



A Fitness Design

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Introduction

Designing an **easy to use** app for fitness starters with
Personalized workout plan and meal plan.

Problem

- Condensed information. It is not easy for reader to read.
- Too wordy. User will spend more time on reading the instruction than working out.
- It can be hard for coaches to track clients’ progress if they cannot meet constantly.
- Bad interface.

Week 19	11/19 - 11/23				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lower Push/Lower Pull/Core	Upper Pull/Upper Push/Core	Plyo/Aerobic Flow	Active Rest	Lower Push/Upper Pull/Core	Mixed/Aerobic Day
A1. Warm Up 3 Steady Rounds 1min Run, easy pace 10 Alternating Box Step Ups 10 Hip Thrusts 30s Forearm Plank B1. 3 Rounds For Quality 12 Dumbbell Walking Lunges; as heavy as possible rest 30s 6-8 Barbell Romanian Deadlifts; 30X1 tempo; Fairly light, more so moving through range of motion. rest 60s B2. 3 Rounds For Quality 5 Barbell Kang Squats; 5252 tempo; slow and controlled rest 45s 12 Alternating Dumbbell Box Step Ups, 20"; slightly heavier than last time rest 90s C1. 3 Rounds For Quality 8-10 Dumbbell Goblet Squats, heavy rest 30s 8-10 Hamstring Curl Machine; slightly heavier than last time rest 30s 10 Hanging Leg Raises, slow and controlled rest 60s	A1. Warm Up 3 Steady Rounds 1min Run, easy pace 25' Quadruped Crawl 25' Plank Lateral Crawl, ea direction 25' Duck Walk B1. 3 Rounds For Quality 8-10 Dual Kettlebell Curls; 3030 tempo rest 30s 6-8 Straight Bar Dips; 30X1 tempo; weighted if possible (pinch between legs) rest 60s B2. 3 Rounds For Quality 6-8 Alternating Kettlebell Push Press; 30X1 tempo rest 30s 6-8 Ring Pull Ups; 21X2 tempo rest 90s C1. 3 Rounds For Quality 8 Med ball Dead bugs, ea side rest 30s 20 Ring Mountain Climbers (can do in TRX straps) rest 30s 8 Side Plank Clamshells, ea side rest 90s	A1. Warm Up 3 Steady Rounds 50' Jog 50' Butt Kickers 50' High Knees 50' Side Shuffle, 25' ea direction 3 Bounding Broad Jumps B1. 3 Rounds For Quality 2 Passes, Icky Shuffle Ladder Drill rest 30s 2 Passes, 2-In/2-Out Ladder Drill rest 30s 5 Seated Box Jumps rest 60s B2. 3 Rounds For Quality 10 Lateral Skier Jumps, stick the landing rest 30s 3 Burpee to Broad Jump rest 60s C1. Steady Mixed Aerobic Flow 3 Rounds 200m Run 8 Pull Ups Rest 45s 100m Run 15 Push Ups 100m Run Rest Walk 2min	Active Rest Day Get outside, go for a walk, do something you enjoy that's outside the gym and gets you moving!	A. Warm Up 3 Steady Rounds 200m Run (0.13 on treadmill), moderate pace 10 Air Squats, slow and controlled 10 Push Ups, slow and controlled B1. 3 Rounds For Quality 8-10 ea leg Rear Foot Elevated Split Squats; 20X1 tempo; rest 30 8-10 ea arm Three Point Dumbbell Row; 20X2 tempo Rest 90s B2. 3 Rounds For Quality 8-10 Dumbbell Bench Press; 20X1 tempo rest 30s 8-10 Dumbbell Hang Clean and Jerks Rest 90s C. 3 Rounds For Quality 15-25s Side Star Plank, ea side rest 30s 30s Forearm Plank Rest 90s	A. Warm Up 3 Steady Rounds 50' Jog 50' Butt Kickers 50' High Knees 50' Side Shuffle, 25' ea direction 50' Quadruped Bear Crawl B1. 3 Rounds For Quality 50m (150') Kettlebell Rack Carry, as heavy as possible rest 30s 8-10 GHD Hip Extensions Rest 90s B2. 3 Rounds For Quality 50m (150') DB Farmers Carry, as heavy as possible rest 30s 30s-60s Weighted Plank Rest 90s C. Mixed Aerobic Intervals 3 Rounds 1:30min Run, moderate pace 1:30min Burpees, consistent effrt Rest walk 2 minutes
VIDEO LINKS:	VIDEO LINKS:	VIDEO LINKS:	VIDEO LINKS:	VIDEO LINKS:	VIDEO LINKS:
Box Step Ups	Quadruped Bear Crawl	Butt Kickers		Rear Foot Elevated Split Squat	Quadruped Crawl
Hip Thrusts	Plank Lateral Crawl	High Knees		Three Point Row	Kettlebell Rack Carry
Forearm Plank	Duck Walk	Broad Jump		Dumbbell Bench Press	GHD Hip Extension
DB Walking Lunge	Dual Kettlebell Curl	Icky Shuffle - Ladder		Crossbody DB Muscle Snatch	Farmers Carry
Barbell Romanian Deadlift	Bar Dips	Seated Box Jump		Seated Good Morning	Weighted Plank
Kang Squat	Alternating Kettlebell Push Press	One-Sided Two-In Two Out Hop		Side Star Plank	
DB Box Step Ups	Ring Pull Ups	Lateral Jumps			
Dumbbell Goblet Squat	Med ball Dead Bug	Burpee Broad Jump			
Hamstring Curl	Ring Mountain Climbers				
Hanging Leg Raises	Side Plank Clamshells				

Interviews

“I wish I can go to gym consistently. Sometimes I just don't have the motivation eventhough I have time.”

- Lag of motivation
- Incorrect fitness form
- The right of amount work out according to personal fitness level
- Diet
- Don't want to get injured

