

AR Previsualization for “The Gym Buddy” For Gyms

Emerging Technologies

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Introduction: The Gym Buddy (AR/App)

My fictional company is called The Gym Buddy. It is a AR/App product that users can use to help them at the gym. With The Gym Buddy, gyms buy our product which is an AR space and app. All the users will need is any Smartphone device to use The Gym Buddy. The AR shows a layout of the gym, where all the workout equipment is from treadmills to weight machines, floor mats, water fountains and changerooms. The app uses corresponding QR codes that goes with the specific gym equipment. The user scans the QR code with the AR app and on their screen pops up how to use the equipment and possible workouts. With this AR/app it will help Gyms with membership retention by making a new and exciting experience every time, they go to the gym.

Benefits (for the Business and Customers)

I believe the benefits of this AR experience will give gym veterans and first timers a whole new experience at the gym. Being able to have personal assistance right at your fingertips. Everyone is more comfortable learning at their own pace and with The Gym Buddy everyone can do so. The Gym Buddy will change how you go to the gym by helping you around, showing you a new workout or pushing you to your fullest potential. Every time a member of the gym uses the AR, they can then rate how it helped them after every workout.

Income

The gym will buy a license to use The Gym Buddy. Upon purchasing, each member of the gym will get access The Gym Buddy. The Gym Buddy will entice gym newcomers and veterans alike as it will help everyone get their best desired workout and make them feel comfortable in the gym. When a gym has the technology of The Gym Buddy it invites people to try something new. It helps make new comers more comfortable at the establishment and gives veterans something new to try. Therefore, being talk of the town in the gym community and gyms buying the subscription service.

How to use

Members of the gym will walk in to the gym and there will be a QR code at the front desk that the members can scan to get started. If they are new they can choose the New option that will help with finding where certain equipment is, what to work out and help them feel comfortable around the gym. If they choose Veteran it will give them workouts and help push them to have their best workout.

The AR app will then have their entire layout of the gym visualized on their phone with directions to machines the user has picked. Once the user arrives at the machine, they can scan a QR code on the machine that will then have a screen pop up in the app to create an AR screen, that gives information about the machine such as what it does. The user then can also go to the Workout tab to get exercises right for them. The App will also keep progress of how the workouts are going, and what they've done in the past. If the User has gone to the gym with a friend or partner, they can even challenge each other and compete!

Possible additions and Ideas (* beside are favourite ideas)

