

PUNCH BUDDY

PROBLEM: interval timers don't allow customized intervals, not geared towards specific exercises, clunky UI, no longer maintained, no communication with gloves on.

EXISTING APPS:



INTERVAL TIMER

PROS - Clean UI, tracks workouts, HIIT, Running, Boxing, Tabata, Cycling, allows for music in background.

CONS - New interval UI can be improved upon, custom intervals/rest are fixed times, adaptable but not exercise specific, no presets.



BOXING TRAINING

PROS - Extensive boxing training, interactive UX, nice user onboarding, multiple martial arts.

CONS - No interval timer, cumbersome UI, doesn't allow background music, doesn't support other exercises.



SECONDS

PROS - Robust and clean UI, multiple features, highly customizable.

CONS - UX can be slightly daunting, onboarding can be improved upon, timer UI can be cleaner.



BOXING ITIMER

PROS - Boxing specific, allows for customization of rounds and rest, boxing sounds included, free.

CONS - Outdated UI, simple but not extensive, only supports boxing.

PROPOSAL: ultimately, the goal is to introduce a boxing specific (but not exclusive) interval timer, with combination presets and flexible interval/rest. Main points:

- Allow for customizable, flexible interval/rest programs
- Track exercise
- Include boxing combinations/round structure
- Focus on UX and clean UI
- Include boxing sounds
- Speech integration (?)
- Simple interface/onboarding
- Include preset workouts

WORKOUTS: the app will include preset workouts that will allow any new user, or those unfamiliar with interval training, to jump right into a routine. Workouts will include:

- Running
 - Beginner: 4-6 30:30s intervals
 - Intermediate: 6-8 30:30s intervals
 - Expert: 8-10 30:30 intervals
 - