GYM APP

Elaboré par :xxxxx

TABLE OF CONTENTS

01

PEERSONA

USER STORY

On a utilisé le site Xtensio

Emna Smida

Active **Loud** **Motivated**

"All progress takes place outside the comfort zone."

Age: 25
Work: Instagram Influencer
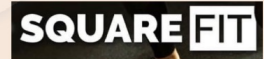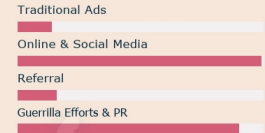**Family:** Single
Location: Tunisia
Character: Active

Personality

Introvert	Extrovert
Thinking	Feeling
Sensing	Intuition
Judging	Perceiving
Clean	Messy
Healthy	Toxic

Goals
- A fit body
- A healthy life
- Reducing negative vibes
- More follower
- Influence people to believe and be theirselves

Frustrations
- Gaining weight.
- Being ugly.
- Forgetting about her training time.

Bio
Emna Smida (born April 20, 1995) is famous for being instagram star. The Tunisian social media starlet who has gained a large following on her Emnasmidaofficial Insatgram account. She usually posts selfies and modeling photos for the benefit of her followers.

Motivation

Incentive

Social

Growth

Power

Will

Brands & Influencers

SQUAREFIT

CALIFORNIA GYM

Preferred Channels

Traditional Ads

Online & Social Media

Referral

Guerrilla Efforts & PR

USER STORY

On a utilisé le site "uxpressia »
pour cette version du persona

NAME		MARKET SIZE	TYPE
Emna Smida		58 %	**Artisan**

Goals
- Having a fit body
- Having a healthy life
- Reducing negative vibes

Quote
All progress takes place outside the comfort zone.

Demographic

- Female — 25 — years
- Kairouna
- Single
- Influencer

Background
Emna Smida (born April 20, 1995) is famous for being instagram star. The Tunisian social media starlet who has gained a large following on her Emnasmidaofficial Insatgram account. She usually posts selfies and modeling photos for the benefit of her 490,000 followers.

Motivations
- Having more followers
- Having a perfect body

Frustrations
- Gaining weight
- Being ugly

Brands and influencers

SQUARE FIT   **CALIFORNIA GYM**

Technology

Channels

Skills

Photography

0	25	50	75	100

Modeling

0	25	50	75	100

Sport

0	25	50	75	100

Dance

0	25	50	75	100

Music

0	25	50	75	100

Marketing

0	25	50	75	100

Commuication

0	25	50	75	100

02

USER STORY

REVIEWS

03

LOW FEDILITY WIREFRAME

OUR PLANS

HOME

- Page d'accueil s'ouvre directement lorsque on lace l'app
- On trouve des boutons qui permettes de naviguer aux différents services offert.
- On trouve aussi les réseaux sociaux du GYM
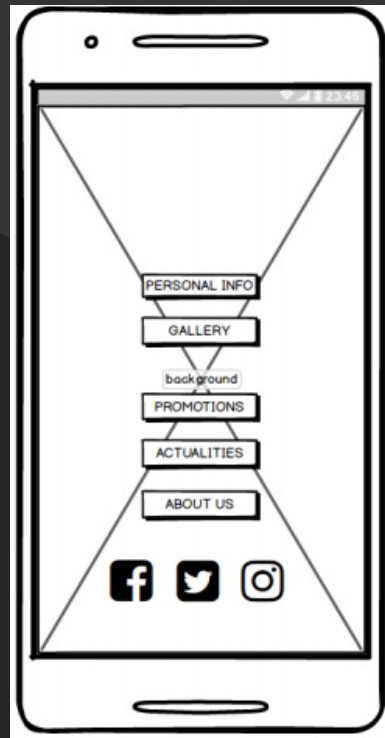
OUR PLANS

Personal INFO

- Seulement les personnes inscrites au gym ont un espace personel
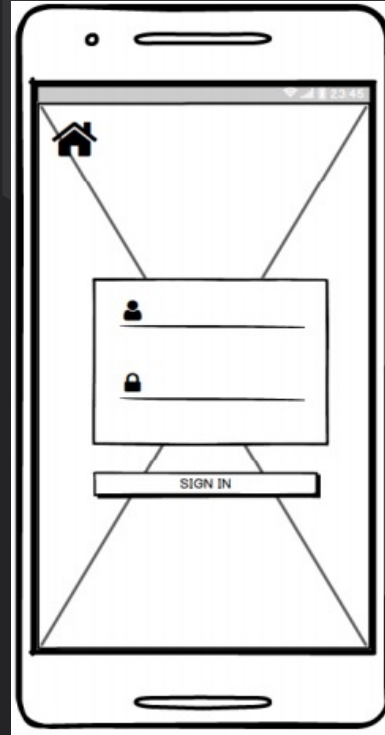
OUR PLANS