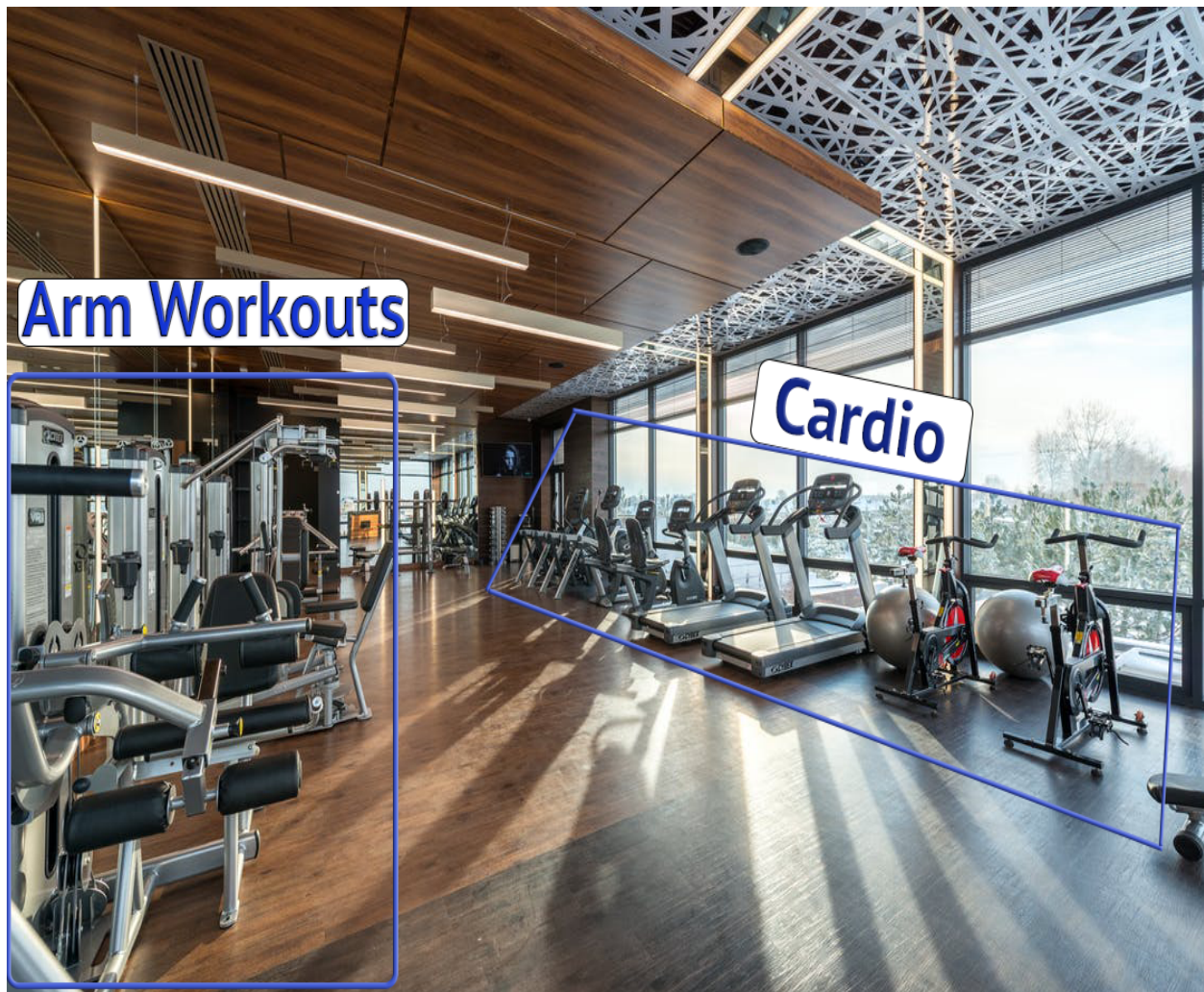
- A companion AI workout buddy*
- A Scoreboard you can share with friends and compete*
- A progression bar to keep track of your workouts
- Group workout exercises
- Accessibilities tab to cater to everyone. Example: Closed captioning if people are hard of hearing
- Pre-made whole workouts so you have a plan per visit
- A rating system if you found the workout good/bad or informative*
- Post workout content such as recovery stage, sleep, food to eat
- A layout of the gym to help direct you to the equipment you want to use.

AR previsualizations and implementations:

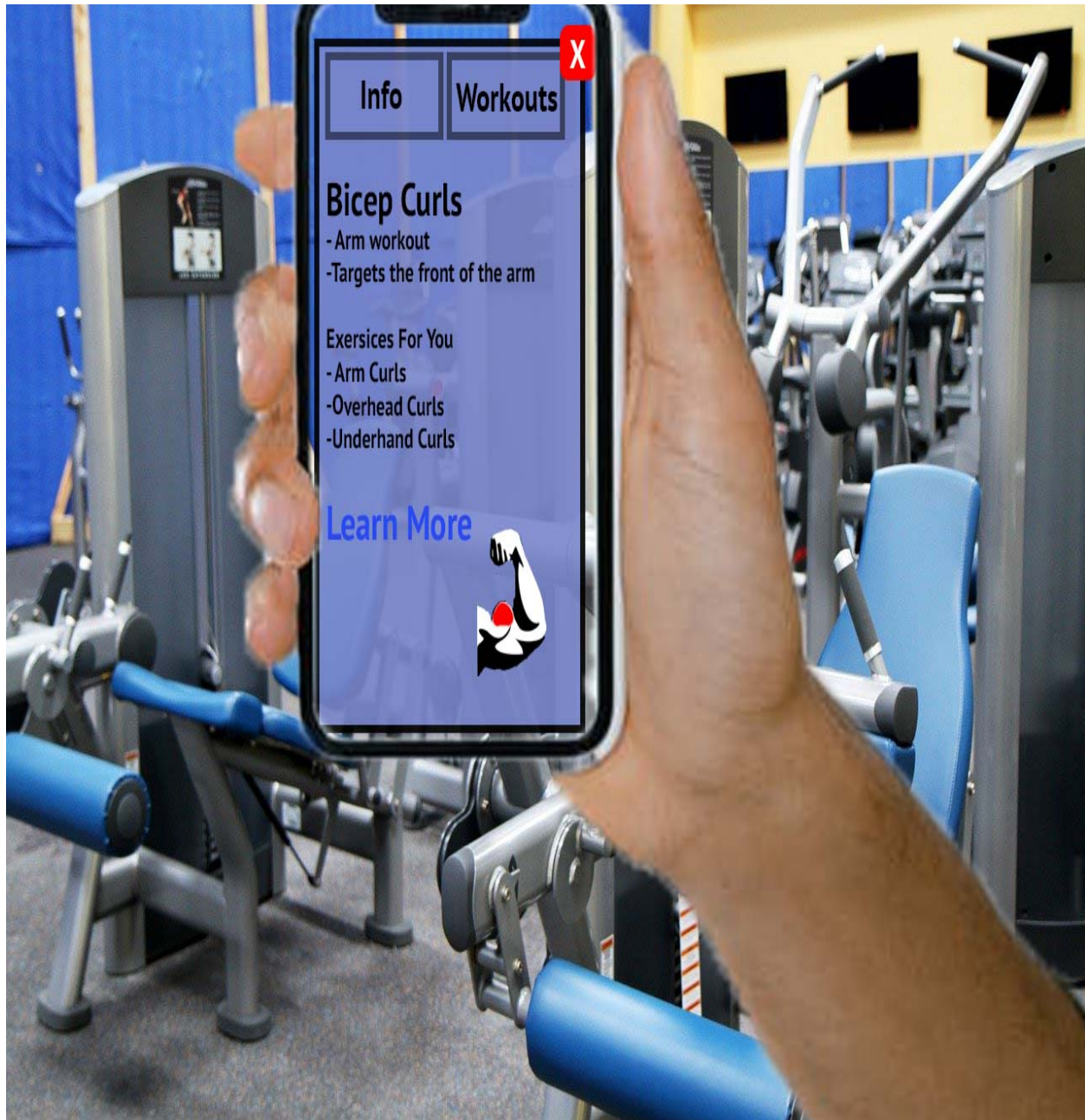
- Upon purchasing the app, the gym will have the entire layout in the app as sort of a personal GPS, telling you where everything is from water fountains to change rooms.
- QR codes you can scan at the entrance of the gym, that will give you a direct path to the machine you want to use.
- QR code on the machine that informs you what the machine does and how to use it.

These examples of the app will best help sell it, a gym newcomer may be uncomfortable and don't know where certain equipment is or how to use it. The gym veteran may find the app helpful as well in potentially learning new exercise to do or what they are exactly working out on the machine. In the later stages of development more additions could be added to the app, such as an AI workout companion, competition between friends, a progress bar and more.

Examples of the AR Visualizations



Here is how the AR App would work when using it looking for machines, it would have markers above the desired equipment to use. Showing you which one is which, and to help clarify what machine you want to use and where it is. While looking through your phone you will be able to see what machines are for what workout you are planning to do.



