

FLEX

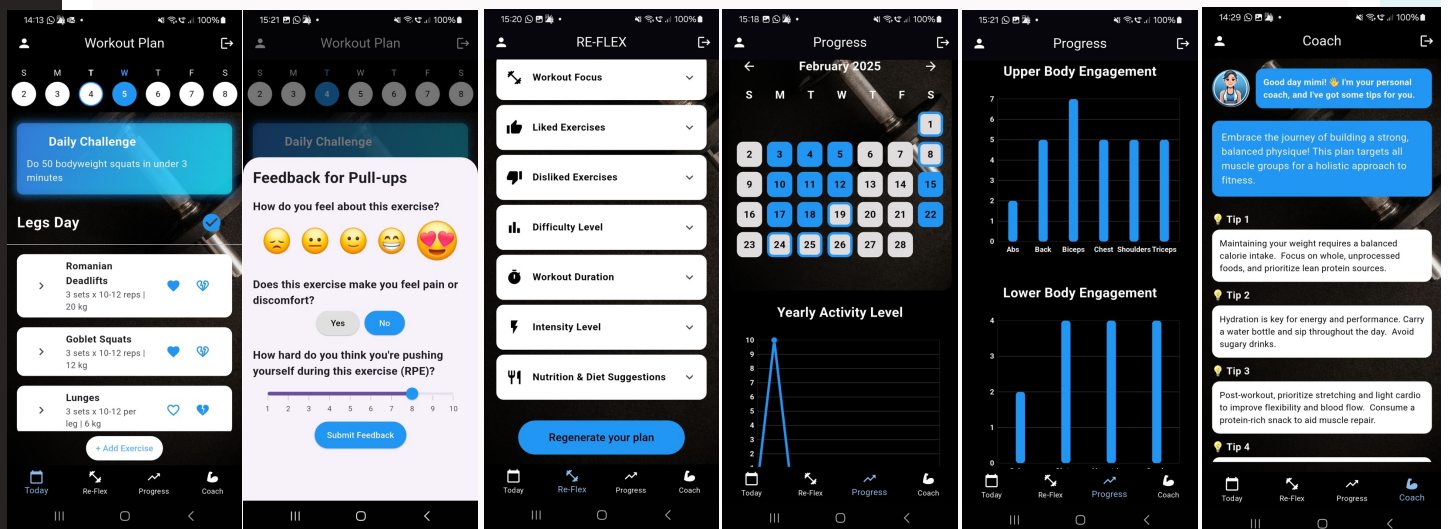
Your Personalized Gym Plan, Simplified!

Many gym-goers struggle to create and follow an effective workout plan tailored to their fitness goals, leading to inconsistent progress and lack of motivation.

A personalized gym app that creates custom workout plans based on your fitness levels, goals, and preferences.

Main features:

1. AI-powered workout plans tailored to you.
2. Workout tracking & progress insights.
3. Regenerates workouts based on your performance.



1. Main Plan screen with each workout and description of all exercises
2. Feedback for every exercise
3. Create new split based on new needs
4. Progress page
5. Muscle engagement
6. Personal tips

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Project in Android Development