

-Welcome Page-

This is the first screen that will display a greeting, date, Caroline's today's goal and the list of workout that she will carry out that day.



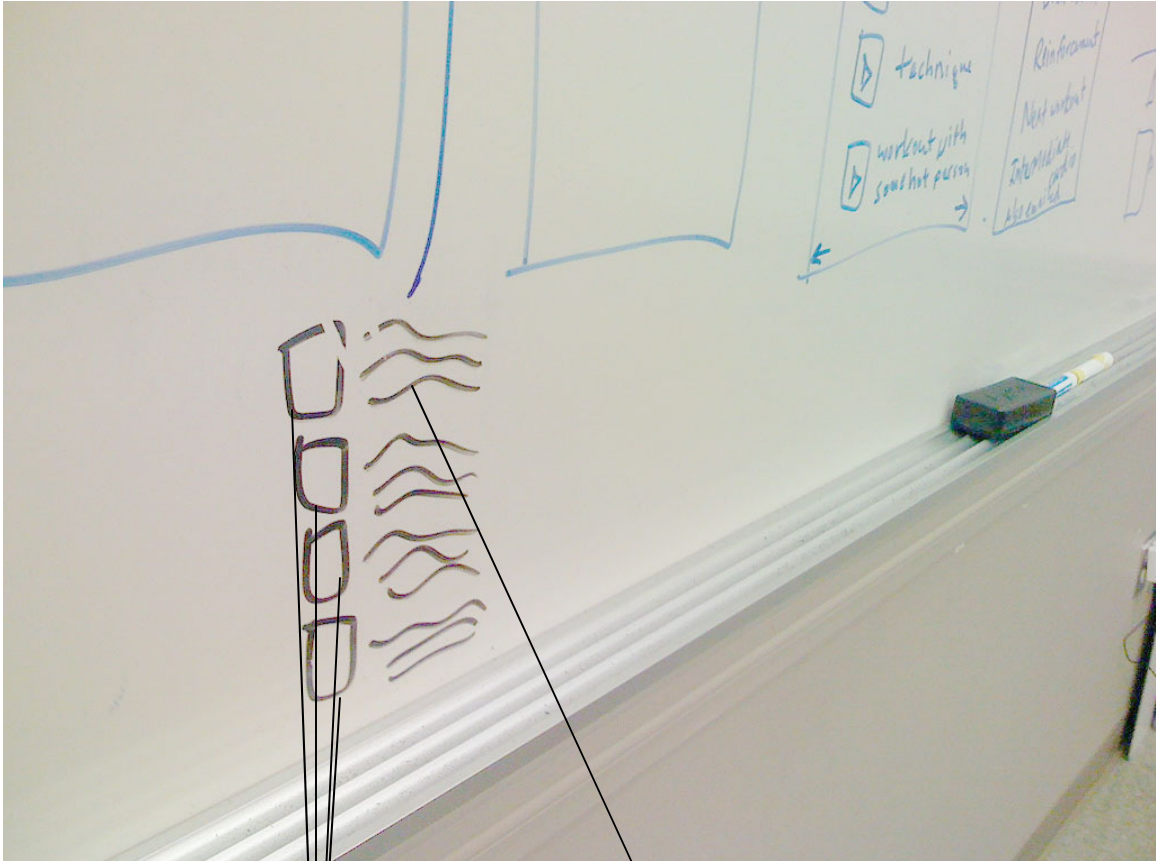
These are the bulging buttons that would take the user to the homepage, entertainment page, account etc.

These are the four steps guiding the user to do the various stretches in the beginning, before starting the actual workout. Also, these steps will appear in a landscape formate presented in the next graphic.

Back Button – takes the user to the homepage.

Next Button - that will take the user to the next step.

This is the second page of the device which would ask the user to warm up by stretching. The user can select the option of either listening to the instructions of how to stretch or even seeing a short demo video that would show the user how to stretch and for how long.



The four stretch options in

Text explaining each stretch step with the respective image on the left.

The four stretch options presented in the last graphic will appear like this, i.e., in a landscape format with their description in text followed by their respective image.