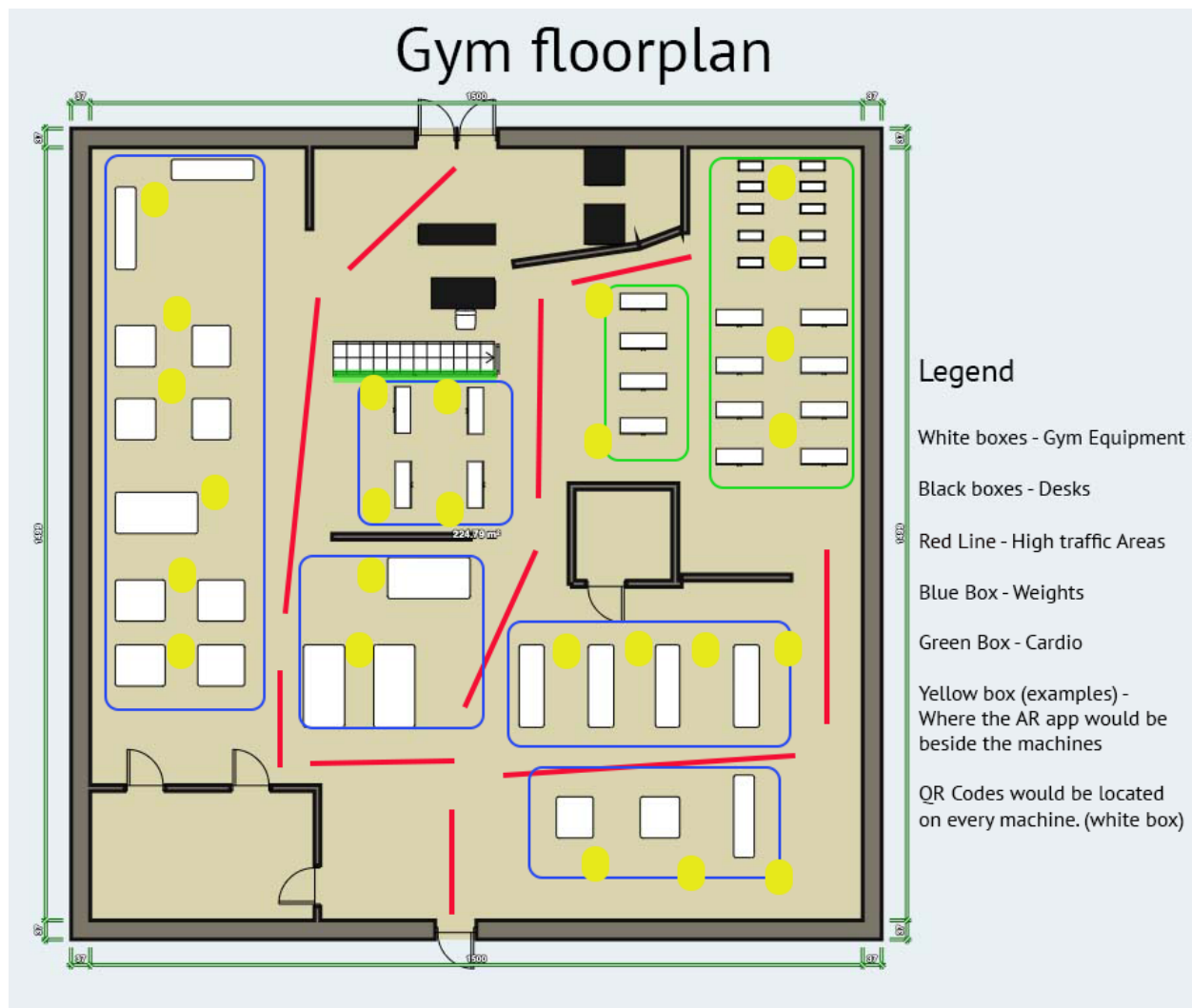
Here is an example of Weight machine that after scanning the QR code on the machine lets you know what machine you are using and what you are doing. It tells you what you are working out and a little graphic to help show what muscle group. The user would then have the option to click the Info or Workouts tab for more information or certain exercises they can do. This is what the app would look like when the User is using it. The phone is held eye height so the user can be aware of their surroundings and it give them some information on what workouts they can do and to learn more!



