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Mobile Application for Calisthenics Workout Guide in 2D Animation

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ABSTRACT

Mobile application for Calisthenics Workout Guide in 2D Animation is the system that has been developed for user to learn calisthenics workout through mobile application. This project is an enhancement of current mobile application for calisthenics workout that is less effective for user to learn the calisthenics exercises. The problems for current mobile application for calisthenics workout are not built or designed in a good interface. The content for the current application such as exercises and guide for each exercise need to be clear and can be understood by user. The system consists of five basic calisthenics exercises which are push-up, pull-up, bench dips, sit-up and squat. This system applied system development methodology which is using ADDIE model. Since the system is in multimedia framework, this methodology is suitable thus it is fast and low-cost software development. ADDIE model consists of five phases but in this project development, developer only uses three phases due to time constraint. The phases are analysis, design and development. The system was fully develop using Adobe Flash Professional CC.

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CHAPTER 1

INTRODUCTION

1.1   Background of Study

All types of exercises are necessary for our body fitness. To do exercise is good for maintain health in the proper way. So for the day to day life, it is very crucial. In some times exercises are used for to prevent disease and there are so many types of the exercises are existent (Rachel, 2014). The exercises are like jogging, push-up, squat, lunge, duck walk, plyometric lunge, crunches, bicycle exercise and many more.

Calisthenics is one of exercise category and also known as street workout that use the weight of our own body to build muscles, increase flexibility and burn fat. Both muscular and cardiovascular fitness can be benefit by calisthenics workout, in addition to improving self-skills such as balance and agility. There will be no gear or weights that utilized as a part of exercises and the activities can be performed any place there is an enough space to move and typically workout activities could be possible at open air parks.

Calisthenics or street workout is not just an exercise that people can practices everyday but it is also a lifestyle in the community. The most interesting part of calisthenics workout that it can be done anytime and it is never too late to start, everybody is capable to do calisthenics. Besides from the basic exercises such as push-ups, pull-ups, squat, chin-ups, sit-ups, crunches and etc., calisthenics workout also involves some advance movement such as muscle-ups, human flag, front and back lever, planche and etc. To perform these tricks, it required a strong core muscle of the body.