

Description:

The project involved developing an iPhone/iPad application which can work as a virtual trainer for the users who are interested in improving their fitness levels. The application has videos for approximately 500 different types of exercises. The videos are organized by levels and each of those can be purchased from the app. The different levels of the exercises can be performed across progressing weeks. The videos for the exercises are quite elaborate. Starting with the warm-ups, they take the users through the details for each of the techniques; emphasizing on repetitions and other relevant aspects.

The exercises come in two sections: Warm-up and Work out. Users can buy exercise packages based on their need and carry them to gym as well. This fitness app seems quite comprehensive and serves its purpose with a lot of innovation.

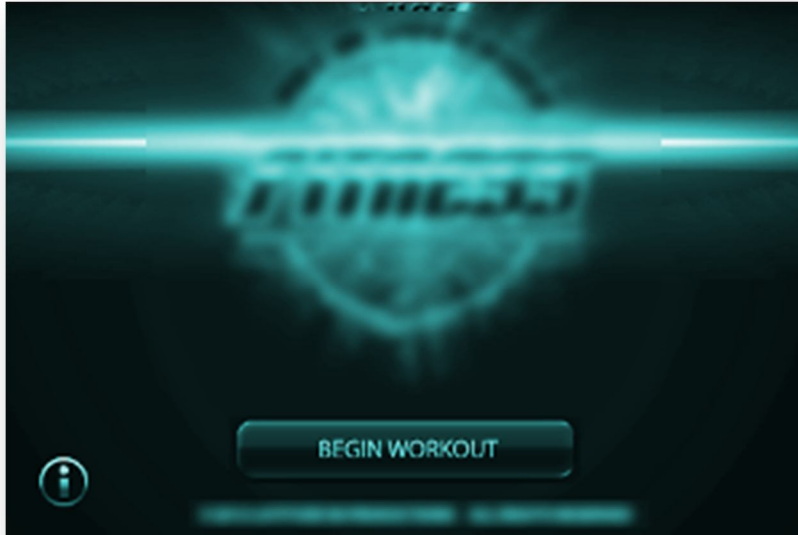
About the Client:

Client: Confidential | **Location:** USA | **Industry:** Fitness / Healthcare

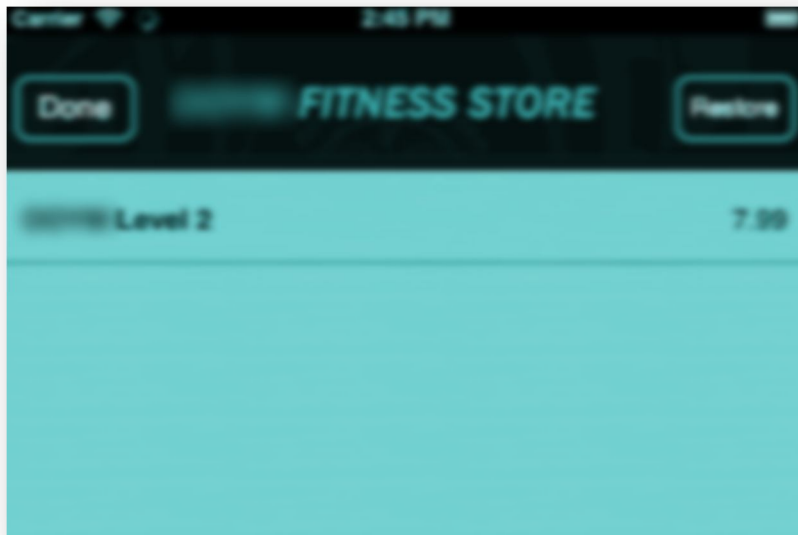
Technologies:

Objective C, iOS 6.0, Cocoa touch framework, Xcode 4.5

Screenshots:

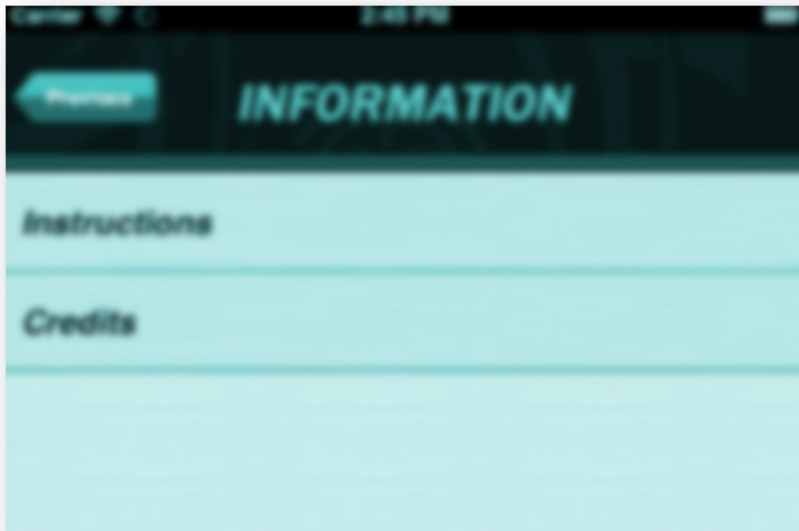


Screen 1: Launching Screen



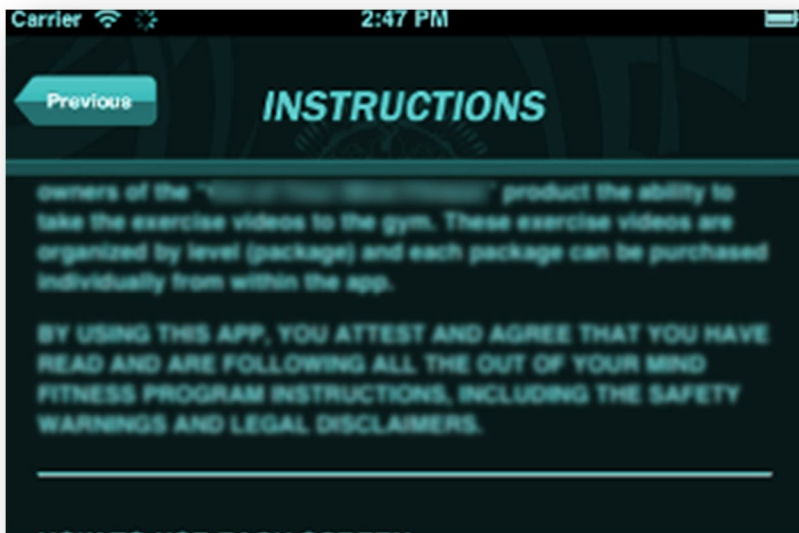
Screen 2: Store Screen

Shows the Fitness Store which consists of various apps.



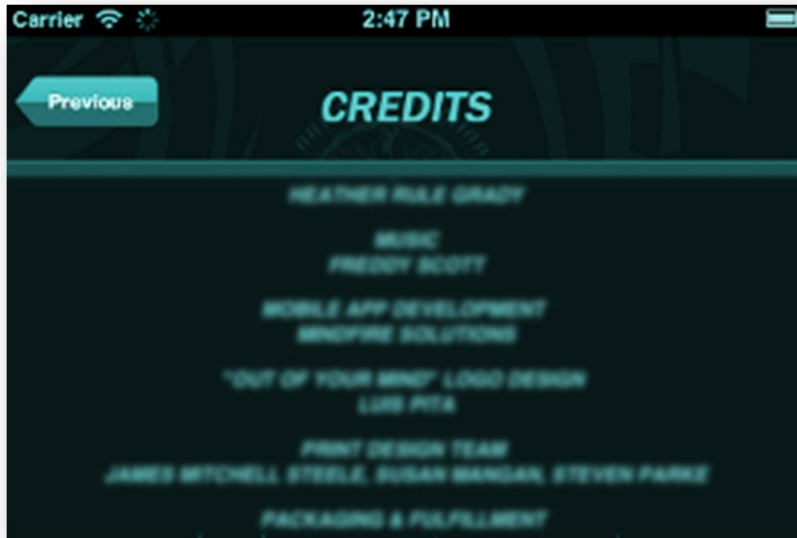
Screen 3: Information Screen

Leads to interfaces which provide instructions and credits.



