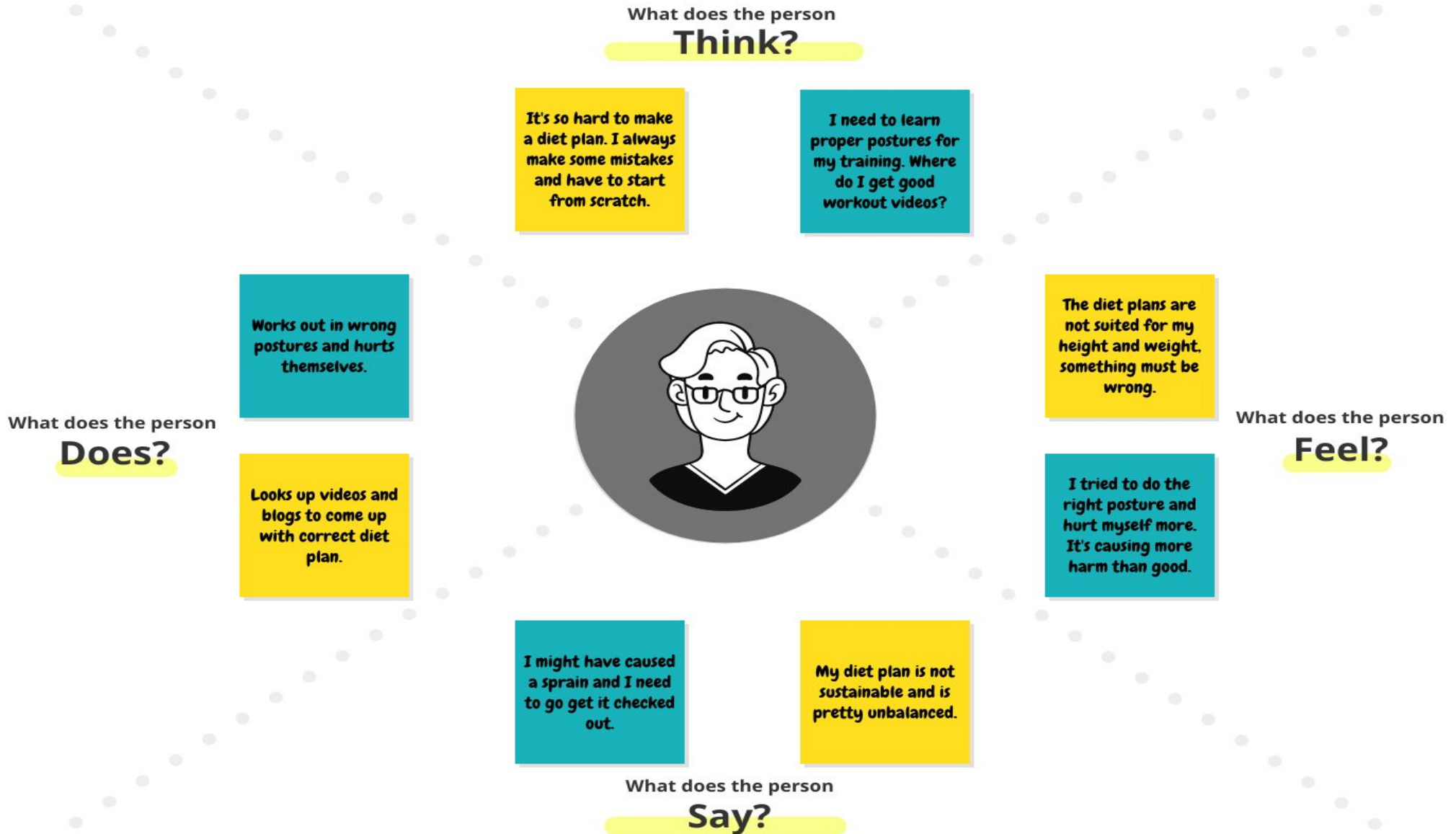
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<https://drive.google.com/drive/folders/1V1rM3XGp0aXNQWSsI2NhjxsM4axlD58u?usp=sharing>

The following is the concept video link to our product.



Empathy Map



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HIGH FIDELITY

Introduction Page

INTRODUCING THE WORLD'S FIRST VIRTUAL GYM

// Aceso is a digital platform that connects people through the medium of exercise. We enable fitness experts to teach live classes on their terms. //

[Sign Up Now](#)

MOTIVATION

We provide elite instruction streamed directly to your home. Our classes are designed to inspire you to work harder.

Unlike other online platforms, our classes provide the added bonus of personalized engagement.



Work out on your time while still getting that exciting class group experience.

Get a diverse set of live and recorded classes with updated workouts every week, keeping you constantly engaged.



CONVENIENCE

COMMUNITY

Build a real relationship with your instructors with in and out of class guidance.

We make it easy for you to work out with your friends, and make new friends along the way.

[Join the Online Community](#)

About

WHAT MEMBERSHIP UNLOCKS



LIVE GROUP
CLASSES



PRIVATE GROUP
TRAINING



WELLNESS +
MINDFULNESS



COACHING +
COMMUNITY

Try Our Virtual Reality Workouts

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HIGH FIDELITY

Membership Page

PRICING

Monthly memberships
start at \$13

With an Aceso membership, get access to a library of live and recorded fitness + wellness classes, workshops, and community bonding events.

Book a Class



team@aceso.live
© Aceso Technologies Inc.
[Privacy Policy](#)

Need Help?
24/7 Customer
Support



HIGH FIDELITY

Pricing

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Logo

ACE // SO

Login

LOGIN

USERNAME : _____

PASSWORD : _____

NOT A REGISTERED USER?
[REGISTER HERE](#)

[FORGOT PASSWORD](#)

ACE // SO



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LOW FIDELITY

Introduction Page

ACE // SO

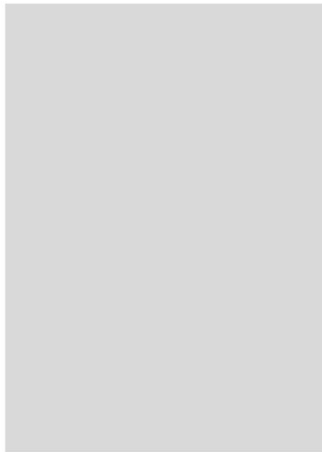
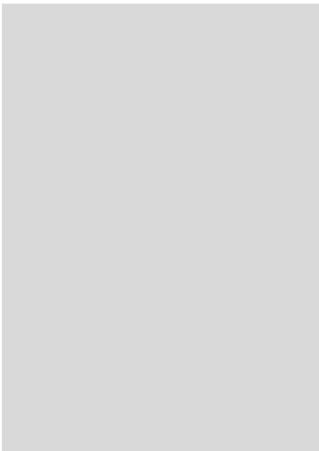
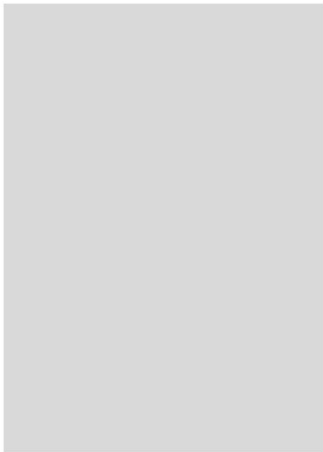
Home Classes On Demand Contact Login

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Sign Up Now!

ACE // SO

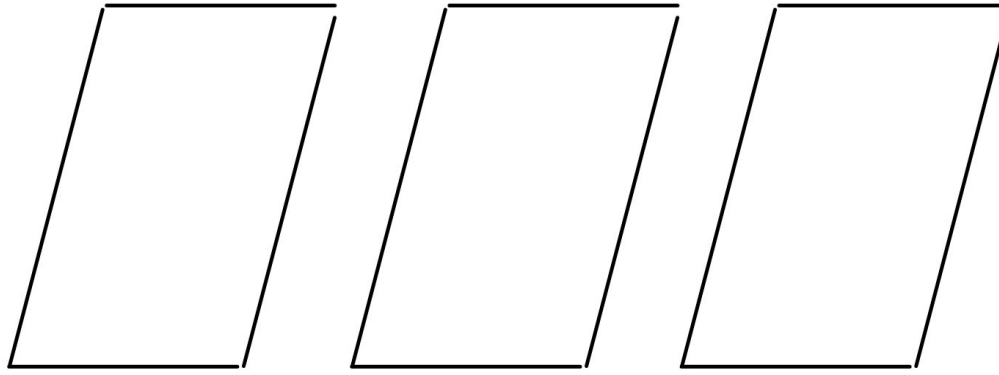
Home Classes On Demand Contact Login



Join the Online Community

About

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Try Our Virtual Reality Workouts

Membership Page

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Pricing

PRICING

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Book a Class



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Customer Support 

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Login Page

ACE // SO

[Home](#) [Classes](#) [On Demand](#) [Contact](#) [Login](#)

Login

Username : _____

Password : _____

[Register](#)

[Forgot Password](#)

ACE // SO



Heuristic evaluation



- ❖ Visibility of system status: The system always shows the status of an on-going operation to the users until it is done. So the user will get a clear understanding of the progress of that particular process/activity. The UI is clear and concise so the user is able to navigate the system and select the action he desires upon clicking the buttons/links.
- ❖ Match between system and real world: All the workout routines, diet plans, evaluation of body fat and other health metrics conforms to the real world with the input from the user. The system will speak the users' language, with words, phrases, and concepts familiar to the user. We can use texts, icons, illustrations, etc, that are familiar to the end users so that they can relate them with everyday things and easily understand the purpose of each element, like a food icon as a button for planning up a diet.
- ❖ User control and freedom: The system is made in such a way to help them to undo an action that happened by mistake, like replacing an incorrect number of reps and sets for a workout plan. There are forward and backward buttons to navigate through the system.
- ❖ Consistency and standards: Every screen follows the same color scheme and button styles. All the words, actions, situations, etc. always mean the same thing and they do not contradict each other.
- ❖ Error prevention: Appropriate suggestions and notifications are given when needed to prevent erroneous entries. Messages are shown to the user informing them of the correct method, for example, it shows the password standards which has to be followed while setting up the password. So the user can cross check the password with the system standards and complete the task of registration successfully in their first attempt.



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Heuristic evaluation

- ❖ Recognition rather than recall: We can suggest them the options that they might need or remind them to complete a certain task that needs to be done soon, like filling up their weight/height inputs before making a diet plan. This reduces the load on the user's memory. Instructions for use of the system should be easily retrievable whenever appropriate.
- ❖ Flexibility and efficiency of use: The design will be easier to use for all the users, irrespective of being a first timer or a regular. The buttons are self-explanatory and the layout is simple and easily understandable.
- ❖ Aesthetic and minimalistic design: Beautiful and attractive color schemes combined with simplistic layout and stylizations of buttons/cards ensure the user is able to interact with convenience with only the relevant information displayed to the user.
- ❖ Help users recognize, diagnose and recover from errors: Error messages are expressed in plain language, precisely indicating the problem, and constructively suggest a solution. Recover password options, undo actions etc, are implemented to cover any problems the user faces.
- ❖ Help and documentation: We can add a 24/7 customer support, so the user can send in their queries and their questions can be resolved, and also make developments to the system based on user feedback.

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