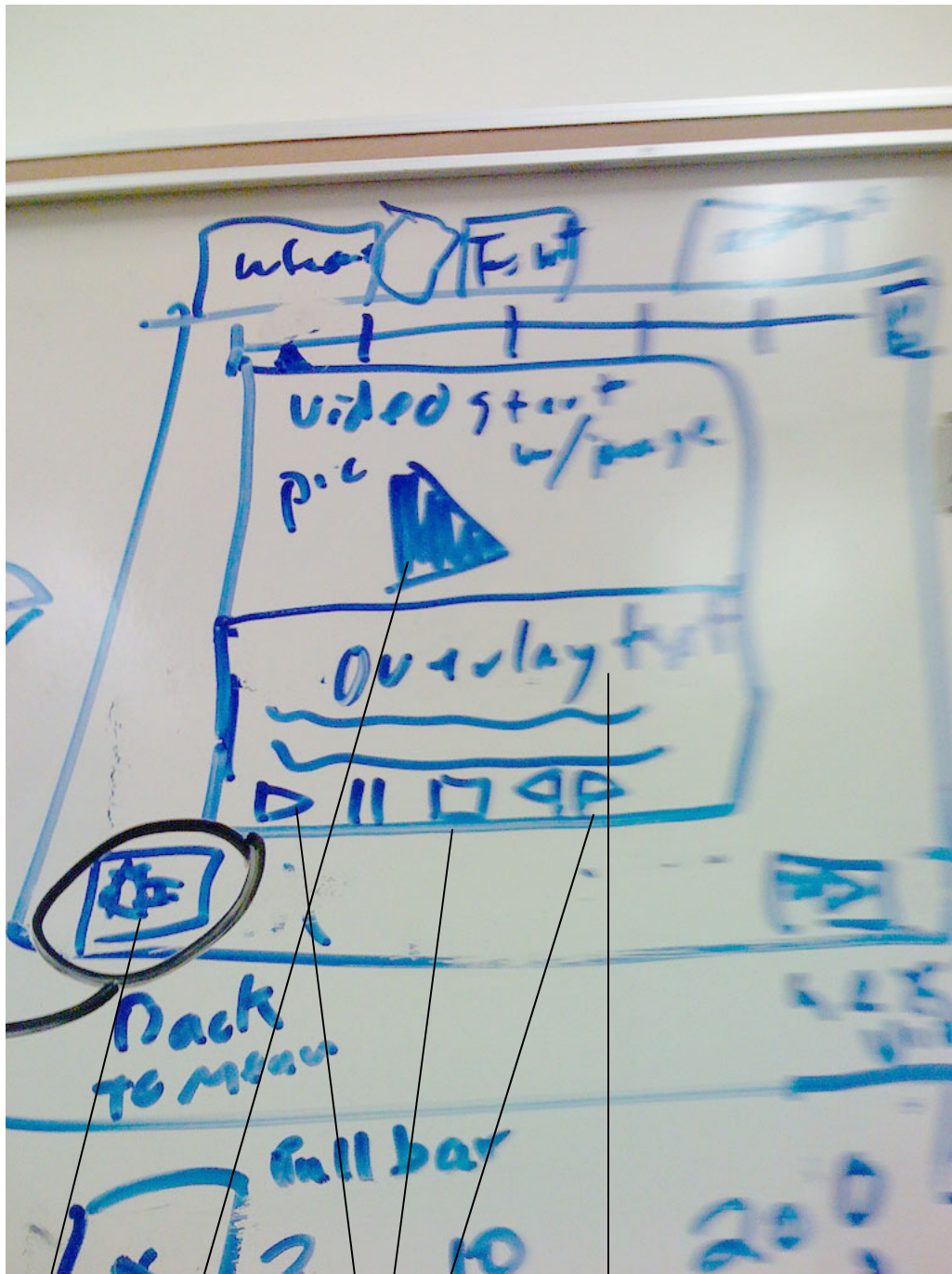


Time-line displayed on every screen.

Video display portion when the video is played.

Standard 'play, pause, stop, rewind and forward' control buttons for videos.

This is a follow-up screen of the previous step. If the user selects the video option on the previous screen, this screen with the video playing and text shown at the bottom comes up. The timeline is at the top so that the user can track each phase. The standard buttons are present at the top with 'back' and 'next' button at the bottom either corners.



Back Button

'Play' video

Video control buttons.

Overlay text describing what's happening in the video.

This screen is the 'zoom in' of the second step on the previous graphic displaying the played video with control buttons and overlay text.