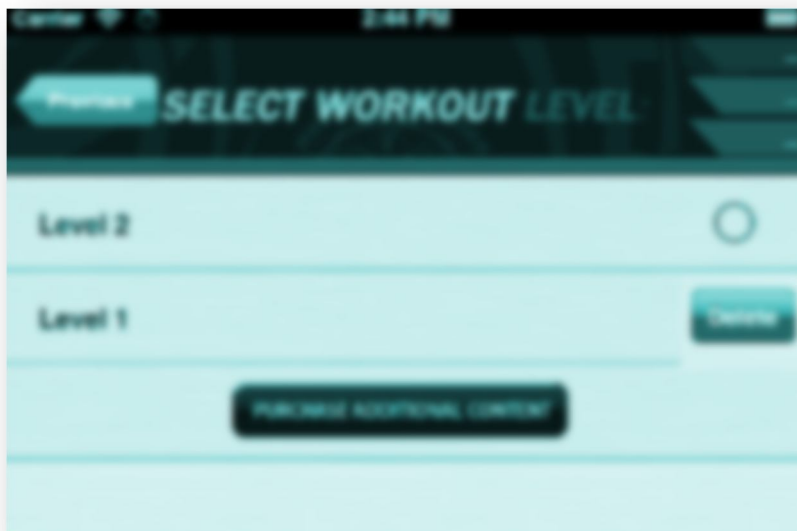
Screen 4: Instructions Screen

Used to share relevant information with users before they start using the app.



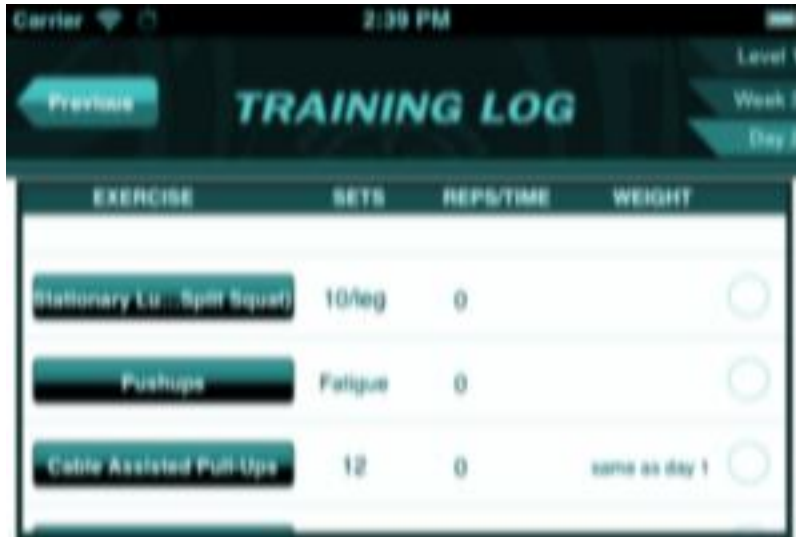
Screen 5 : Credits Screen

Share details of stakeholders involved in developing the app.



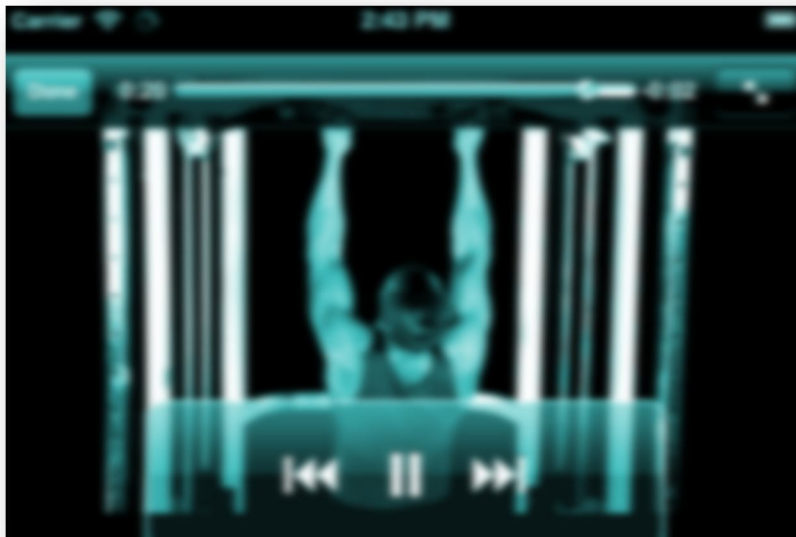
Screen 6: Workout Levels Screen

Used to select the level of a certain fitness activity



Screen 7: Training Log Screen

Shares details of exercises in terms of sets, repetitions, weights corresponding to specific days and weeks



Screen 8: Exercise Video Screen

Shows videos corresponding to exercise types and levels