The Smart Gym System
People want to learn more about their activities & body

To get motivated, observe changes and improve workout efficiency.
These days, activity tracking is only available for ‘limited types of cardio exercise’.
What about weight exercise?

Keeping workout record is crucial in planning trainings.
People tried to make record keeping easier. However, you still have to enter all the data manually.
How might we help gym users to get their workout & body information easily?
D.Gym
IoT Enabled Smart Gym System
Automagically
Record workout
Easily collect precise body composition data
Automagically
Record workout
Personalize workout plans based on collected data & user's goal
Equipment’s sensor
- Detect Body Movement
- Send Data to NFC Tag

NFC Tag
- Read Data from Sensor
- Hold Data from Sensor
- Send Data to App

App / Service
- Record body Info.
- Record Training Data
- Customized Workout Plans
- Suggest Workout Plans
Flow

Check in

Exerciser's App

Touch!

Equipment

NFC Tag

Okay!

Exerciser's App

Server / DB

Check out

Exerciser's App

Touch!

Equipment

250 kcal, 30 mins.

Exerciser's App

Equipment

Sensor
Users can choose either input their body data through the app or use scales to record and send data to the service.
The user can see today's workout and know what exercises are for today. Then the user tap his/her phone to the equipment and start to workout.
During workout, the user can see the timer and repetition. And there's instruction for the next exercise. The user can evaluate today's workout after it is finished.
Data from the equipment and self report will form user’s stats. The user can check his body data and workout history to see his progress.
D.Gym Look & Feel

Colors

- #FF5E3A
- #FC3768
- #CACACA
- #1A1A1A
- #222327
- #FFFFFF

App Icon

Explore

Exercise Detail

**Stable Your Core**

- **Moves to strengthen your core and legs while maximizing overall muscle endurance.**
- **Quick, classic drills for core power, lower body endurance and upper body strength.**

- **Three solid power moves to increase core strength and metabolism.** A solid arm and leg workout for full body strength and balance.

- **Full body strength moves to boost your metabolism and push up your power.** Explosive drills to increase metabolism and build full body strength.

ADD TO MY WORKOUT
Invision Prototyping
Appendix
Who are we designing for?

- **Newbies**
- **Builders**
- **Slackers**
- **Retired**
Meet our user

John
Gym Newbie

Age : 32  
Job : Marketer  
Income : $8K/month  
Chicago IL

After breaking up with his girl friend recently, John began to go to gym since he needed something to focus on and also wanted to improve himself.

He had played some sports, but didn’t have much experience in the gym. He googled beginner’s workout plans and watched some instructional videos on Youtube. However, he still feels confused and lost during workouts.
**Task Analysis**

**GYM experience**

**Prepare**
- motivated
- plan
- buy/check equipment
  - learn
  - how crowded?

**Enter Gym**
- system log-on
  - (meet trainer)
- check in
- use lockerroom
  - body assessment
  - change cloth
  - secure locker
  - find workout partner

**Workout**
- warm up & stretch
- workout
  - workout instruction
  - classes description
  - time manage
  - equipment occupancy
  - auto weight adjustment

**Exit Gym**
- use lockerroom
- check out
  - body assessment
  - spa
  - take shower & dry
  - cloth on & pack

**Post workout**
- recover
- self assessment
- review workout
  - eat
  - rest
  - injury care
  - customized diet plan based on goals
As-is

Start with research

Flooded by info

Struggle with workout plan

Read the plan time to time during workout

Record body data every time in order to modify the plan in time

Start with new plan and be flooded with more info
To-be

Measure body Info

Customize workout plan

Login equipment for Collecting training data
To-be

Auto-adjust weight based on work out plan

Community to communication and show-off