WORKOUT PLANS

- Cette page s'ouvre automatiquement après le login
- Cette page s'ouvre dès le clic sur « Personal Info » si on est déjà authentifié
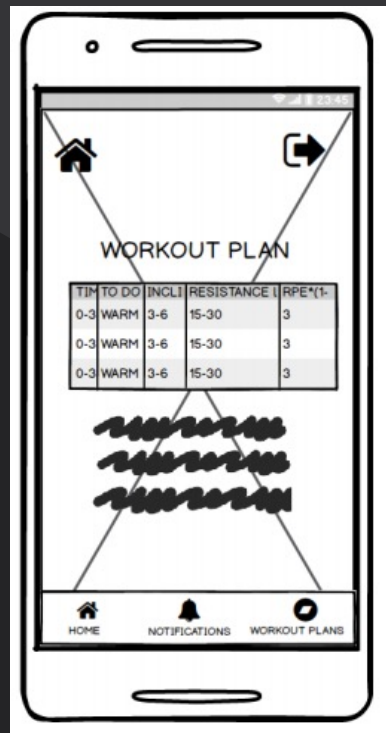
OUR PLANS

NOTIFICATIONS

- Cette page est sous Professional info
- Le client reçoit des notifications pour lui rappeler de ses dates d'entrainements.
- Le client reçoit des notifications contenant les nouveautés et les actualités du   GYM
- L'entraineur(coach) peut envoyer des conseils…
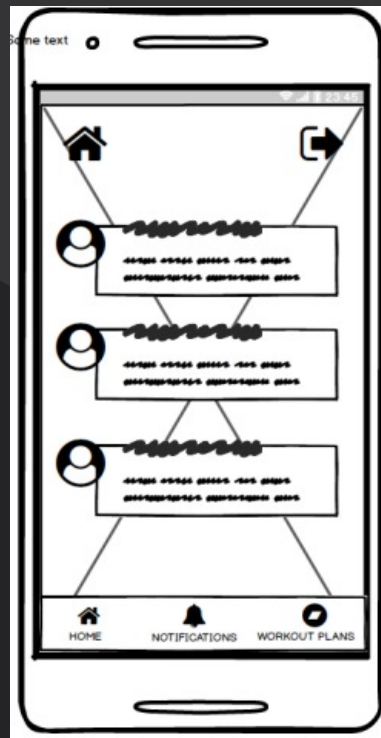
OUR PLANS

Gallery

- On trouve toute les photos des équipements et même des différentes parties de la salle et même les vidéos des exercices...
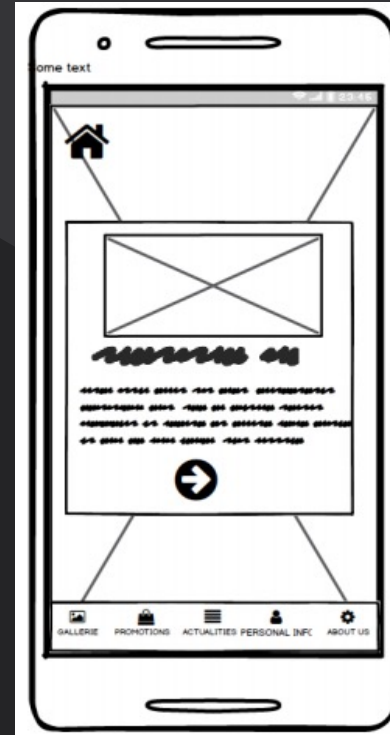
OUR PLANS

PROMOTIONS

- On trouve toutes les promotions offertes

OUR PLANS

ACTUALITES

- On trouve toute les actualités et les vidéos de publicités ou d'entrainemts..
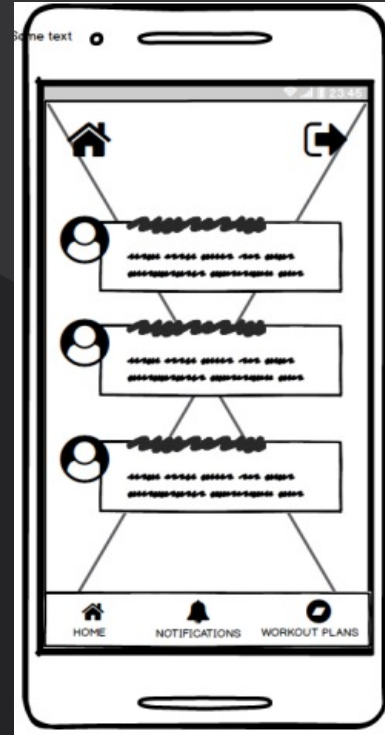
OUR PLANS

ABOUT

- On trouve toute les coordonnées du gym.

04

HIGH FEDILITY WIREFRAME

PRODUCT DEMO
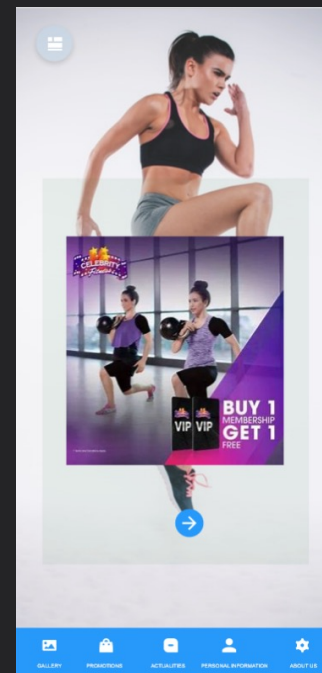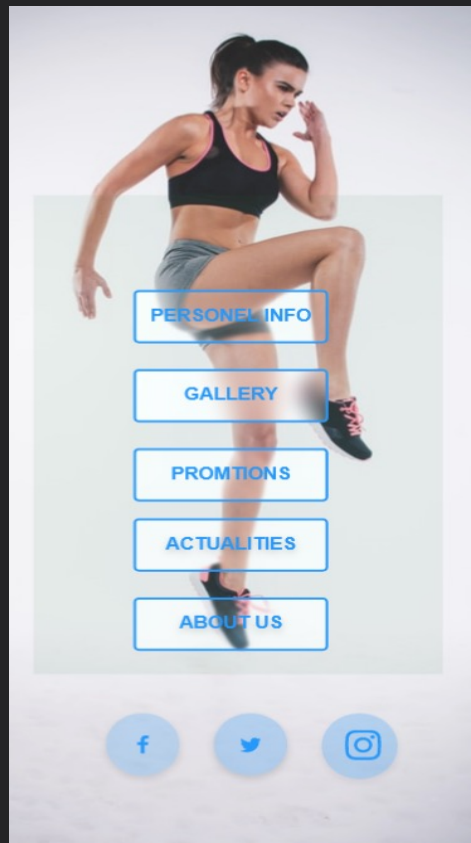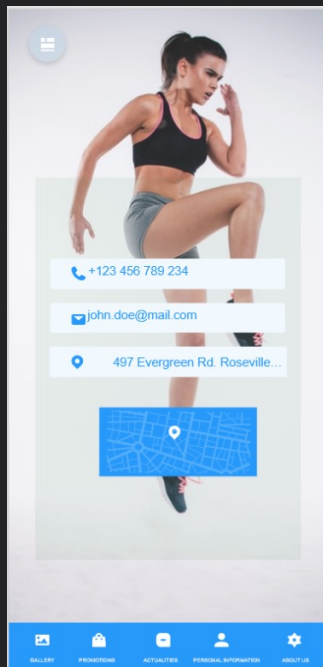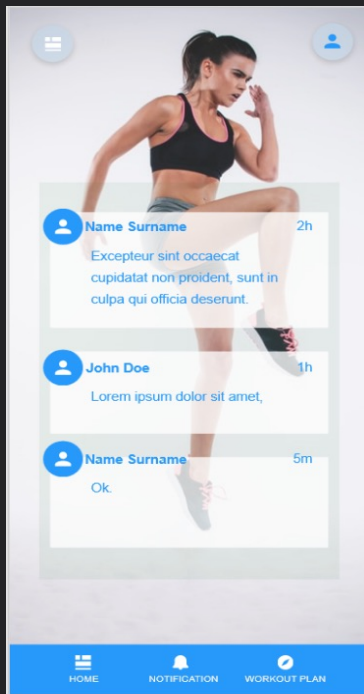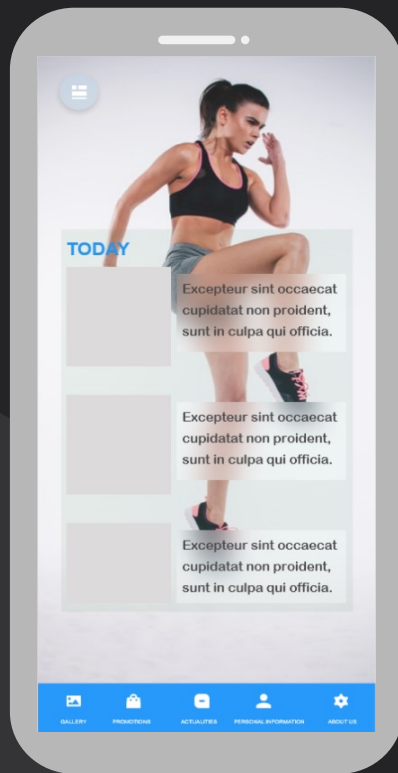
+123 456 789 234

