

Overview

This case study outlines the design process of a fitness app focused on generating tailored workout plans for athletes. The app employs innovative technology to assess users' fitness goals, body composition, injury history, and available equipment, leveraging an extensive exercise library. It utilizes dynamic filtering algorithms to create workout plans that meet user requirements while optimizing user experience (UX) for both trainers and athletes.

Problem Statement

- Provide personalized workout plans that adapt dynamically to an athlete's unique constraints (e.g., injuries, time commitment, or available equipment).
- Offer seamless user experiences that cater to trainers and athletes, ensuring intuitive data input and real-time modification of workout plans.
- Present workout insights in a user-friendly, visually appealing way, leveraging efficient screen real estate.

Solution

- Athlete-specific data (fitness goals, injury details, available equipment).
- Real-time filters that align exercises with users' preferences and constraints.
- A visually rich UX design emphasizing graphical elements (image carousels, GIFs) for intuitive data presentation.
- Trainer tools for manual modifications to plans, enhancing the flexibility of generated workouts.

Core Features

★ Athlete Onboarding Process

- Collect comprehensive user data during registration, including fitness goals, injury history, and equipment availability for different locations.

★ Design Elements

- Intuitive forms, toggles for injury-specific movements, and editable equipment lists for gyms or home setups. A guided, step-by-step interface with visual indicators to ensure a smooth onboarding experience.

★ Dynamic Workout Plan Generator (WPG)

- Fitness goals ranked via radar charts.
- Injury sensitivities (modifying or excluding certain exercises).

Challenges

- ✓ **Personalization Complexity:** Balancing automated filtering and user-specific constraints without overwhelming trainers or athletes.
- ✓ **Dynamic Filtering System:** Designing a robust algorithm to process multiple constraints (injuries, equipment, goals) in real time.
- ✓ **Optimizing Screen Real Estate:** Ensuring data-heavy pages remain user-friendly, especially for mobile or web apps.
- ✓ **Trainer Flexibility:** Providing robust manual overrides without compromising the app's workflow.

Solution

- 💡 **Design Enhancements:** Introduced image-based carousels to simplify exercise selection and improve UX engagement.
- 💡 **Filtering Mechanism:** Incorporated multi-layered filters for goals, injury compatibility, and equipment availability.
- 💡 **User-Centric Visuals:** Employed GIFs for exercise demonstrations within the carousel to enhance usability.
- 💡 **Trainer Notification System:** Automated alerts for defective equipment and streamlined exercise substitution processes.

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Screenshots

