

APP: FITNESS APP

**M. SUBHASREE**

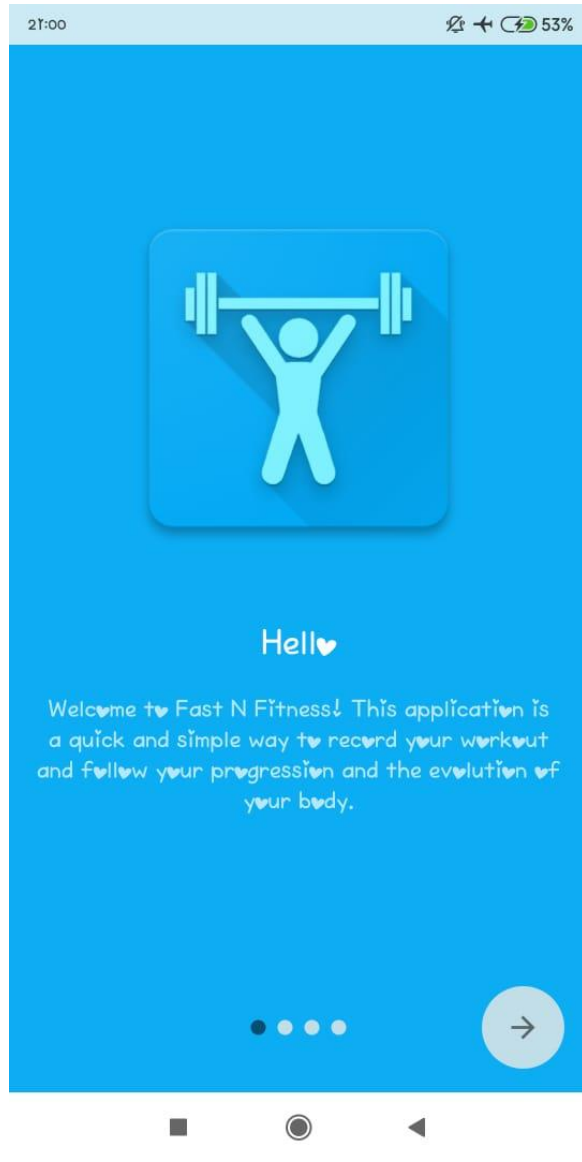
**(Reg. No.1813441033062)**

## **ABSTRACT:**

The world is becoming technology driven and we are living in an era of Internet. The world we are living is a fast paced environment. People want to have access to almost everything at their fingertips. Applications created are based on these concepts of portability. Portal hence brings you the joy of staying fit and healthy . This application allows readers to exercise and stay fit right from their home. This app provides different genres to satisfy every customer. The objective of this project is to make an application in an android platform that helps people to do exercise. People nowadays do not have the time to go to gym and workout. Thus, portal helps make their body fit. This application is offline based too, which means there is no stopping avoid readers or new readers




# INTERFACE:

## HOME:



## PROFILE:

21:00

   53%

Create a profile

Name / pseudonym

Male


Female


Other


Birthday (optional)


Size in cm (optional)

CREATE
















# MAIN ACTIVITY:

21:03

   55%



Fast N Fitness


  

EXERCISES

GRAPHS

HISTORY

Filter by exercise name



Exercise Type :

Bodybuilding

Cardio

Sets

Reps

Weight

1

10

50 Kg

▼

ADD

Last records:

ADD:

21:05

... 55%

Fast N Fitness

EXERCISES

GRAPHS

HISTORY

squats

Sets

Reps

Weight

1

10

50 Kg

Min 50 Kg

Max 50 Kg

ADD

(21:05:43)

Last records:

- 30/04/2021 -




squats	Sets	Reps	Weight		
30/04/2021 21:05:42	1	10	50Kg	↑	×

## ADD DETAILS:

21:05

... 55%

Fast N Fitness



EXERCISES

GRAPHS

HISTORY

squats

Sets

Reps

Weight

1

10

50 Kg

Min 50 Kg

Max 50 Kg

ADD

(21:05:43)

Last records:

- 30/04/2021 -

squats	Sets	Reps	Weight		
30/04/2021 21:05:42	1	10	50Kg	↑	×

# STOPWATCH:

