

**MY GYM BUDDY: MOBILE APPLICATION**  
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The My Gym Buddy mobile application is an all-in-one solution for the gym community. My Gym Buddy can make working out more approachable for a user who is new to the gym, and provide the necessary tools for a user looking to take his or her workouts to the next level. The application provides support for gym goers planning workouts before the gym, record exercises during a workout, and recover after their workouts. All workout programs prescribed by the application were designed by certified head strength coach of the Trinity College Athletic Department, Bill DeLongis. For users looking for a more personalized experience, My Gym Buddy allows users to select a premium trainer option. Certified My Gym Buddy trainers will be linked to a client based on the trainer's expertise and the user's fitness goals. From there the trainer can easily build and customize workout plans within the application, and will always be available to their clients as the app allows the athletes to contact their trainer at the push of the button. Beyond the scope of working out, My Gym Buddy looks to create a community with its built in social networking platforms. The application features a public forum that anyone can create threads and comment on, on each user's home page. Along with the community forum, each user has an accessible profile page, including a changeable profile picture, basic information and a personal wall for which other users can contact him or her through. Offering solutions everyone in the gym community, My Gym Buddy makes working out approachable, efficient, and fun.