Reference Materials for Virtual Reality Fitness App

1. Research Papers

- **"VR for Fitness: A Systematic Review"**
  Examines VR's impact on exercise motivation and performance.
  Link

2. Technologies

- **Unity3D: For VR app development.**
  Docs

- **Meta Quest SDK: For VR headset integration.**
  Docs

3. Key Concepts

- **Gamified workout experiences.**

- **Real-time motion tracking and analytics.**

- **Immersive virtual environments for fitness.**