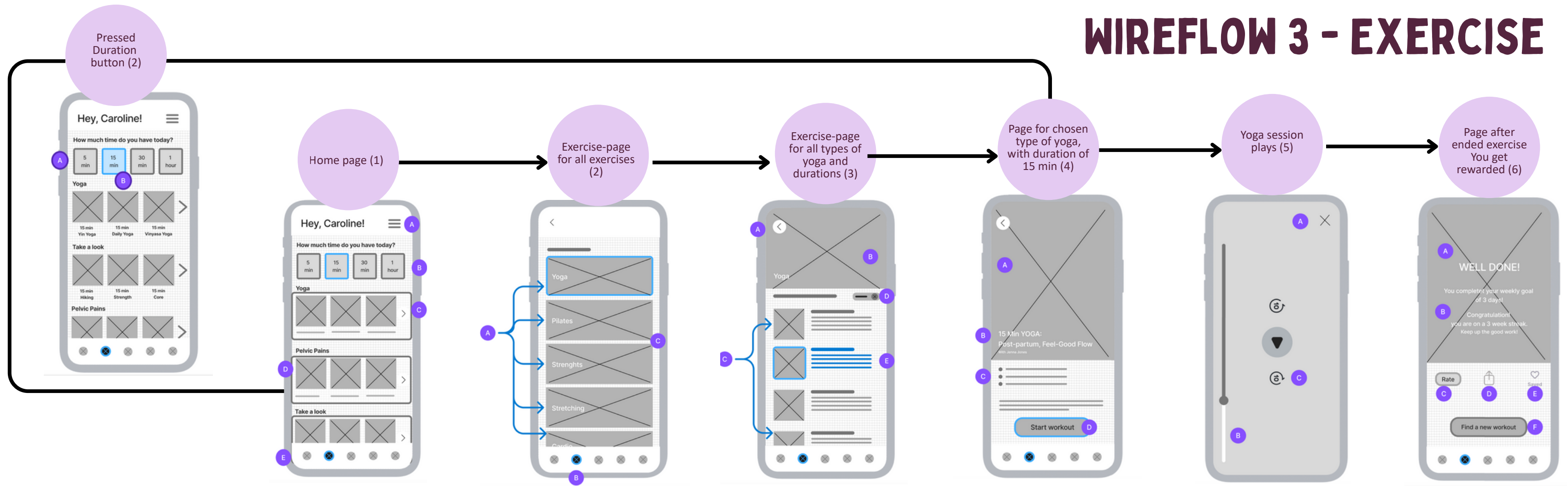


WIREFLOW 3 - EXERCISE



A

Duration buttons: When the user press the different buttons under “How much time do you have today?” the content changes to that specific duration, like 15 min.

B

Duration buttons: If the user don’t want to see only the 15 min exercises, they can press the 15 min button again, the page will then change back to the original page.

A

Hamburger menu:

We follow the design principle Progressive disclosure by having secondary navigation and features in a hamburger menu.

B

Duration buttons:

5 min, 15 min, 30 min and 1 hour.

C

Button to more exercise programs

D

Exercise programs:

Horizontal scrolling saves space on mobile screen, especially if the page have a lot of content/information.

E

Tap bar: Here you find: Home page, Exercise page, Record button, Personal Trainer and Costumer profile.

Designed by the **Visibility of system status** (HS1) Clear, bottom-tab navigation with easy access to most used features.

A

All exercises, all durations.

A clickable image provides a visual preview of the listed workout. The first option is highlighted to lead the user to the most popular/ recommended option, using a colored frame or shadow to use the principle of dominance. We use **lowercase** throughout the app to enhance readability, ensure consistency, and minimize visual noise.

B

Tap bar. The dark grey icon, which is “workouts” is selected.

C

Vertical scrolling:

We use more traditional type of **scrolling** which makes it more intuitive. We use it here because this page doesn't have too much content.

A

Caret link let you go back to the page before (The icon is supposed to be on no background).

B

A yoga image to set the mood.

C

List of all yoga workouts on vertical scrolling.

D

Filter to choose level, intensity and duration.

E

Selected type of yoga, 15 minutes. By grouping connected text and image together in blocks like this we use one of the Gestalt Principles, design principle Proximity.

A

Caret link let you go back to the page before (The icon is supposed to be on no background).

B

This text tells you what kind of yoga you have chosen, duration and instructor.

C

These 3 icons tells you the duration, level, mobility and if there is equipment needed.

D

Call to action-button to begin the session.

A

The cross make you leave the page.

B

The seek bar, show you how many minutes you are into the workout.

C

Possibility for **rewind** and fast **forward** the video.

A

An image with confetti celebrating you.

B

You earn a **reward** for completing your weekly goal and an extra bonus for maintaining a 3-week streak.

C

Button to **rate** the workout

D

Share workout.

E

Save workout to favorites.

F

Call to action button if you want to find a new workout.