Here is another example of how the app would look after the scanning the machines QR code. Info on how the machine works, and workouts that you can choose from. The QR code is at a visible height and the AR information shows up beside the machine onto their phone.

Floorplan

In the floorplan based off of Movati North, London ON, the gym equipment is evenly spaced with walk ways in-between the equipment. With The Gym Buddy a little screen will pop up as a small text box beside the machine not taking up a lot of space. The box and information won't be on the ground it will be about eye height. This will help in being courteous to others around you so you're not looking standing around on your phone.



Here is a Gym floor plan layout (based off of Movati North, London ON) In this floorplan there is plenty of room between equipment, giving ample space to utilise the AR beside the equipment. As well as walk ways when navigating through the gym using the AR.

Gym Layout

Legend:

Grey boxes are
gym equipment

Blue bubble is
AR in use.



In this 3D layout, it shows how a person will be beside the gym equipment they will be using. Scanning the QR code on the machine and a bubble of information popping up beside the machine. The AR will not take up much space and will be relevant to the machine the person is using.

Personas

(Who would use this AR and how could it benefit them.)

The Gym Veteran:

Jeff Morrowind

age: 25

residence: UK

education: Student

occupation: PHD Student

marital status: Single



"I want something that acts like a personal trainer"

Working out in the evening after school and work.

Comfort With Technology

INTERNET

SOFTWARE

MOBILE APPS

SOCIAL NETWORK

Criteria For Success:

Something that works without too much distractions

Needs

An App that helps him workout at the gym

Wants

Something that acts like a personal trainer

Tracks weight and workouts

Helps him with his gym progress

Values

Something that works and is easy to use without getting in the way

Fears

It will play music he doesn't want to hear

Has too many notifications popping up during workout

- The Gym Veteran would use the AR as something to do in the gym. It would help them in perfecting their workout as well as keep progress of how they are doing. It would give them knowledge in the equipment they are using as well.

The Gym Newcomer

Melanie Whiterun

age: 62

residence: Canada

education: College

occupation: Retired

marital status: Married



"Straight forward and easy to use"

Melanie likes to wake up early and head to the gym and get there before it gets busy

Comfort With Technology

INTERNET

SOFTWARE

MOBILE APPS

SOCIAL NETWORK

Criteria For Success:

Straight forward

Easy to use

Needs

- An app that is easy to use, not a lot of clutter and gives information about the machine she wants to use.

Wants

- A regular person giving demonstration about how the machine works
- App gives information about the machine she is about to use

Values

- Easy to use
- gives valuable information
- Straight forward

Fears

- Having someone super fit show her what to do (too realistic person)
- Not straight forward
- Cant find the information she's looking for.

- This user would use The Gym Buddy to help them feel more comfortable in the gym. As the AR would help them in knowing where all the equipment they want to use it, how to use it and letting them know what they are doing on the machine.

Safety Concerns

- The Gym Buddy AR is only usable at the gym when viewing a QR code.
- The workout information pops up beside the equipment at eye height so you are aware of your surroundings (not looking down, paying attention, available peripheral vision) so you know what you're looking at and what you need to be doing.
- The only concern would be using your phone in-between or during workouts which might be distracting but we have close tab button that closes the window and makes everything clear viewing again.
- The app will only make noises and notifications when the User is using the app and clicks next, or close.

Links and Resources:

- [Floorplancreator.net](https://www.floorplancreator.net)
- [Personagenerator.com](https://personagenerator.com)
- [Pexels](https://www.pexels.com)
- [Pixbay](https://www.pixabay.com)
- [Wikimedia Commons](https://commons.wikimedia.org)
- [Public Domain Vectors](https://www.publicdomainvectors.com)