



## Project Overview

In today's busy schedule workout boredom is a common problem and one of the 5 major reasons why people stop exercising. Many people have been found to get bored with their workout in a recent Make Boring Brilliant workout survey conducted by VitaminWater Zero.

But with an app solution like "CardioGain" it is possible to never have the same workout twice. Get to know more about it.

## Features:

**Ideal for both, workouts with and without equipment:** Equipment is not a mandate to perform the Circuits mentioned in CardioGain. But if needed, there are a few circuits available for purchase that feature special equipment, and that users may like to include in their workouts, such as free weights or stability balls.

**Track Progress as well as Earn Rewards:** Not only one can ensure the improvement with the Progress Meter feature in CardioGain but users will have an opportunity to earn up to 9 more Circuits (that require no equipment) at no additional cost.

**Suits all fitness levels:** CardioGain is suited to all levels of fitness though children under the age of 13 are not permitted to use this app.

**Can be used for Indoor and Outdoor workouts both:** CardioGain app can be used with traditional indoor workouts (like treadmill, stationary bike, elliptical machine or indoor track) as well as in outdoors while walking, jogging and running. Further the app can be used in park, track, beach or any desired neighbourhood where one can pull over safely to perform the Circuits.

**Target Different Areas:** CardioGain features 6 different circuits each comprised of conditioning exercises geared toward one of the following target areas

- Abs
- Arms/Shoulders
- Back/Chest
- Legs/Butt
- Flexibility/Balance
- Total Body

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## Our Role

To create monotony-free workout app solution, we

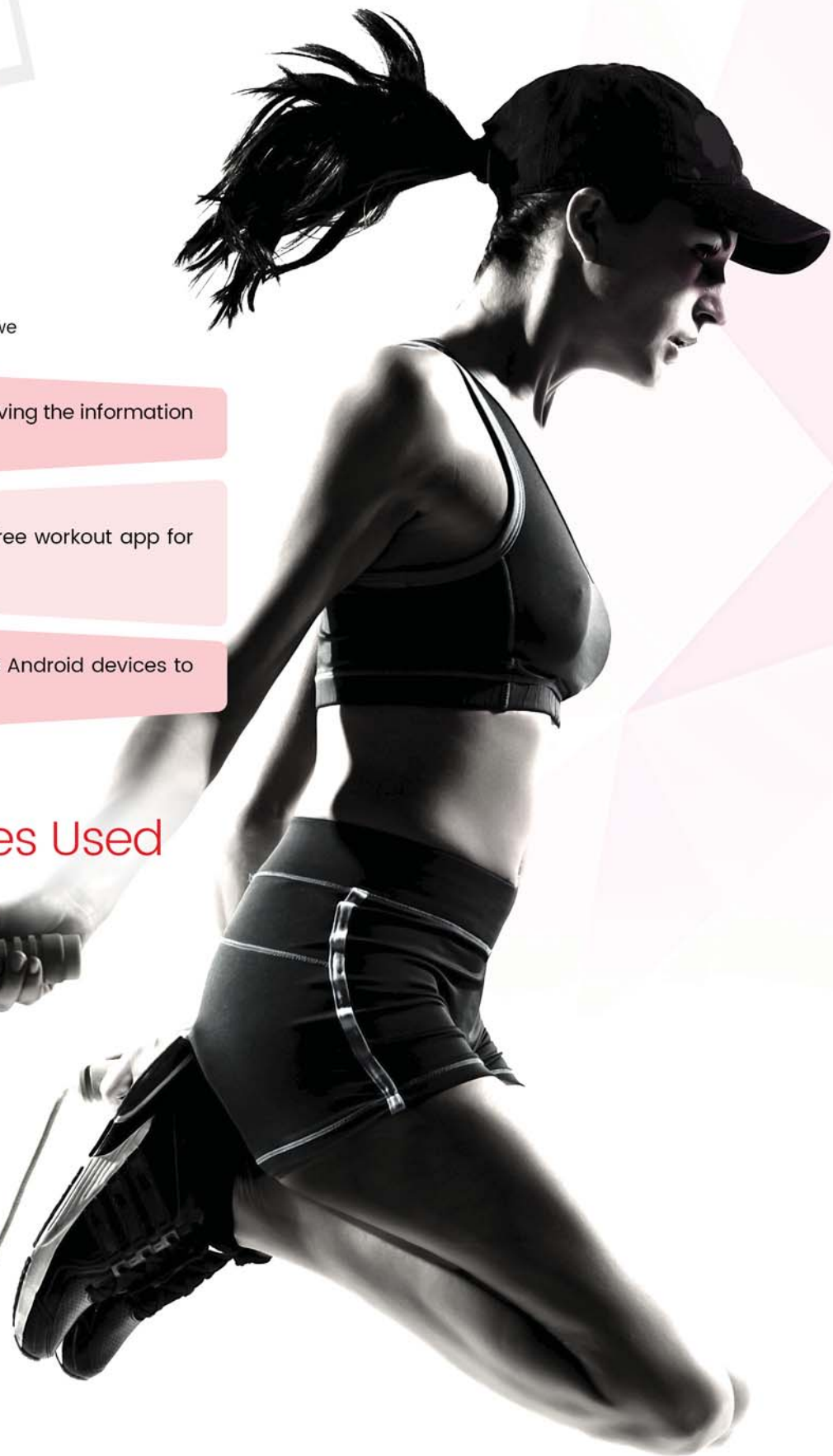
Analyzed the need thoroughly after receiving the information and artwork from client

Wrote native code to create boredom free workout app for both iPhone as well as Android

Tested app performance on iPhone and Android devices to ensure friendly user experience

## Tools & Technologies Used

Objective C, XCode, Android



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