

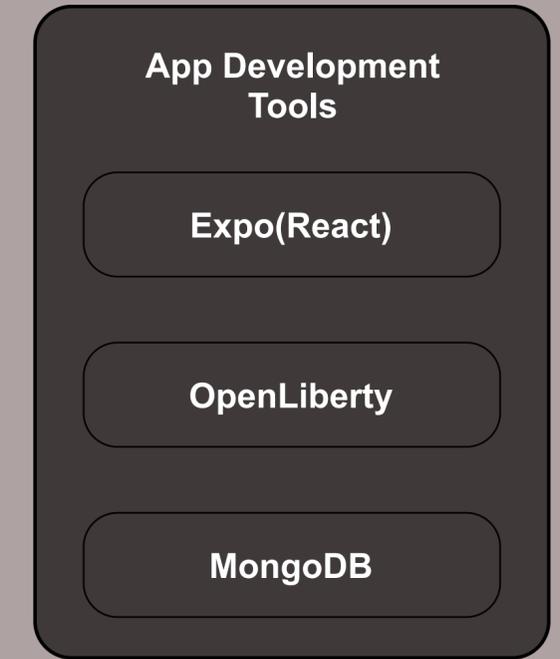
Introduction: Our goal is to build an application that can empower clients to further themselves on their own workout journey all while allowing their trainer to remotely monitor and guide this process.

Problem: In our current market our stakeholder can not find an application that suitability meets his needs for both his clients and himself. This problem has more apparent as the pandemic has restricted trainers ability to meet their with clients in person.

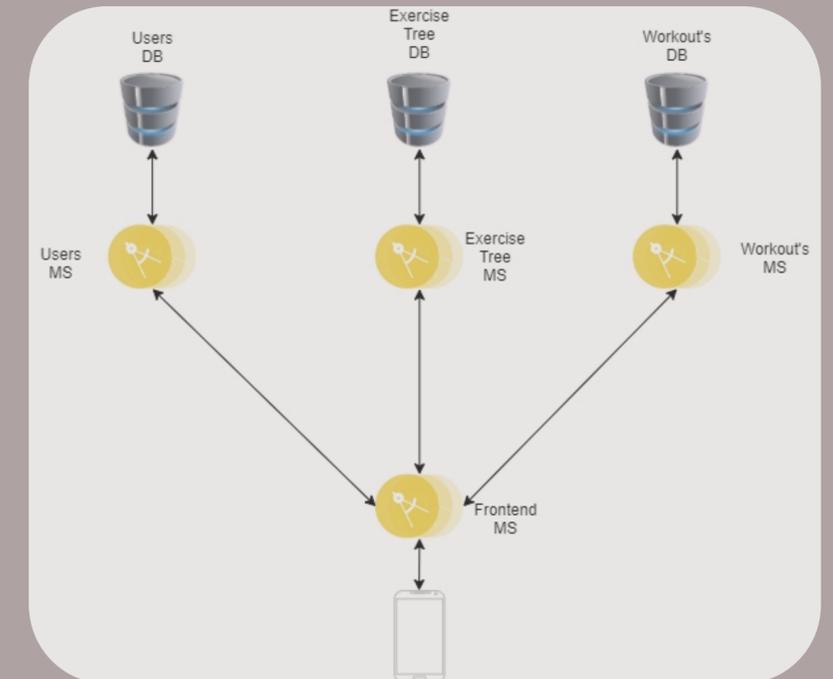
Our solution: Create a custom, intuitive application that can provide both parties what they desire. For the Clients they have the ability to create custom workouts while still being able to have the knowledge that their trainer can always aid them in the notes. Trainers are able to view what workouts curtain clients enjoy all while being able to remotely monitor their progress.



App Created by Matt Ljuljic and Trevor Primus
Supervised by: Jae Woong Lee



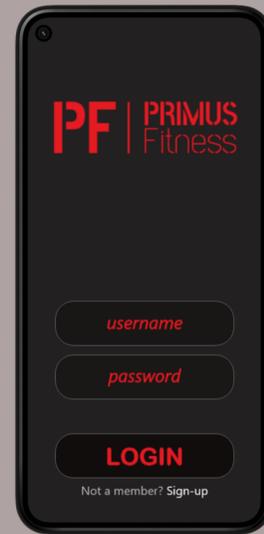
App Architecture:



Acknowledgments: We would like to thank the IBM employees who helped us better understand OpenLiberty, (Specifically Paul Austin and his team)

Benefits

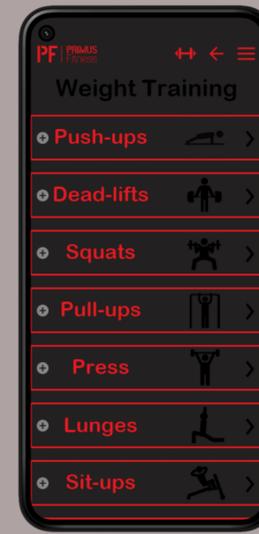
Clients	Trainers
Easily Create/Customize Workouts	Easily Create Workouts for Clients
A wide variety of Fitness options	Allows trainer to add and update exercises in the app
View how to properly perform a workout	Makes managing a large number of clients easy
Comment and View Past/Presents Workouts	Easily Monitor Clients Progression



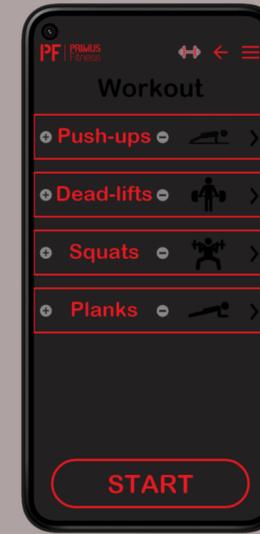
Login(Alpha)



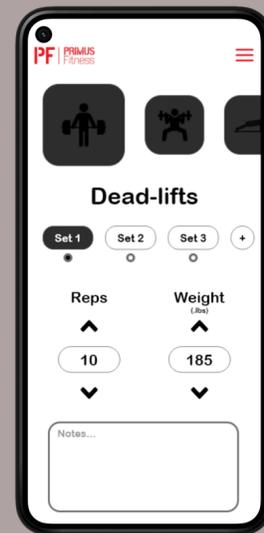
Home



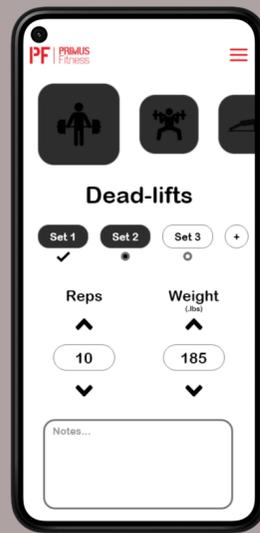
Exercise Tree



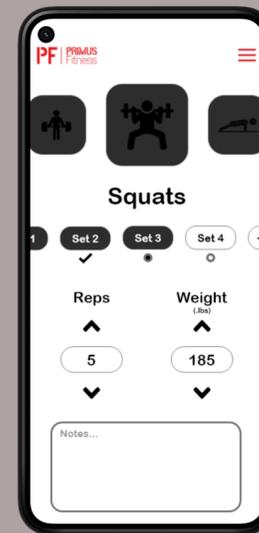
Workout



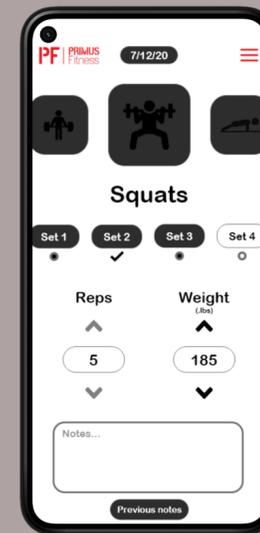
Perform Workout 1



Perform Workout 2



Perform Workout 3



View Past Workout