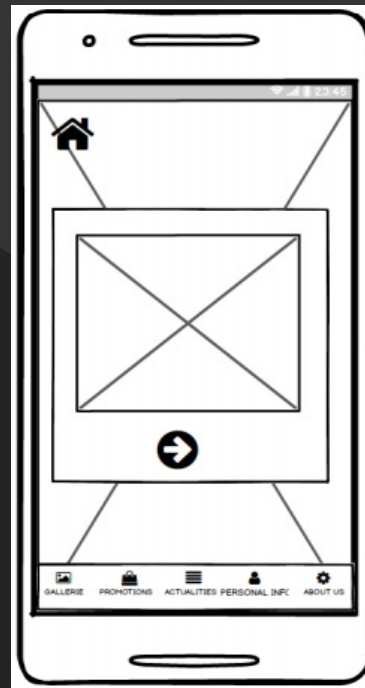john.doe@mail.com

497 Evergreen Rd. Roseville...

PERSONEL INFO

GALLERY

PROMTIONS

ACTUALITIES

ABOUT US

GALLERY   PROMOTIONS   ACTUALITIES   PERSONAL INFORMATION   ABOUT US

CELEBRITY

BUY 1
MEMBERSHIP
GET 1
FREE

VIP VIP

PRODUCT DEMO

Name Surname 2h
Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt.

John Doe 1h
Lorem ipsum dolor sit amet,
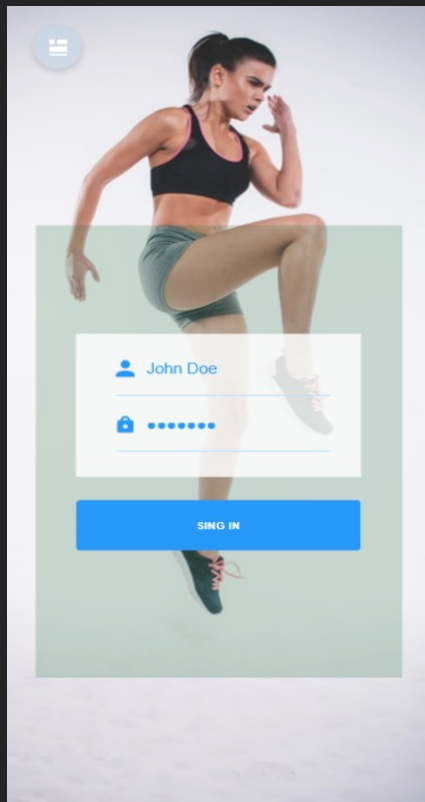
Name Surname 5m
Ok.

HOME   NOTIFICATION   WORKOUT PLAN

John Doe

••••••••

SING IN

Your Workout Plan

TIME (MINS)	WHAT TO DO	INCLINE	RESISTANCE (LEVEL)	RPE* (1-10)
0-3	Warm up	3-6	15-30	3
3-5:30	Decrease incline, increase resistance	0-3	40-45	6-7
5:30-8	Decrease resistance	0-3	15-30	4-5
8-13	Repeat minutes 3-8	0-3	15-45	4-7
13-15:30	Increase incline and resistance	7-10	45-60	8
15:30-18	Decrease resistance	7-10	15-30	4-5
18-23	Repeat minutes 13-18	7-10	15-60	4-8
23-25	Cool down	3-6	15-30	3

Workout intensity moderately hard
Equipment needed Cybex Arc Trainer
Total time 25 minutes
Calories burned 300**

*Rate of perceived exertion; see page 222 for chart.
**Calorie burn is based on a 145-pound woman.

HOME   NOTIFICATION   WORKOUT PLAN

THHANK YOU

For your attention