Q&A

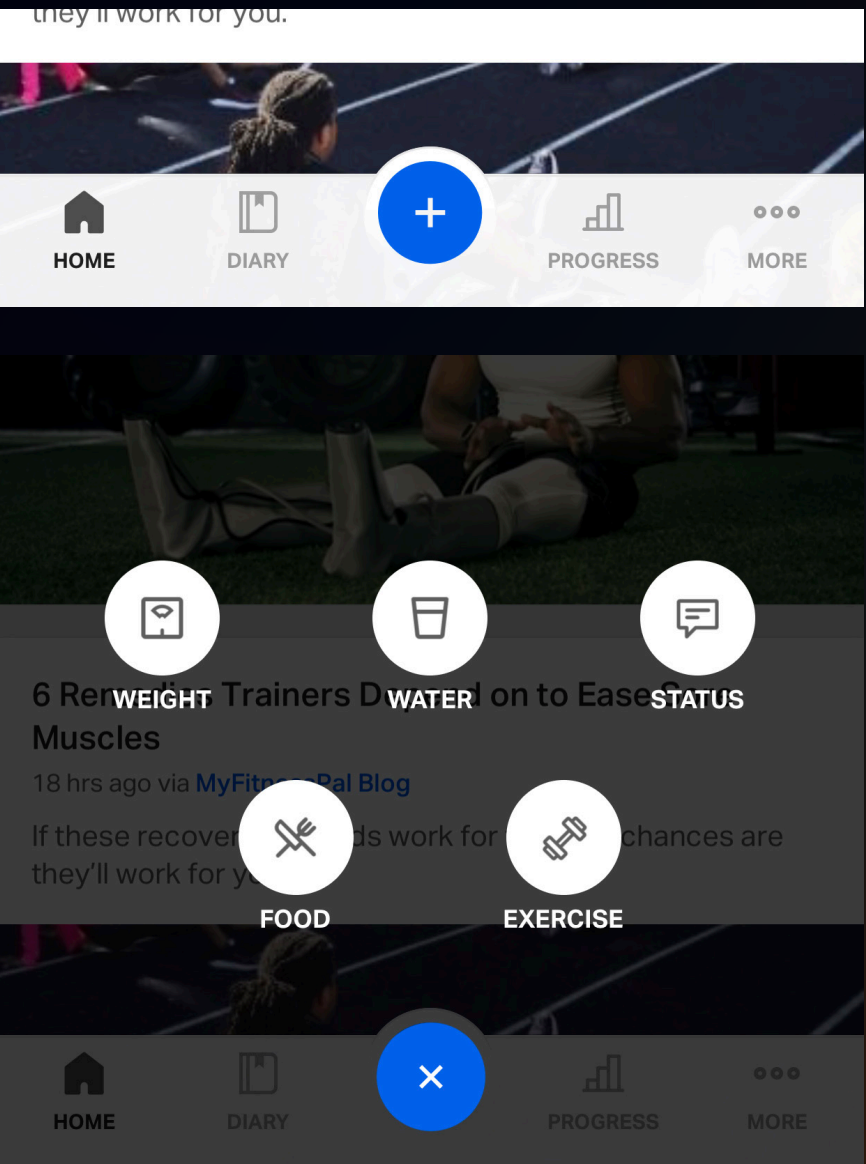
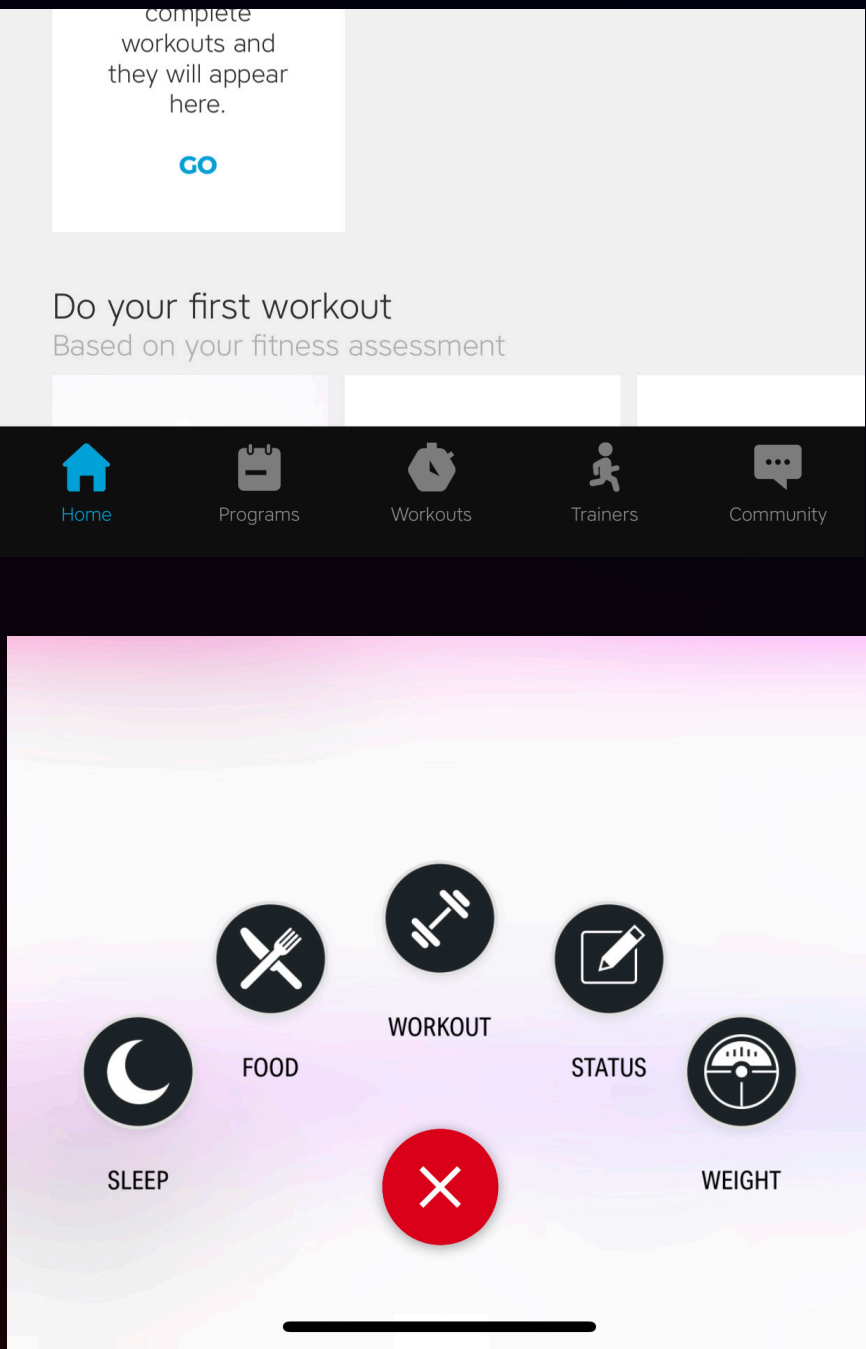
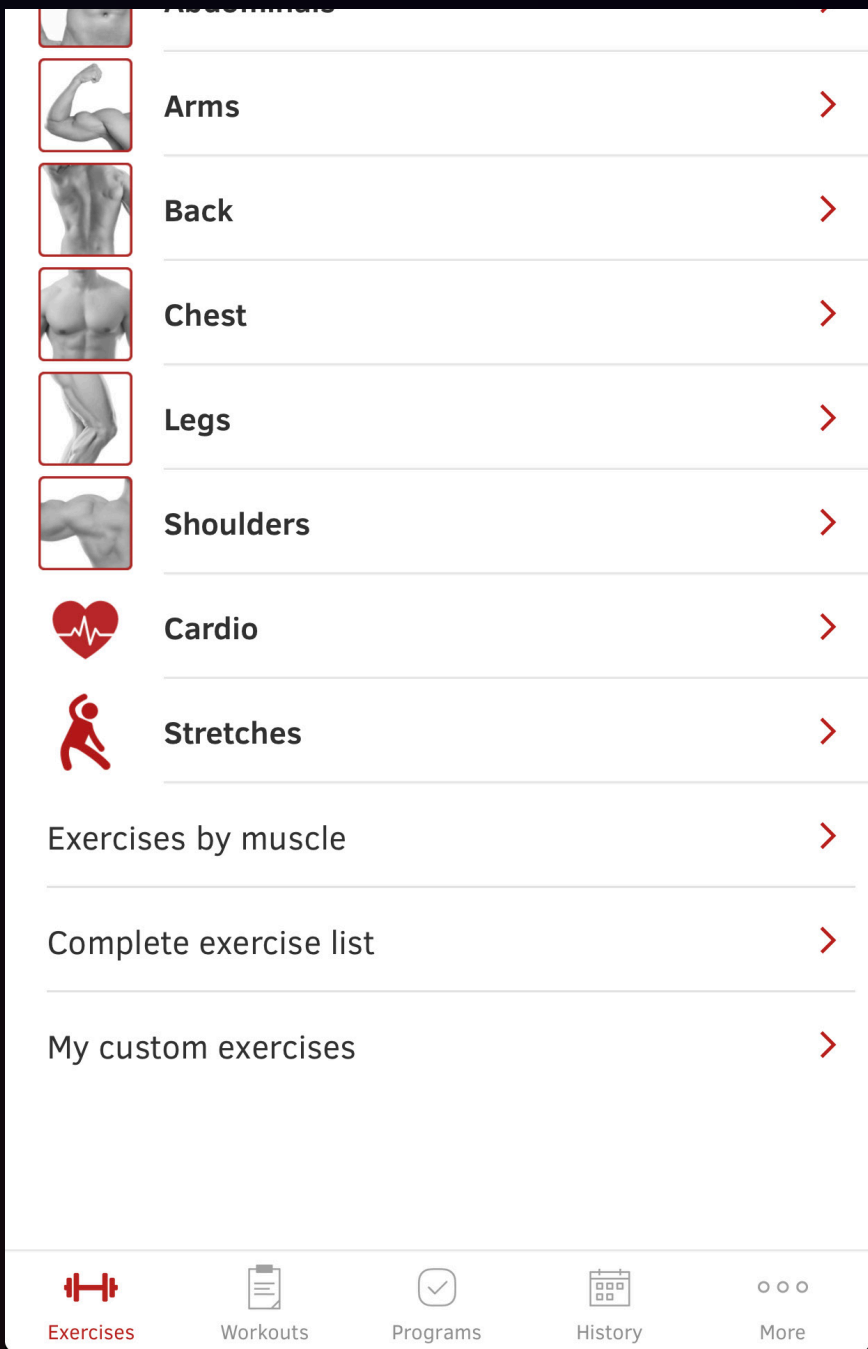
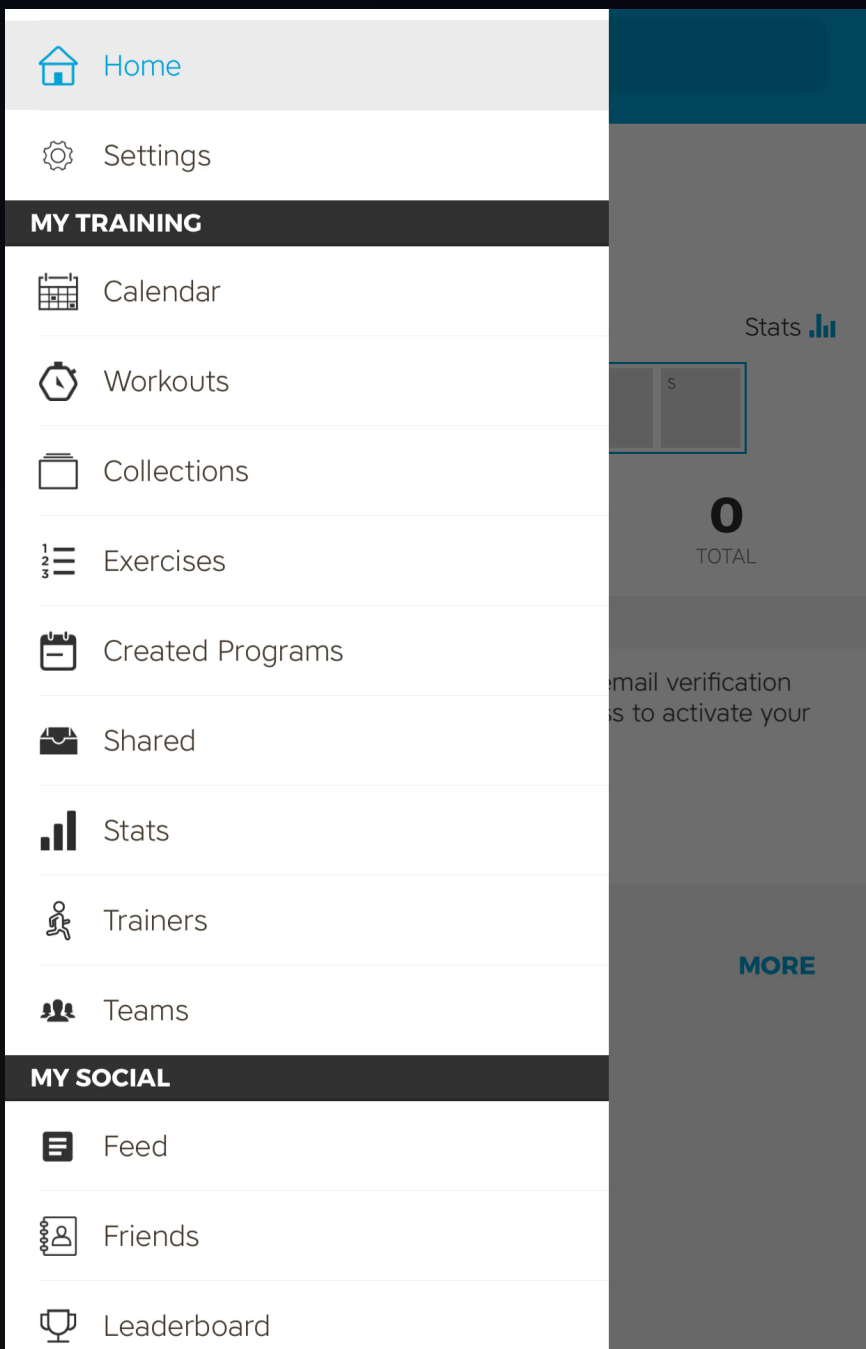
How might we **effectively** help starters form their workout routine?

- Personalized workout schedule around users daily availability
- Online coach free trial
- Online coach follow up
- Workout reminder
- Group workout opportunities
- Workout tracker
- Machine learning workout routine
- Rewarding program
- fitness level evaluation
- Easy workout instruction
- Transformation inspirations
- Buddy program

Research

Current existing apps does not offer coaching system and most of them only focus on one function, so users might need to download multiple of them.

However, they do not share the data between each other, so it is hard for user to track all their progress.



Solution



- Easy access mobile app, and can function alone on wearable devices
- Personalized training and diet plans based on client's body type and fitness level
- Fitness and diet tracker.
- Trainers can access and follow up with clients.

User Story 1

The Busy Newbie

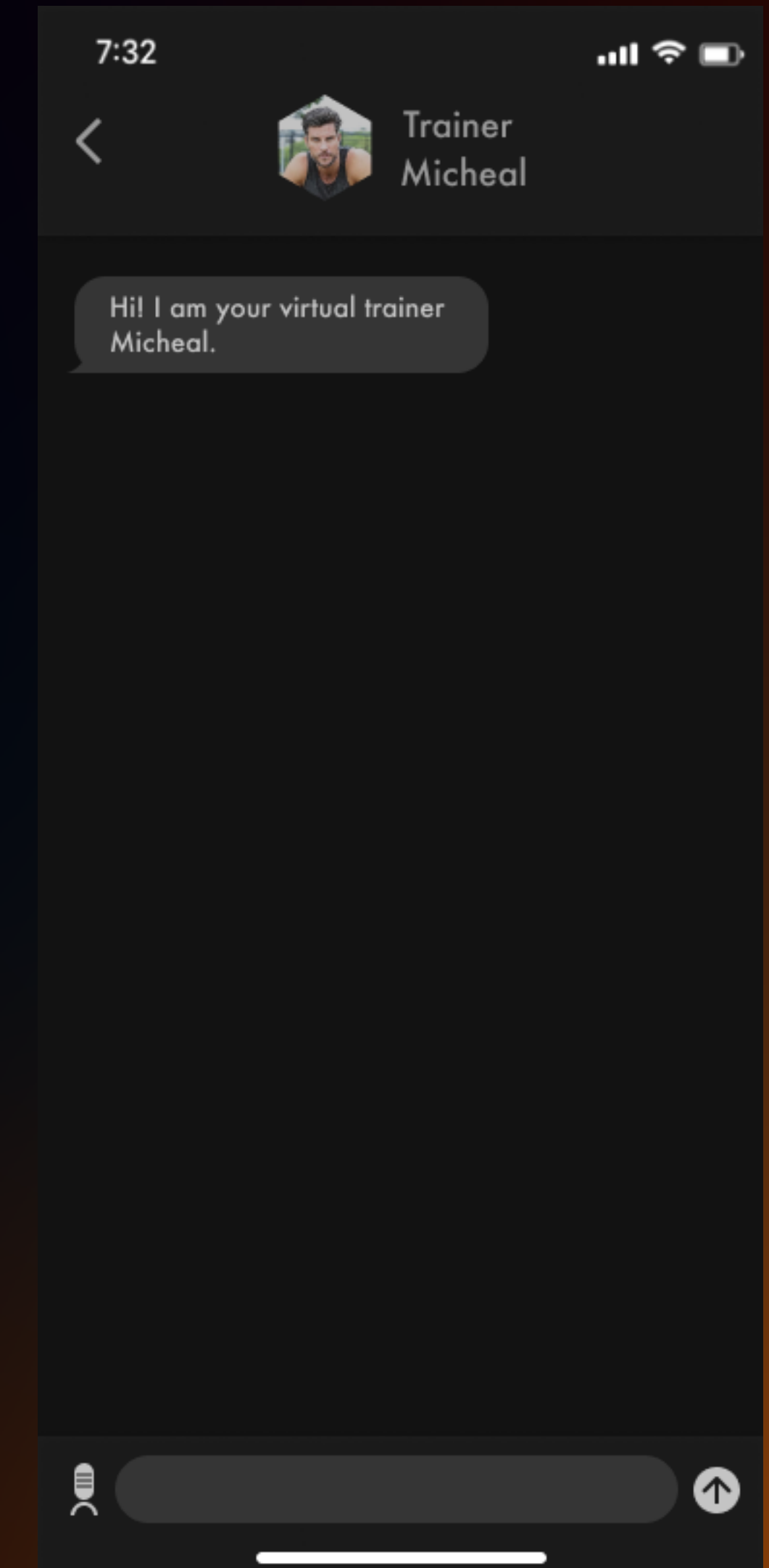
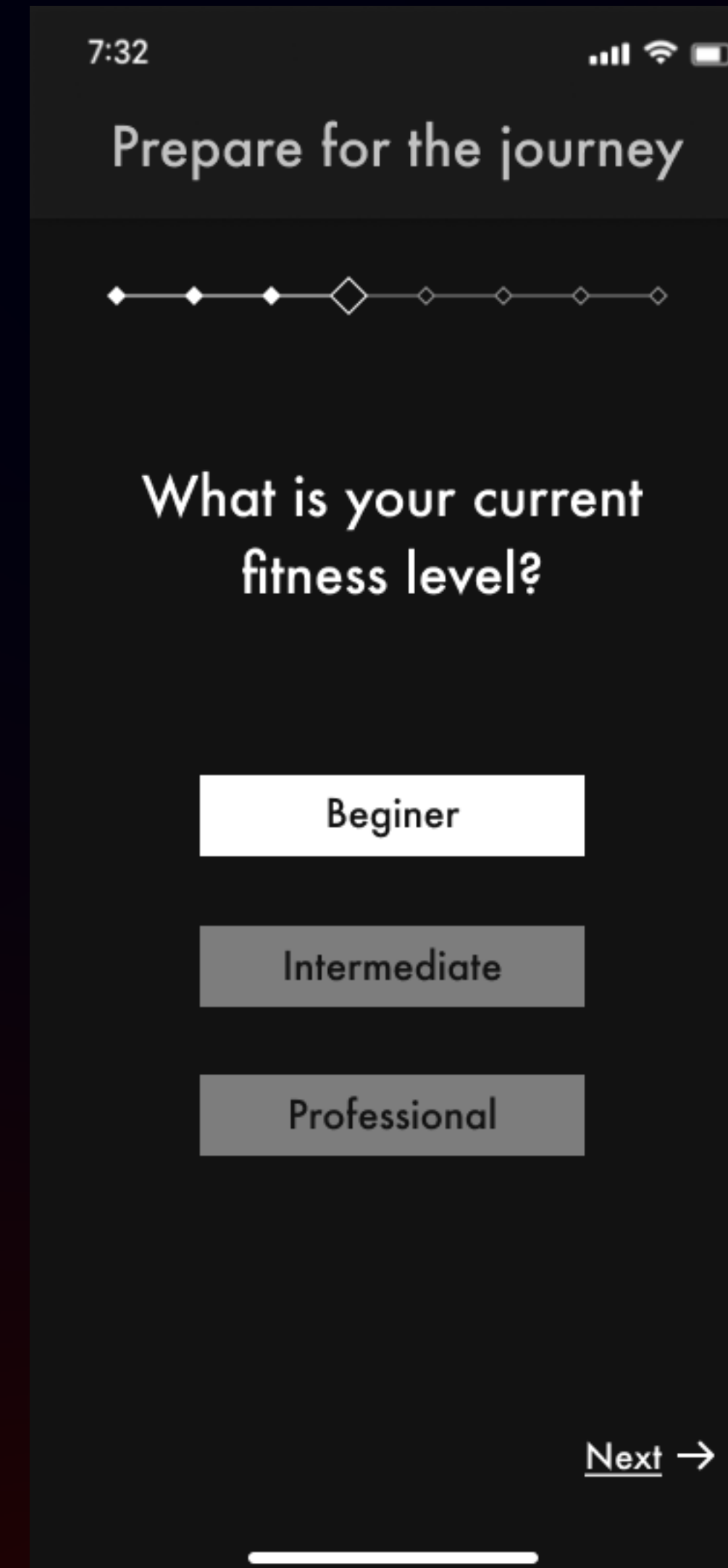
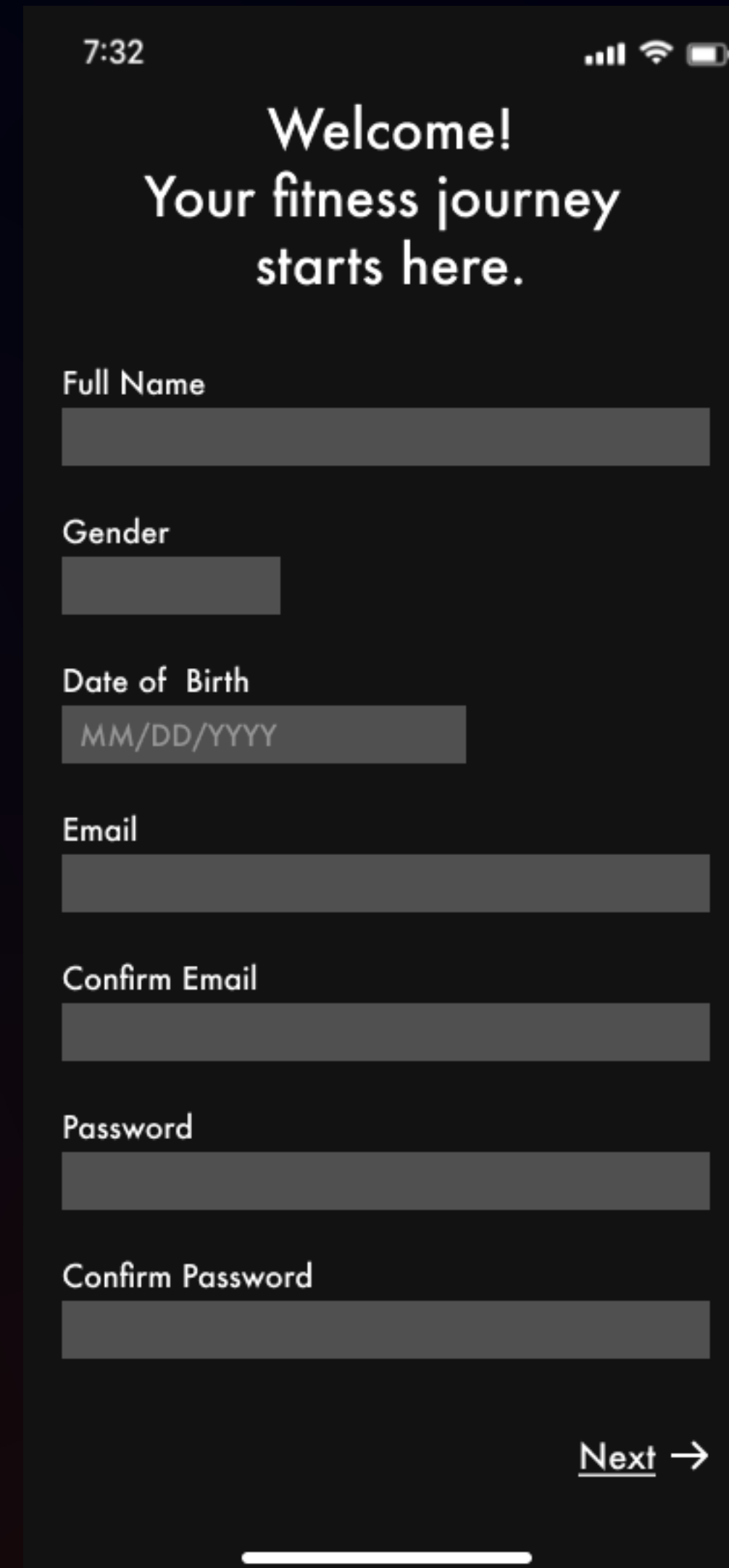
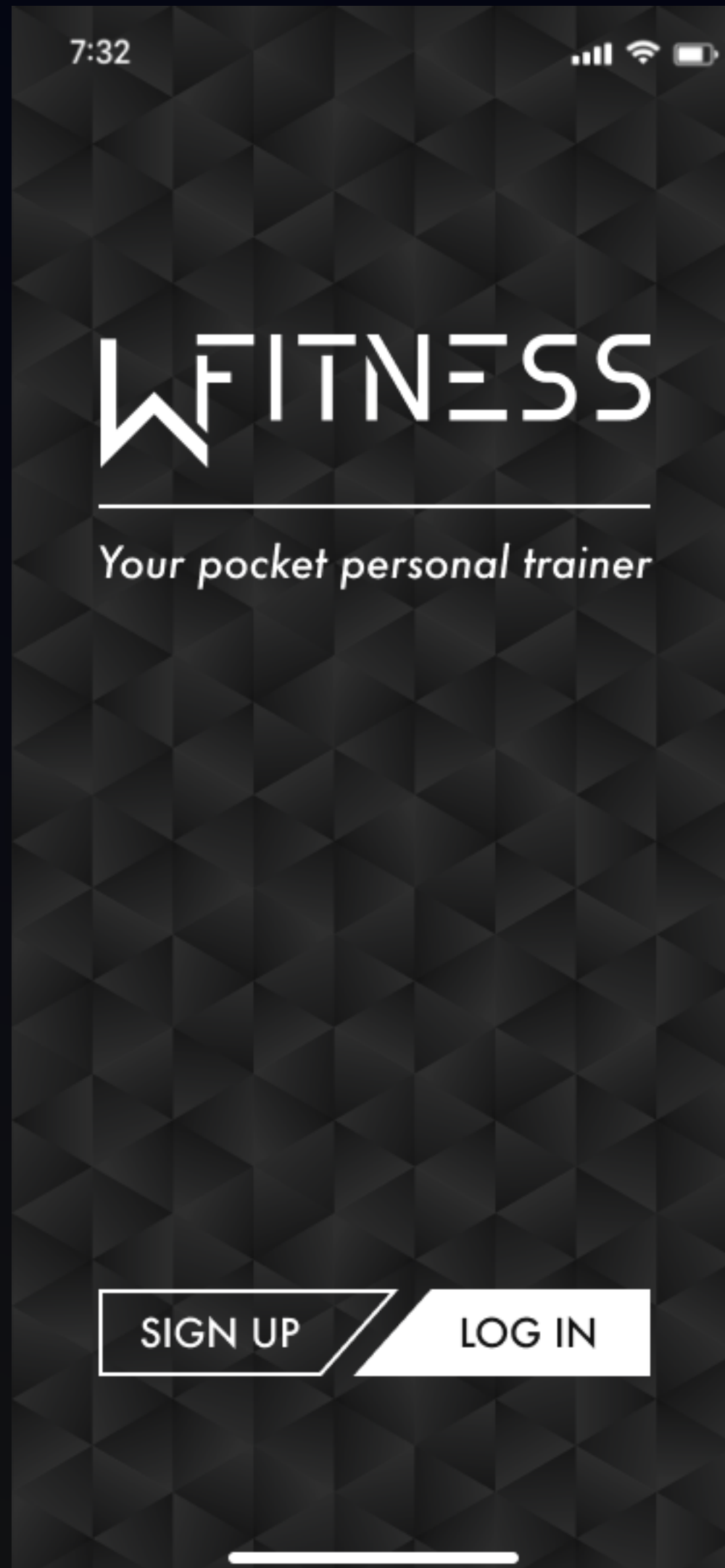
I am a **busy** person, and I have only **a little bit of time** during the day, but I want to get into fitness soon. I want to have a **personalized** workout plan which works for me.

User Flow 1

The Busy Newbie



Wireframe 1



User Story 2

The Foodie Newbie

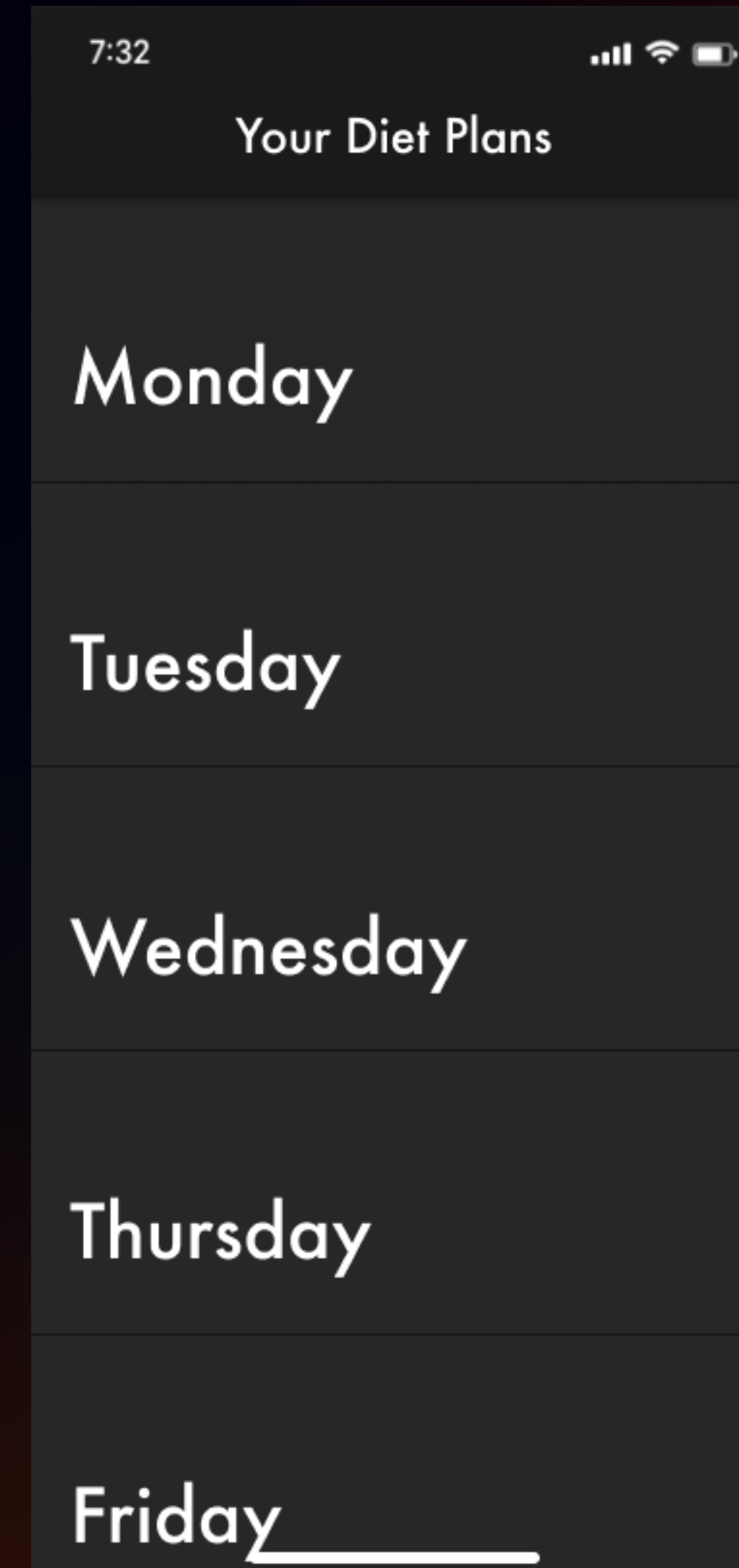
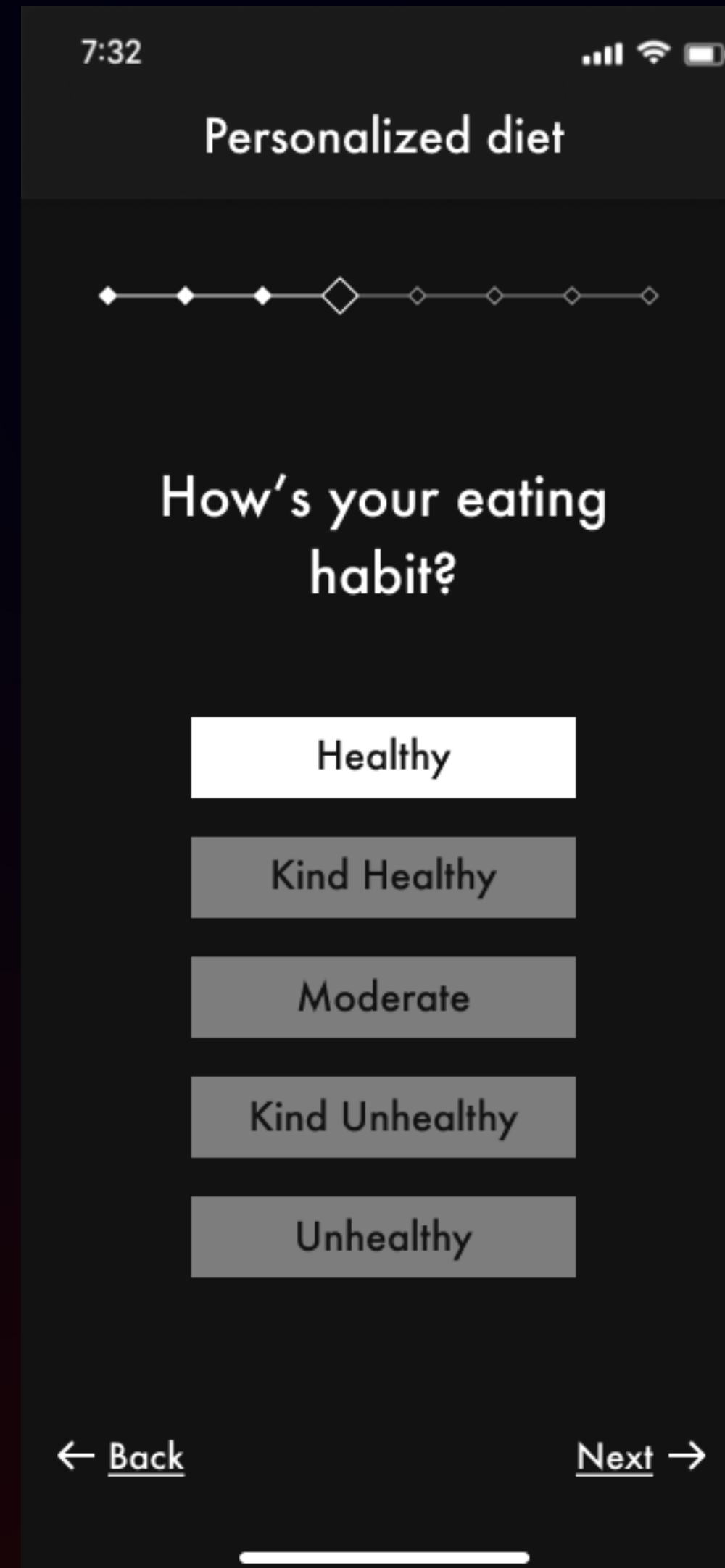
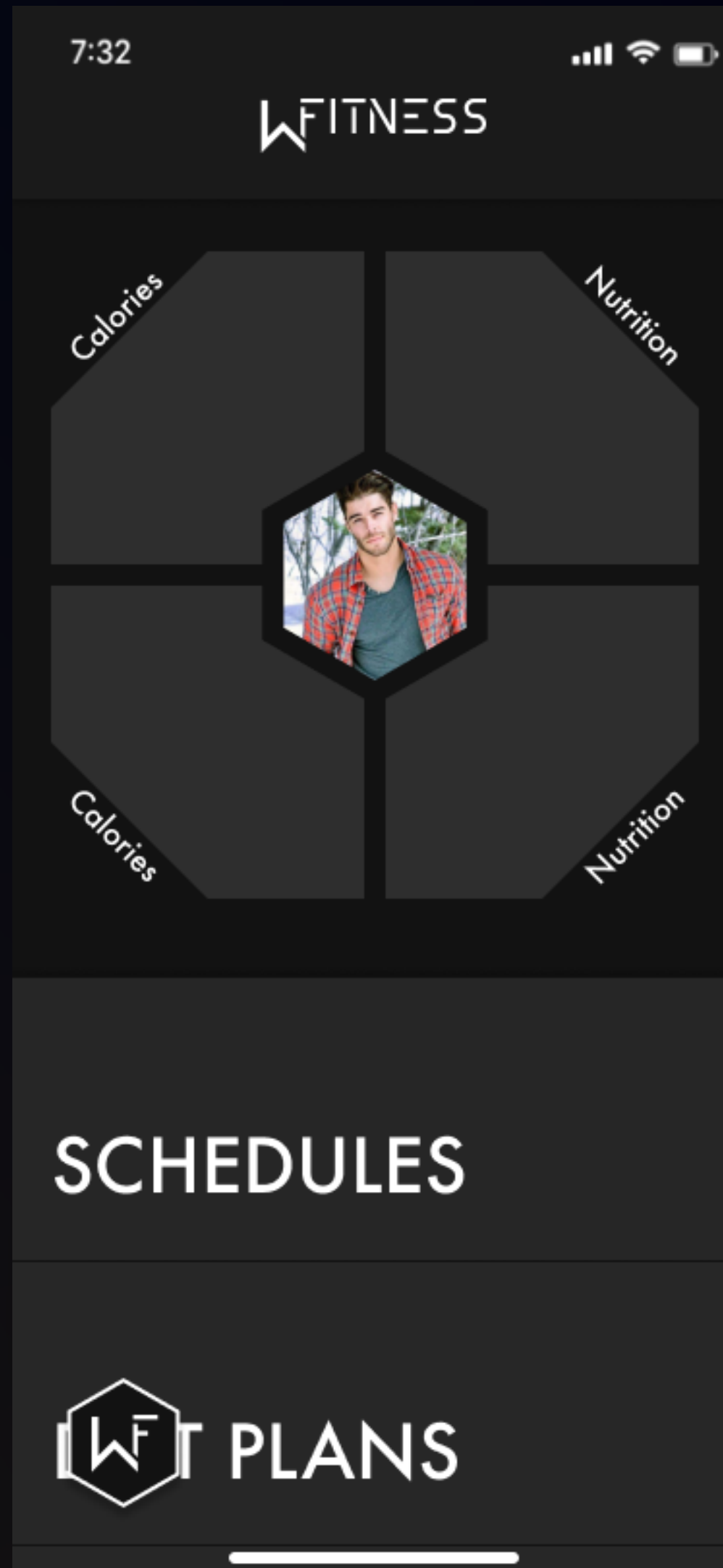
I am a **foodie**, and I basically **eat whatever I want** because I cannot resist delicious food. I want to **change my diet habit** along with my fitness plan.

User Flow 2

The Foodie Newbie



Wireframe 2



Dojo

Dark/Grayscale/Orange

Calm/Clean/Strength/Balance/Energy/Wisdom



Visual Direction

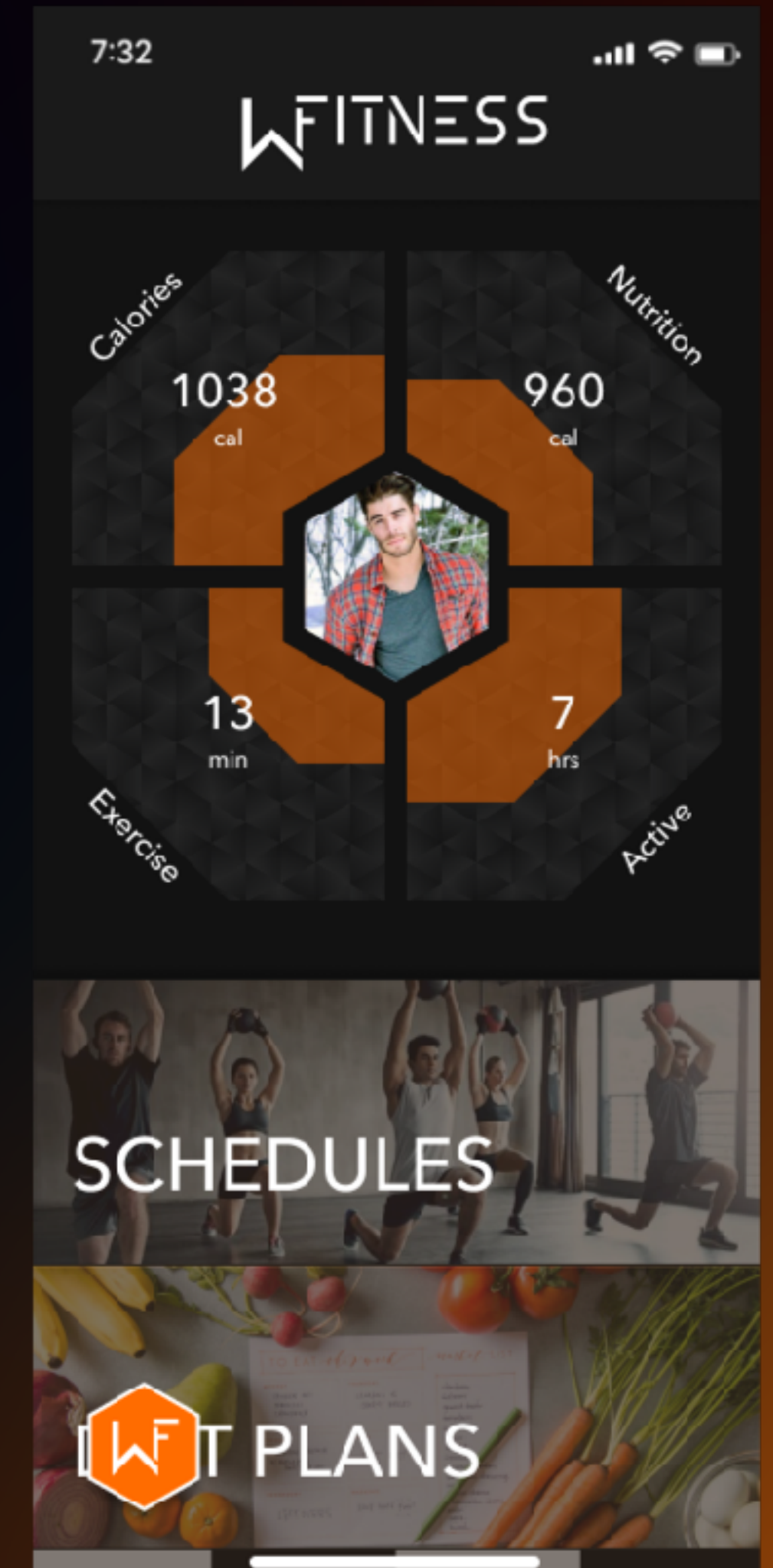
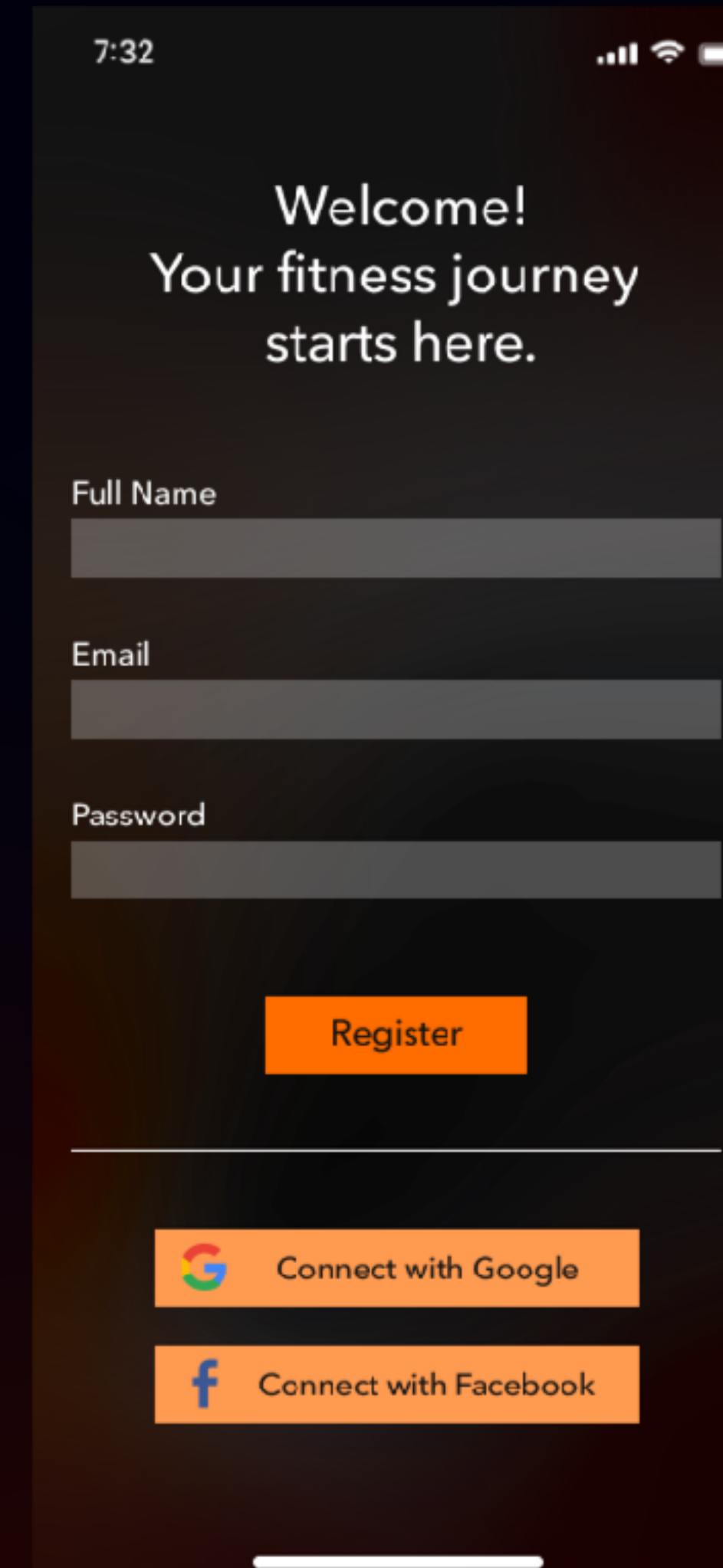
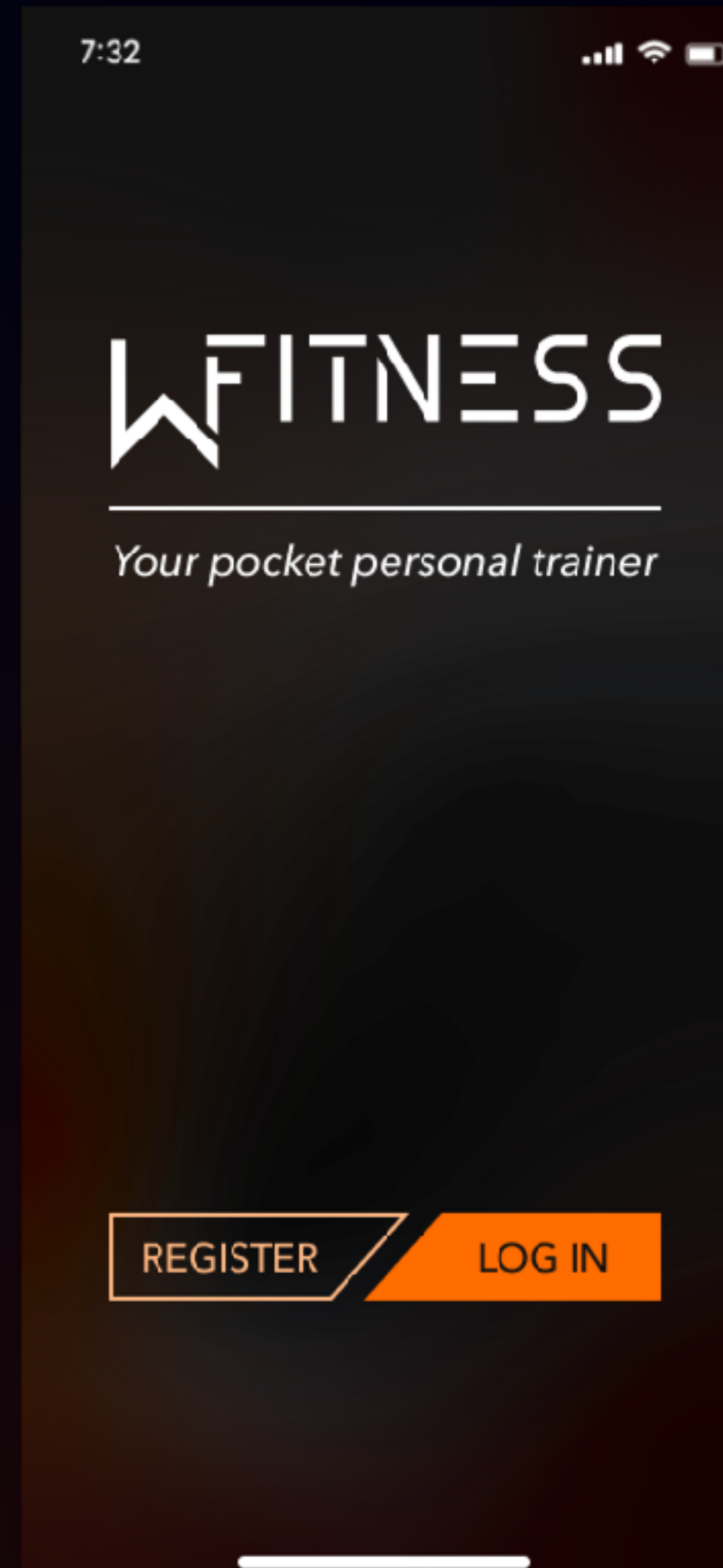


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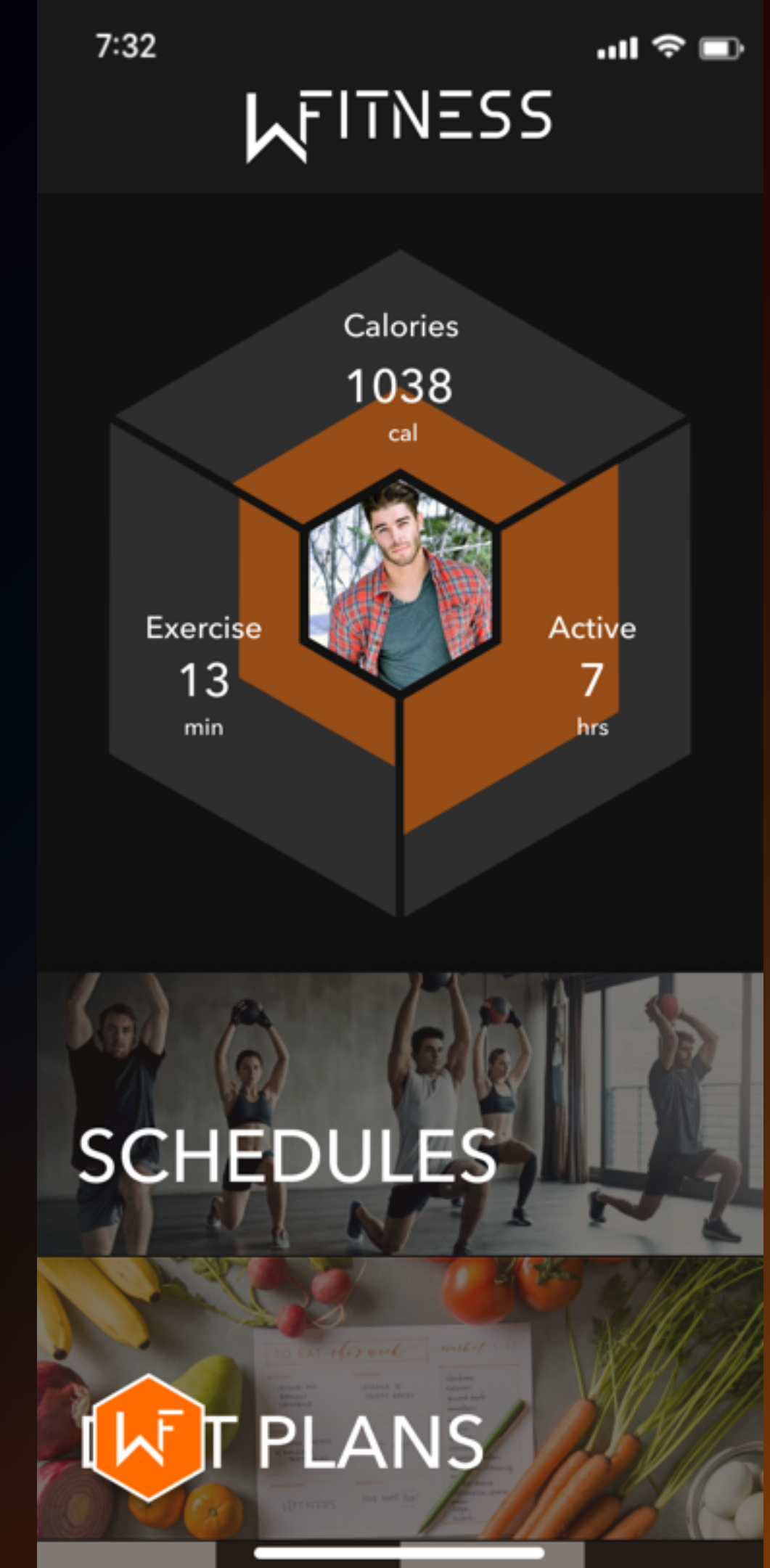
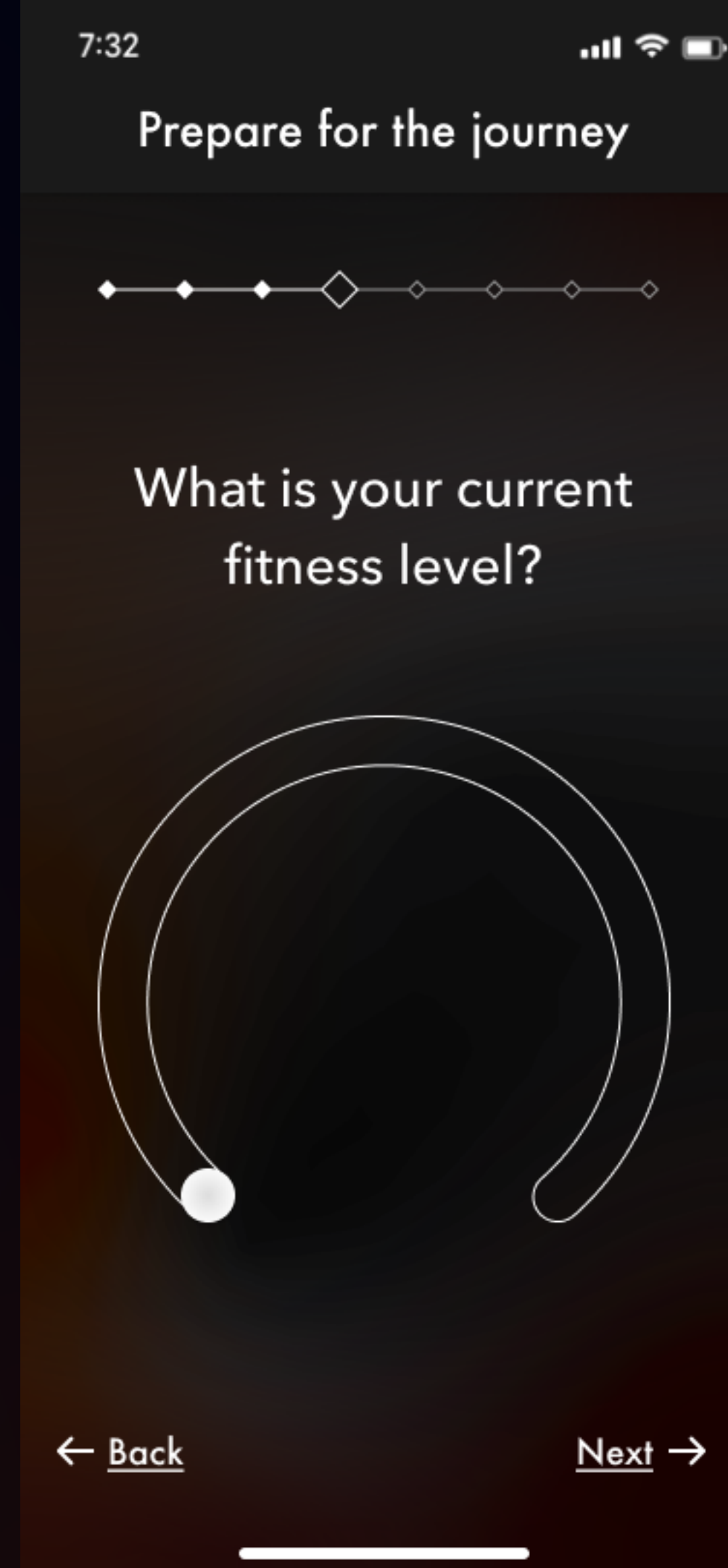
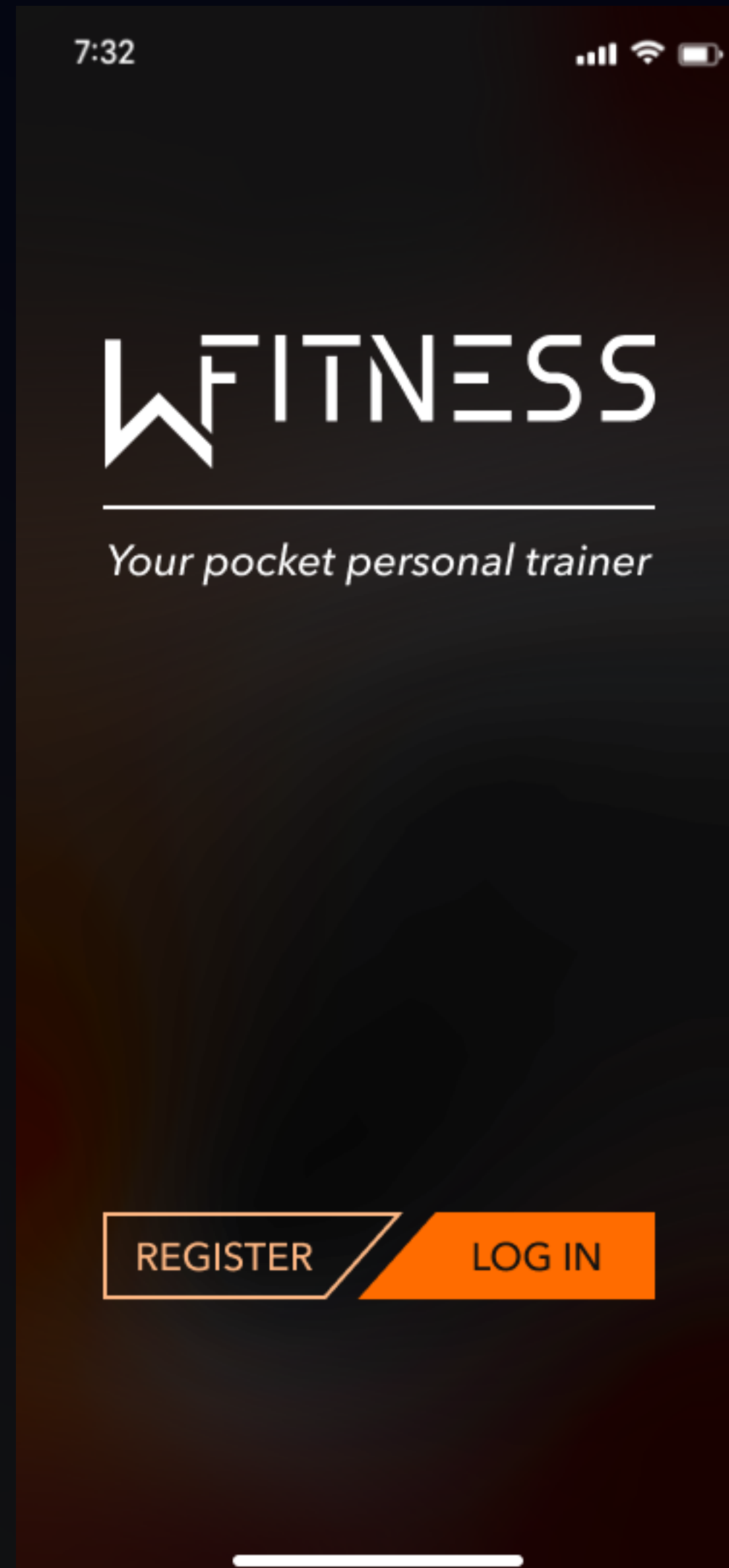
Avenir Next

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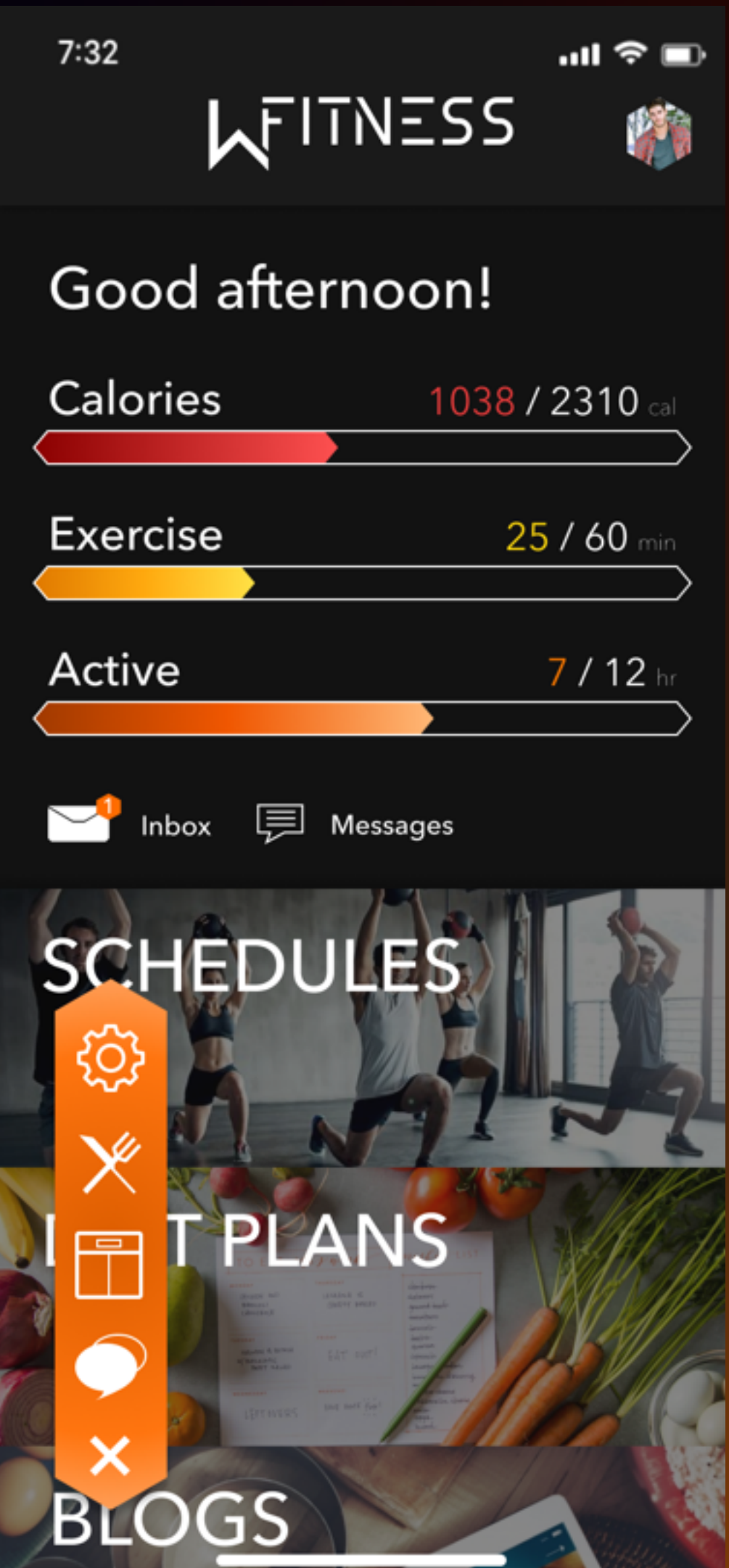
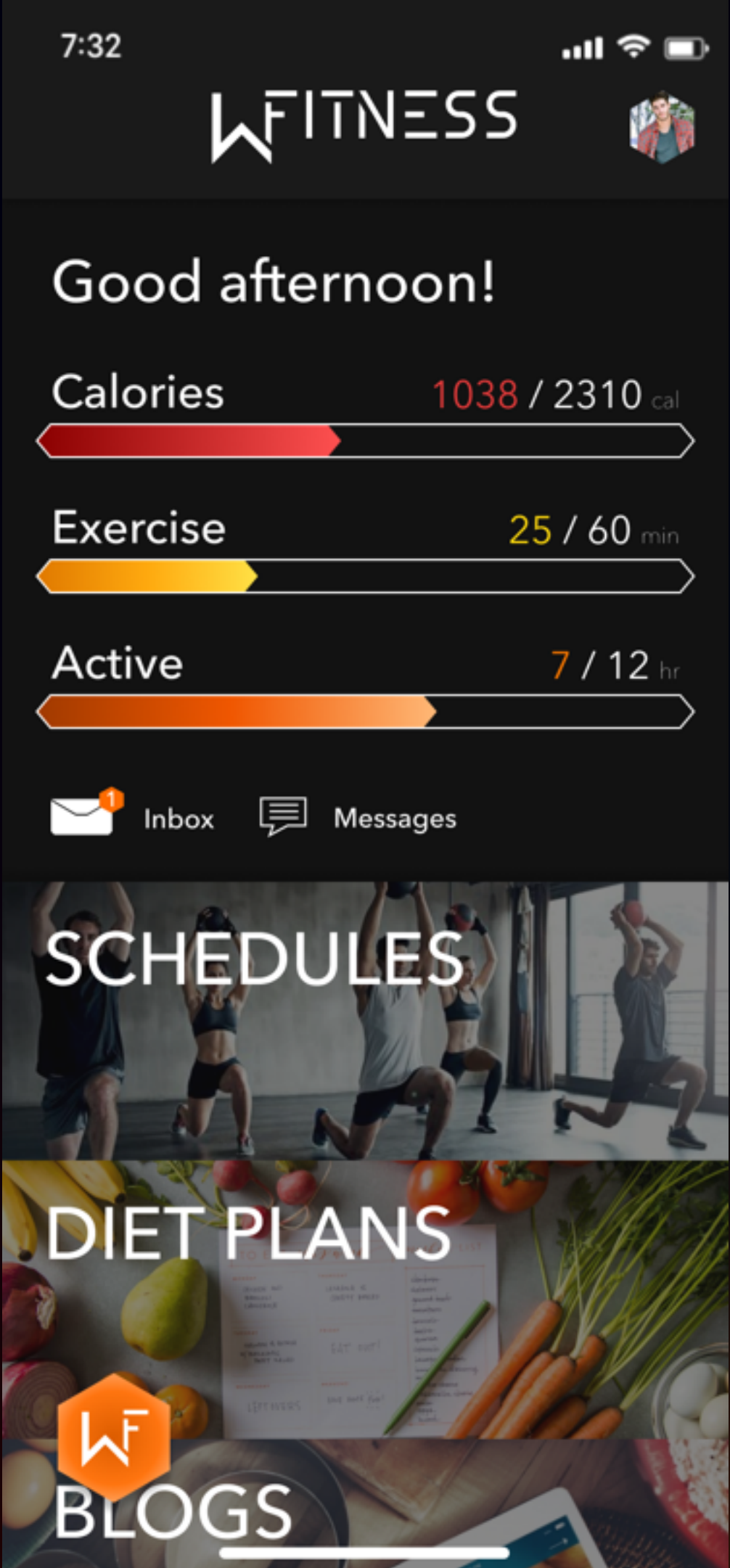
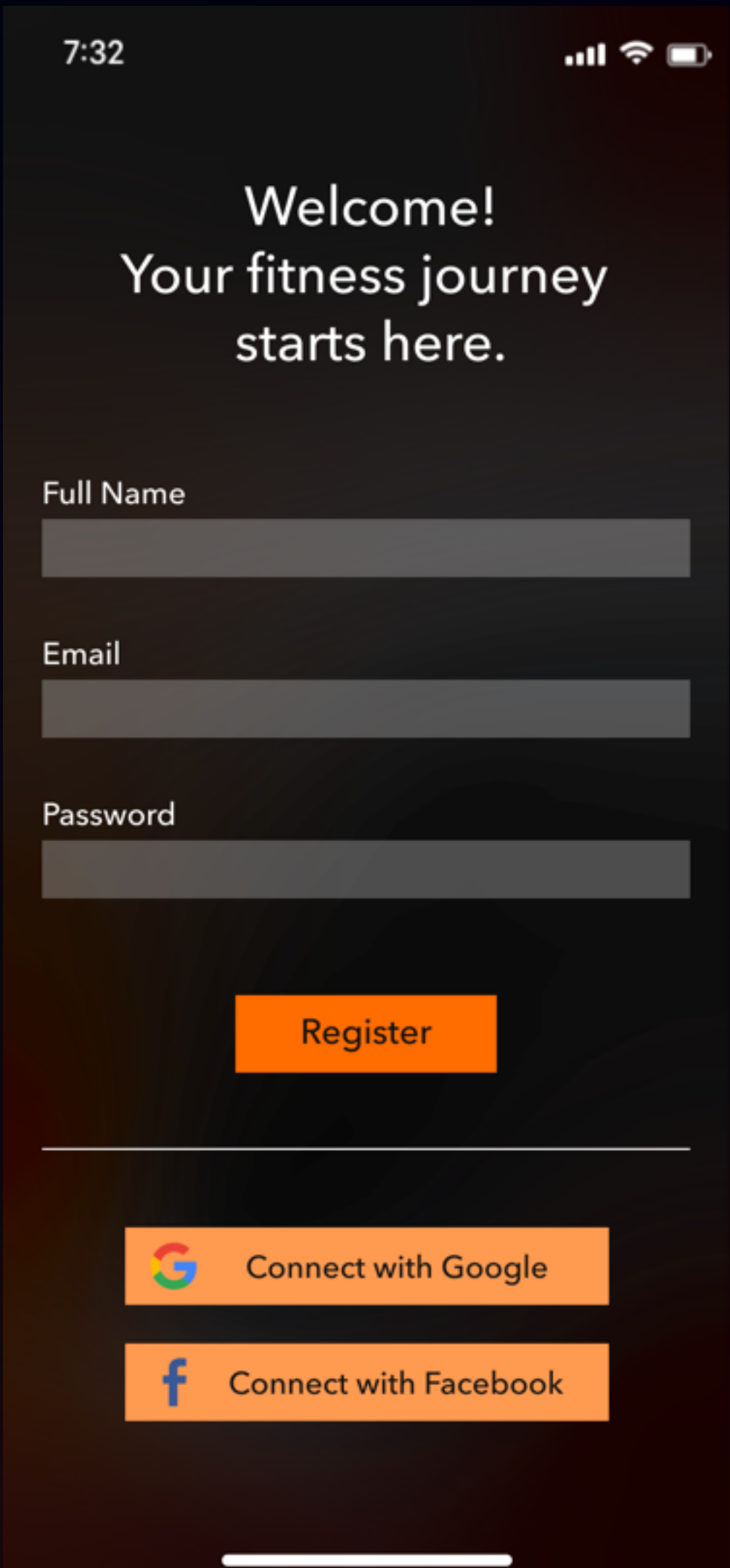
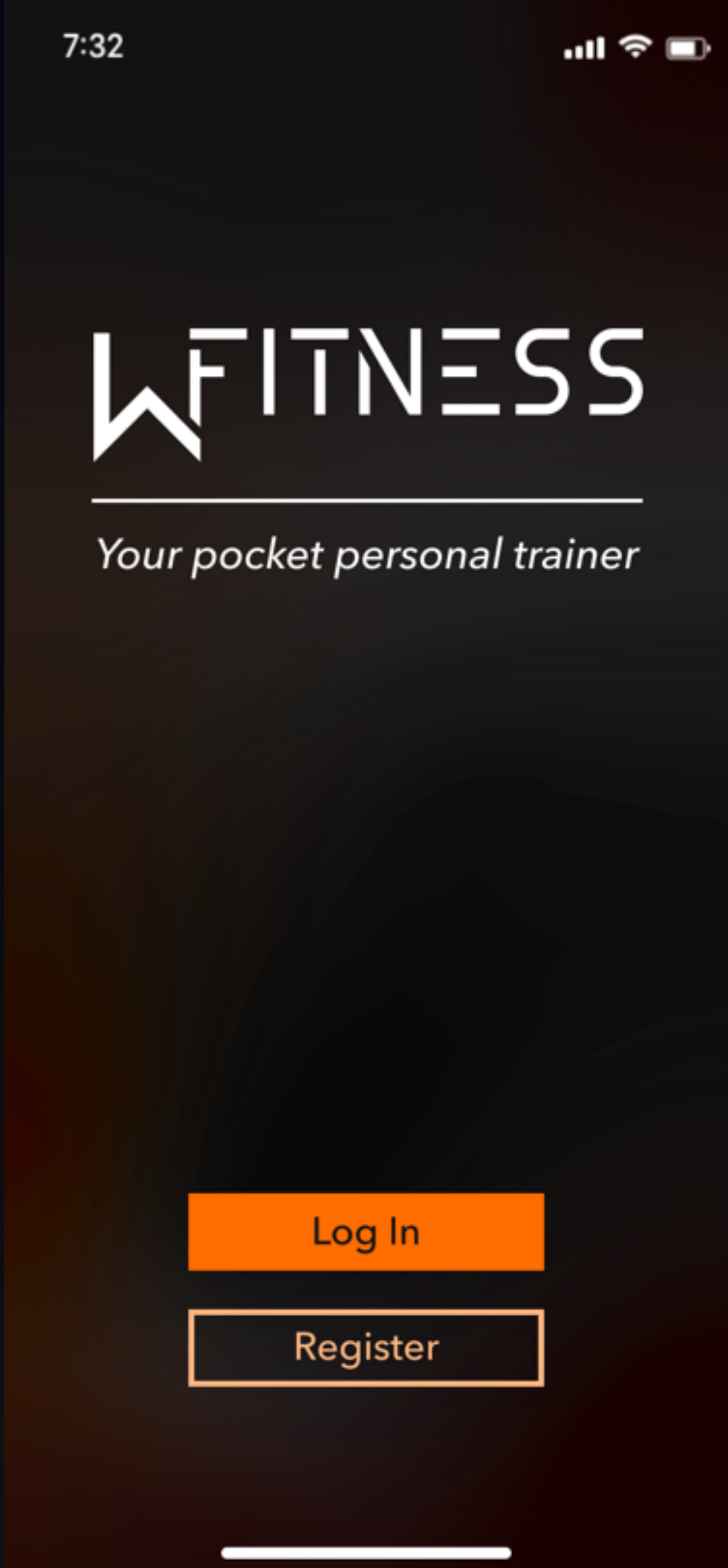
Shape edges and
geometric



Old Screens



New Screens



Screens

Start the journey

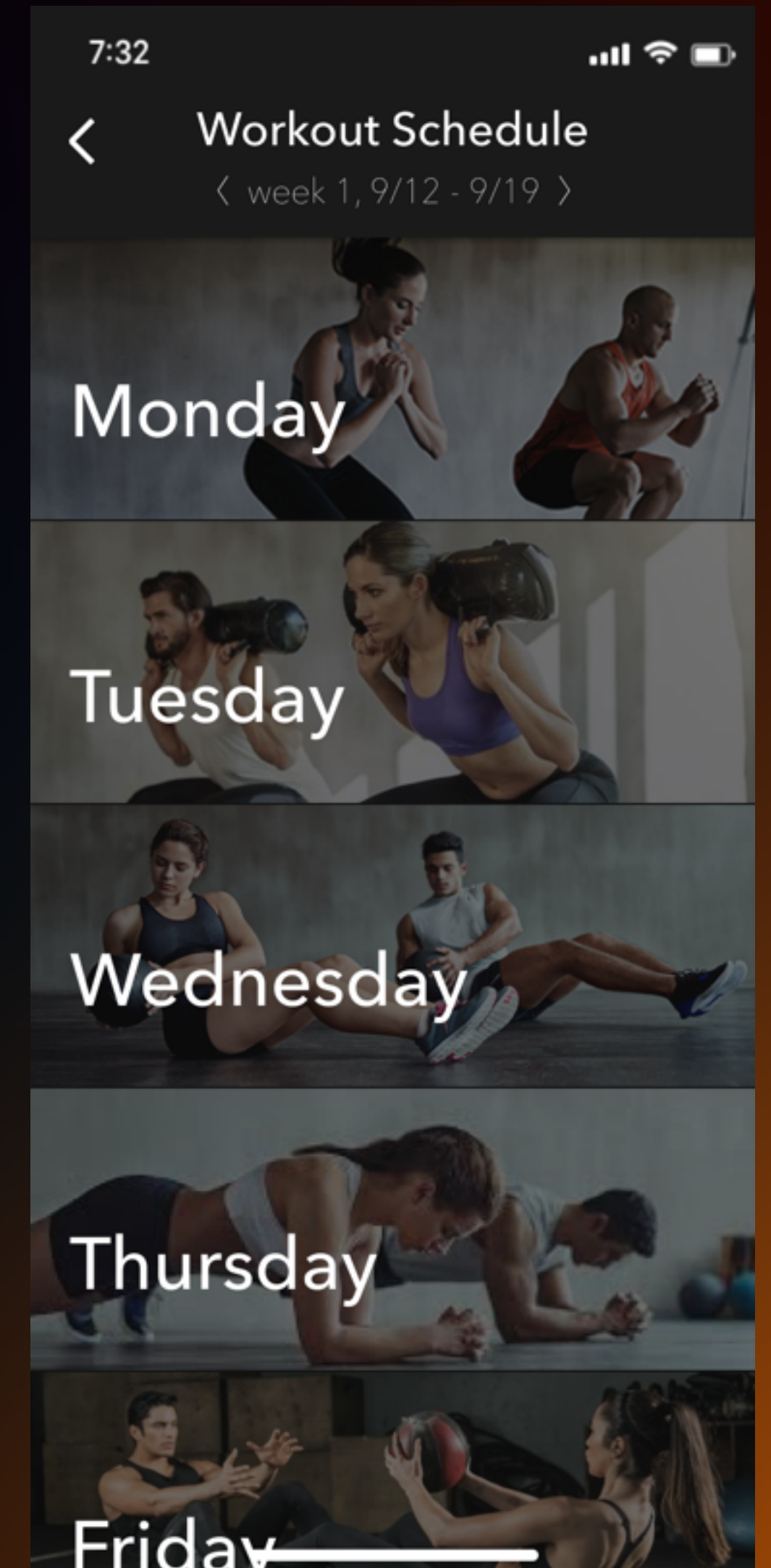
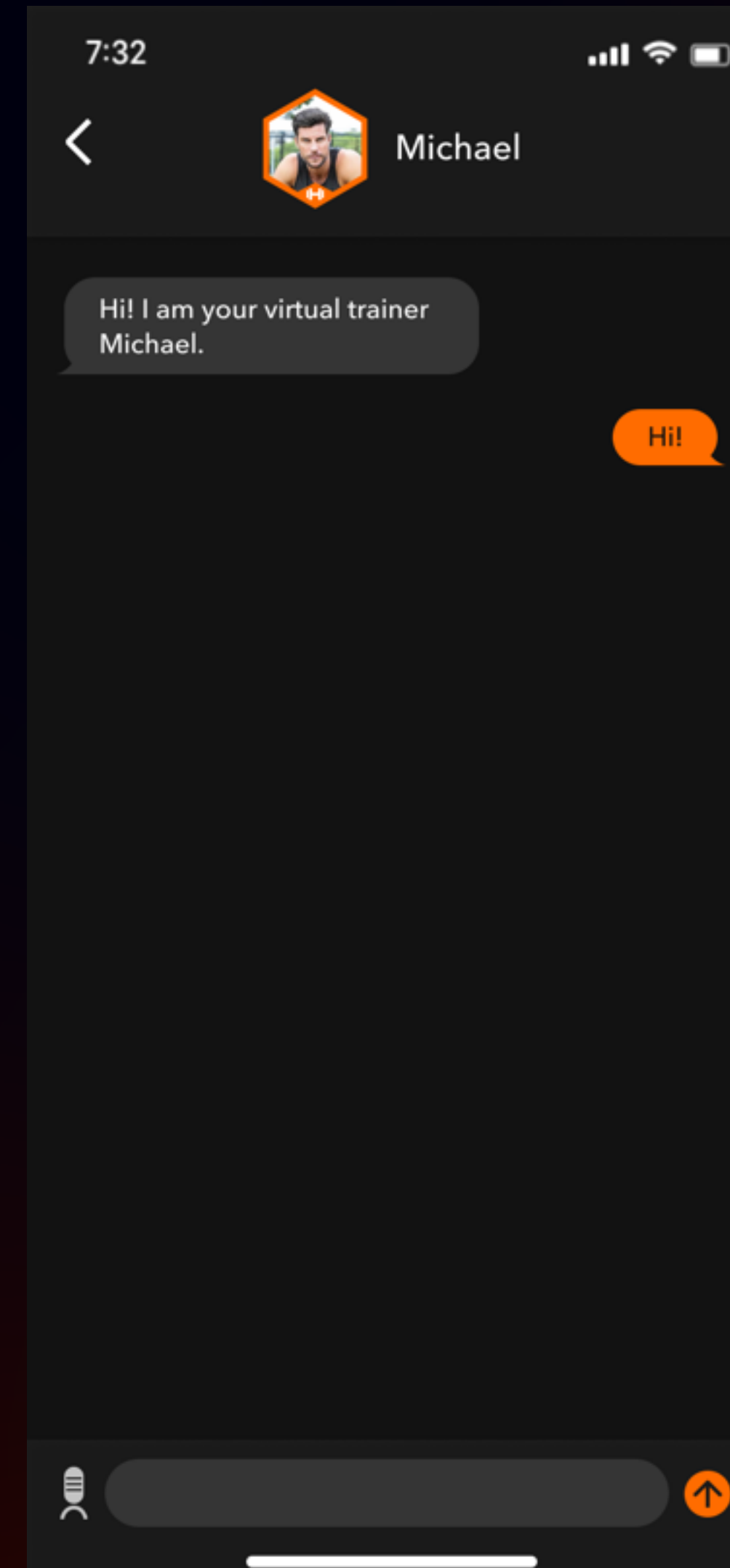
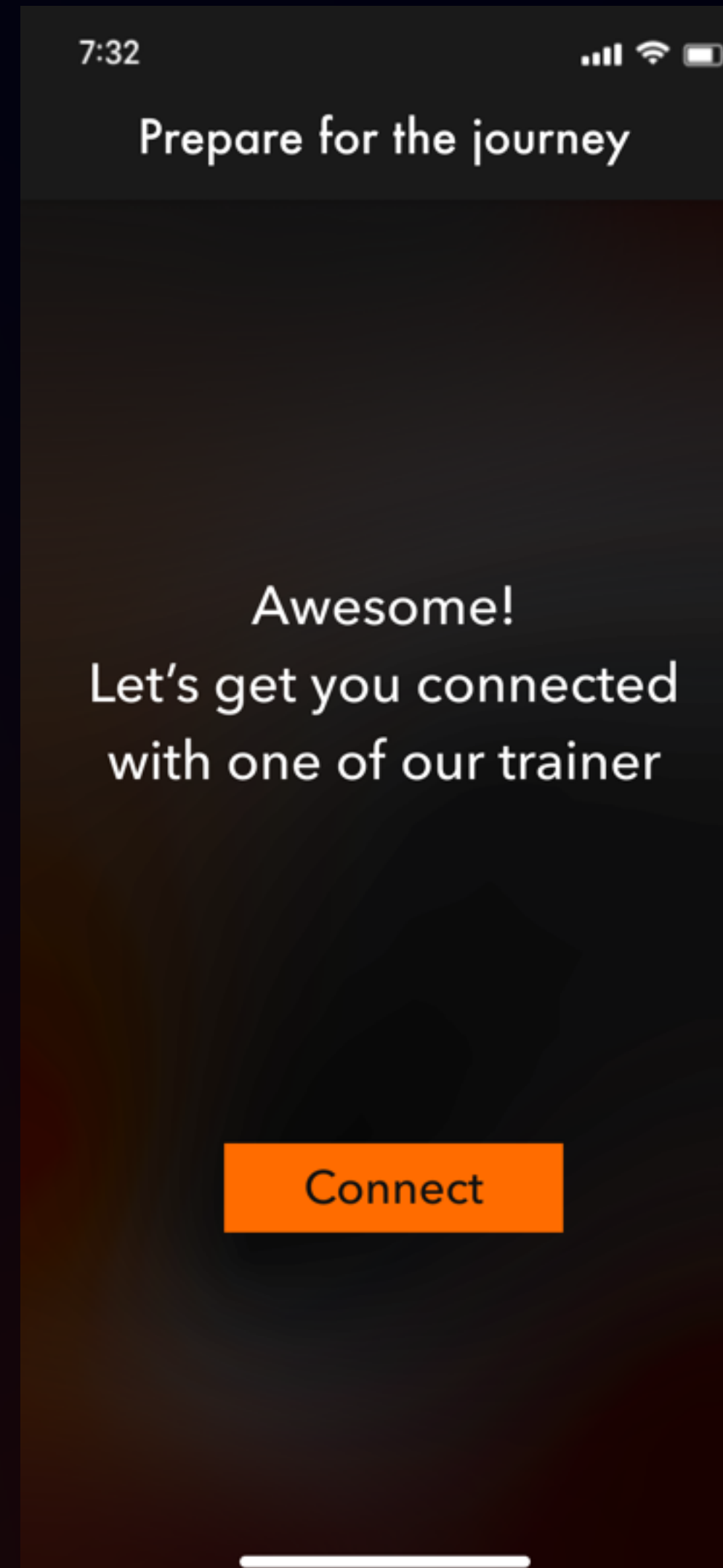
Quick and easy survey to gather basic user informations



Screens

Start the journey

- Connecting user with our online personal coach.
- Coach makes customized workout plan



Screens

Healthy Diet

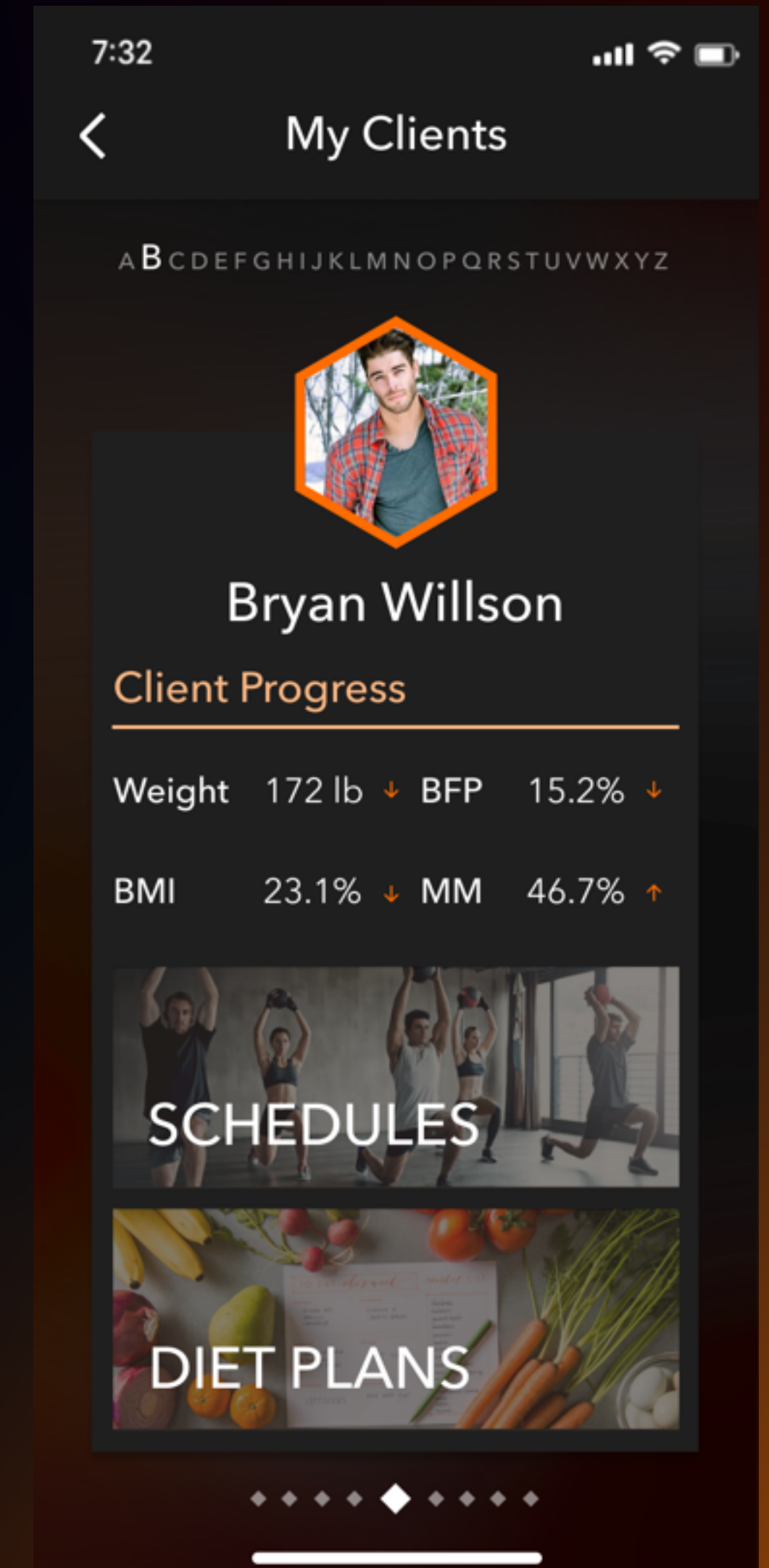
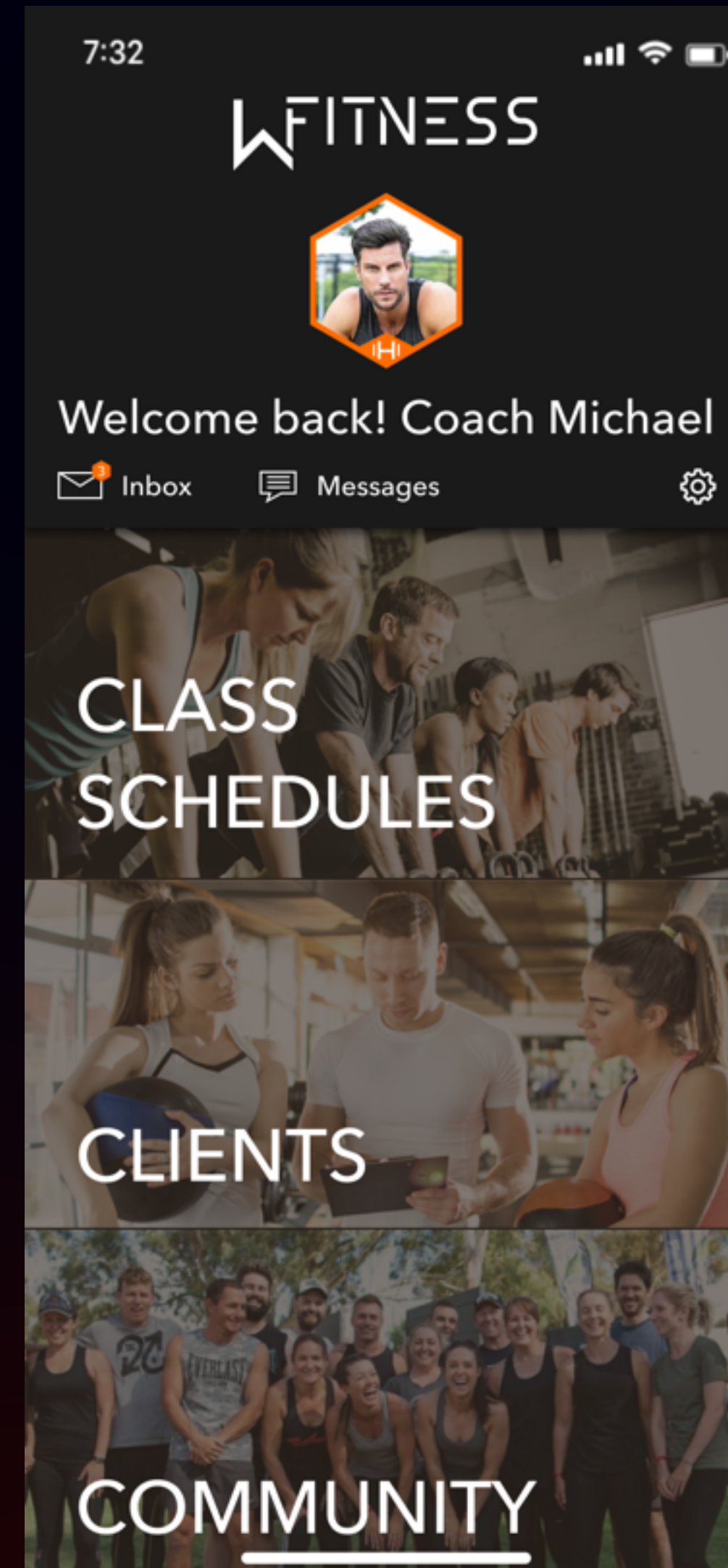
- Quick and easy survey to gather user eating habit and other diet information.
- Online nutritionist makes customized meal plan according to the survey



Screens

Coach Management

- Coaches can manage their in-person class schedule
- Managing clients and keep tracking their progresses



Wearable Screens

- Users can access and track their workout with their wearable devices
- Check meal plans



Thank you!