



# METAGYM



Get fit with anyone, anywhere

# Market Research

## Supernatural

- VR on-demand single-player fitness program
- 4 different modes: Boxing workouts, flow workouts, meditation, and stretching in VR on Oculus Quest
- Pre-recorded instructors demonstrate body movements during warmup/cooldown and give motivational commentary during workout
- Leaderboard with friends
- Well-known songs play during workout
- Scenic real-life camera captured locations all around the world

## FitXR

- VR on-demand rhythm fitness game
- 3 different modes: Boxing, Dancing, and HIIT
- 3D avatars appear during dance workouts to demonstrate movements and instructors give motivational commentary
- Can see avatars of previously recorded players and their scores while working out
- Includes multiplayer of up to 7 people total
- Not well-known songs play during workout
- Only a few human-made locations

## Mirror

- The invisible at-home gym. A smart mirror with an embedded screen, speakers, and webcam that displays the fitness instructor
- Build into wall (permanent) or stand (can move around)
- Have to use app to jump into a workout because there is no touch screen
- Can buy additional weights or
- Can track body metrics, track heartbeat, variety of classes
- Relatively costly (~\$2,000 installation, excluding classes)
- Installations rose during the pandemic because it is entirely at-home friendly, and takes up no physical space (besides a wall)
- Users can see their form while working out and tracking progress

## Tonal

- At-home workout with adjustable arms with cables inside for strength training
- Built into the wall and takes up no floor space except workout bench + mat
- Can jump into a workout directly through the Tonal device
- Includes initial strength training
- Music of different genres or use your own music from Apple Music account
- Recorded instructors demonstrate movements, and on-screen cues help stay on track with reps, sets, and weight
- Cost is similarly costly compared to Mirror

# Tasks

**Simple:** Receive workout instructions

**Moderate:** Build motivation and community with others

**Complex:** Browse and plan future workouts

# Values in Design

Our project's values include health, community, inclusion, and accessibility. We wish to provide users the ability to have engaging workout classes regardless of their location or starting ability. By providing both live and on-demand classes users will be able to attend classes whenever they want.

Our values of community and accessibility may come into conflict. We hope to provide the best community experience with VR technology that allows for people to feel connected, but VR headsets may not be affordable for everyone. We believe that with the falling prices of VR headsets in recent years and by not requiring additional expensive hardware, we best balance the need for strong community and being as accessible as possible.

# Storyboard

