

FSR@S3 | SECOND EDITION
E-BULLETIN
OCTOBER 2024

FACULTY OF SPORTS SCIENCE AND RECREATION



In conjunction with student association



BurnBLITZ: Your Pocket-Sized Personal Trainer

Noor Azila Azreen Md Radzi¹, Muhamad Noor Mohamed¹, Dr. Raja Nurul Jannat Raja Hussain¹, and Maisarah Saari²

¹Faculty of Sports Science and Recreation, UiTM Seremban Campus.

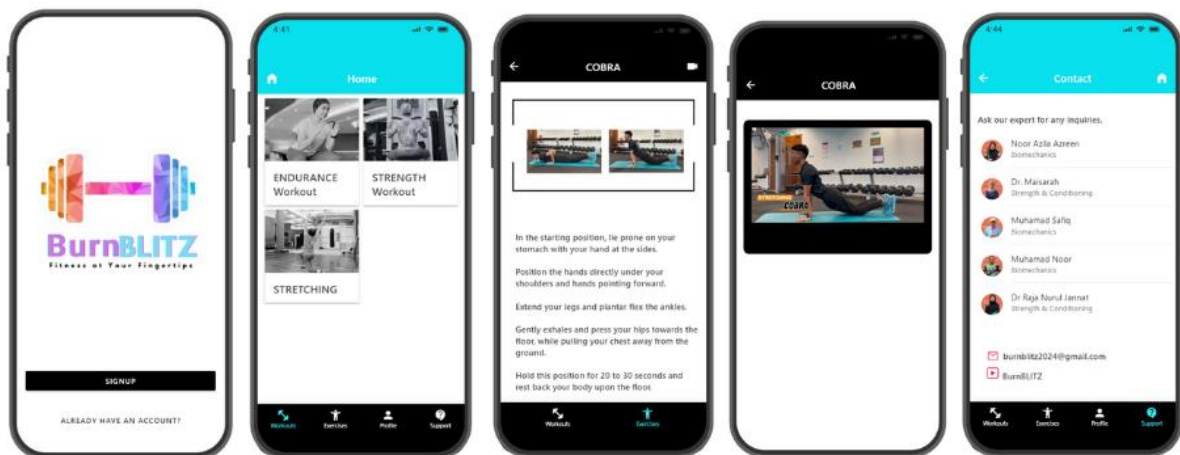
²Faculty of Sports Science and Recreation, UiTM Shah Alam Campus.

“Unlock the power of exercise right at your fingertips, making fitness more accessible than ever.”

As a sports science enthusiast and a tech-savvy person, we have always been fascinated by the intersection of technology and physical fitness. This passion led us to develop BurnBLITZ, an innovative app designed to empower individuals to achieve their fitness goals. Built with the user-friendly Adalo platform, BurnBLITZ offers a comprehensive exercise library, detailed instructions, and engaging visuals to guide users through their workouts.

BurnBLITZ: More Than Just an App

BurnBLITZ is not merely an app; it is a virtual fitness companion that caters to people of all fitness levels. At its core, it is a knowledge repository brimming with exercise information, presented in a visually appealing and easy-to-follow format. Whether you are a seasoned athlete looking to enhance your performance or a beginner taking your first steps toward a healthier lifestyle, BurnBLITZ has something to offer.



BurnBLITZ: Your Pocket-Sized Personal Trainer

The app boasts a vast exercise database, categorized for convenience. Users can explore a wide range of workout options, from strength training to cardio, stretching, and balance exercises. Each exercise is accompanied by clear instructions, step-by-step diagrams, and often, instructional videos to ensure proper form and technique [1].



Performing lunges with kettlebell

Benefits for Sports Science Students

For sports science students, BurnBLITZ is a valuable tool for both academic and practical purposes.

- **Knowledge Enhancement:** The app serves as a comprehensive exercise library, providing students with in-depth information about various exercises and their benefits. This knowledge is essential for understanding the

principles of exercise physiology and kinesiology.

- **Practical Application:** BurnBLITZ can be used as a practical tool for designing and implementing exercise programs. Students can experiment with different exercise combinations and intensities to observe their effects on various fitness components [2].
- **Research Opportunities:** The app's data collection capabilities can be leveraged for research projects. Students can use the app to gather exercise adherence, performance, and user experience data [3].
- **Client Education:** Future sports scientists can use BurnBLITZ as a resource for educating clients about exercise. The app's user-friendly interface makes it easy to explain exercise techniques and benefits.

A Community-Focused Approach: BurnBLITZ is not just about individual fitness; it is about fostering a community of health-conscious individuals. The app encourages users to track their workouts, set goals, and monitor their progress. This feature promotes accountability and motivation.

Furthermore, BurnBLITZ can be a platform for sharing fitness tips, experiences, and challenges. By creating a supportive community, the app can inspire and

BurnBLITZ: Your Pocket-Sized Personal Trainer

motivate users to stay committed to their fitness journeys.

Building BurnBLITZ with Adalo: A User-Centric Approach

Developing BurnBLITZ with Adalo has been a rewarding experience. The platform's intuitive interface allowed us to focus on creating a user-friendly and visually appealing app without getting bogged down by complex coding [4]. This user-centric approach is reflected in the app's design, ensuring that it meets the needs of users of all technical abilities.

Adalo's flexibility also enables us to experiment with different features and layouts, resulting in an app that is both functional and enjoyable to use. The platform's continuous updates and support have been instrumental in the app's development and growth [5].



Adalo platform

Conclusion

BurnBLITZ is more than just an app; it is a step towards a healthier and fitter community. By providing accessible exercise information and fostering a supportive environment, the app aims to empower individuals to achieve their fitness goals. As a sports science professional and app developer, we are excited about the

potential of BurnBLITZ to positively impact people's lives. We believe that by combining the power of technology with the principles of sports science, we can create a healthier and more active society.

References

- [1] C. Herbert, F. Meixner, C. Weibking, & V. Gilg. "Regular physical activity, short-term exercise, mental health, and well-being among university students: the results of an online and a laboratory study," *Frontiers in Psychology*, vol. 11, p. 509, 2020.
- [2] W. H. Weng, Y. H. Cheng, T. H. Yang, S. J. Lee, Y. R. Yang, & R. Wang. "Effects of strength exercises combined with other training on physical performance in frail older adults: A systematic review and meta-analysis," *Archives of Gerontology and Geriatrics*, vol. 102, p. 104757, 2020.
- [3] R. S. Kelly, M. P. Kelly, & P. Kelly. "Metabolomics, physical activity, exercise and health: A review of the current evidence," *Biochimica et Biophysica Acta (BBA)-Molecular Basis of Disease*, vol. 1866, no. 12, p. 165936, 2020.
- [4] A. Shuhaiber, S. Alhosani, F. Albadi, & Q. Almarri. "'Sidekick' Application: A Smart Mobile Application for Generation Z," 2022 9th International Conference on Wireless Networks and Mobile Communications (WINCOM), pp. 1-7, 2022.
- [5] J. Johnson, M. Aldrige, J. Apple, J. Frye, D. Kazakevich, B. Welgoss, K. Belford, A. Srivastava, D. Costa, A. De Broux, D. Rodrigo, & E. Monjardin. "Adalo," 7 2024. [Online]. Available: <https://www.adalo.com>. [Accessed 17 2024].