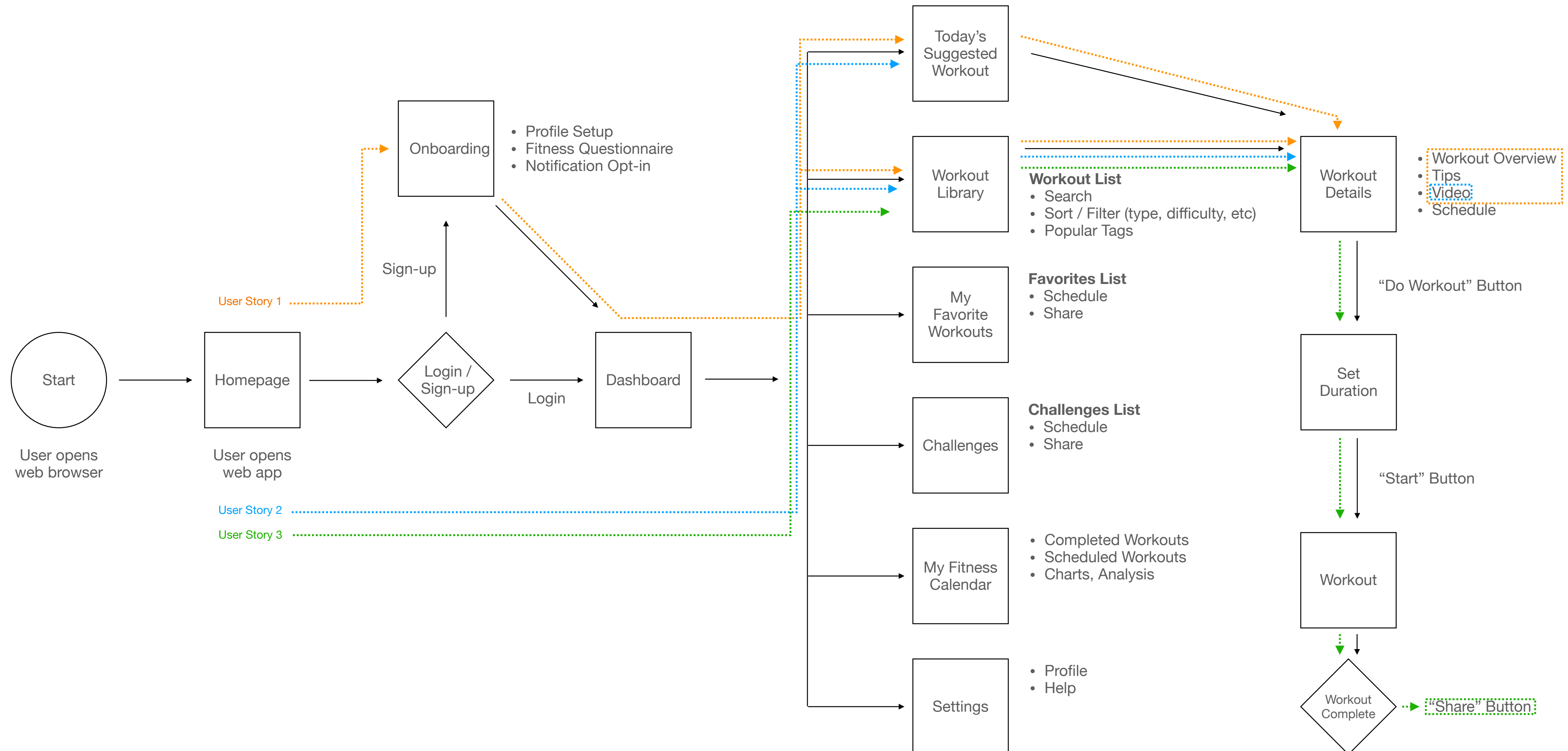
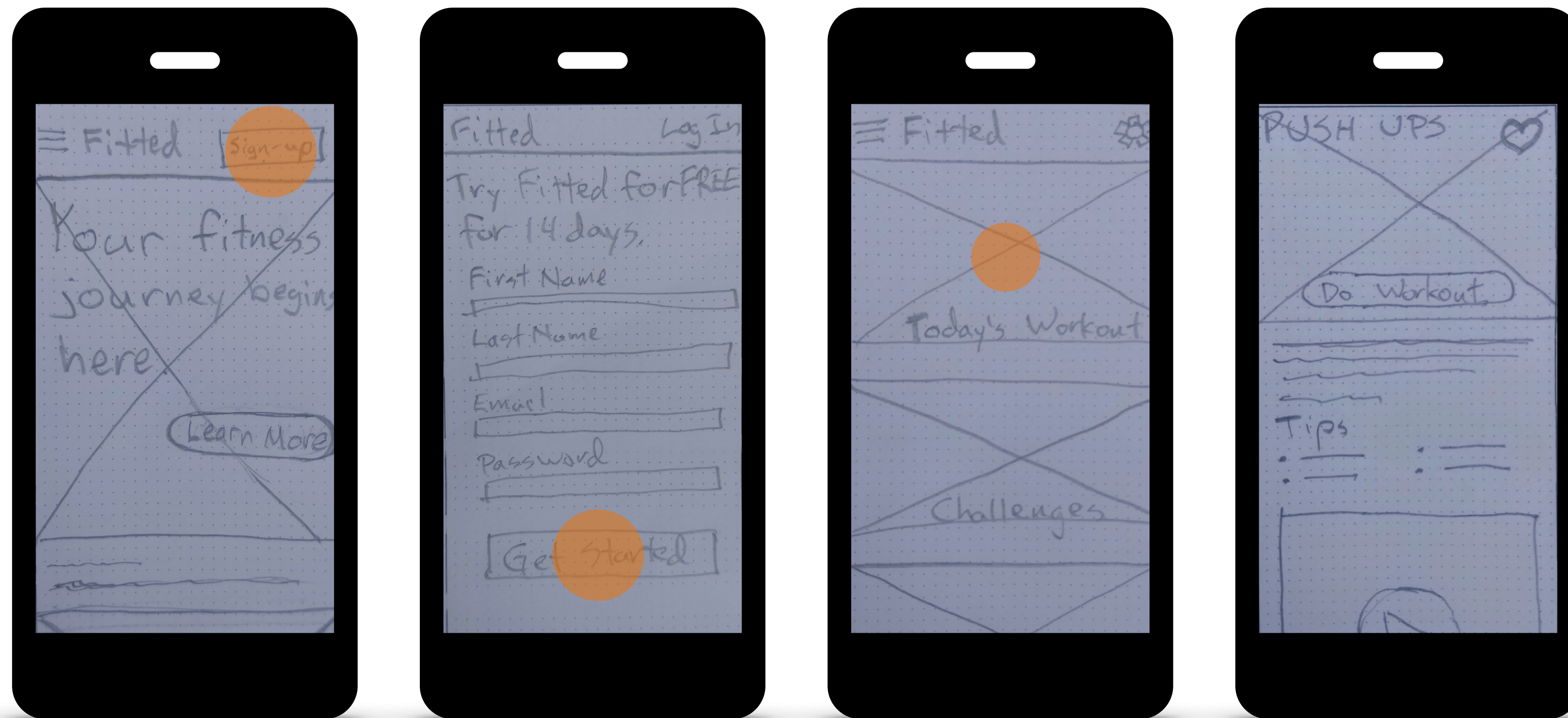


User Flow Diagram



User Story 1

As a new user, I want to learn about different exercises, so that I can figure out what is best for me.



User Story 2

As a new user, I want to be shown how the exercises are done, so that I know I'm doing them correctly.



User Story 3

As a frequent user, I want to be able to share routines with my friends who may also be interested, so that I can encourage them to become healthier.

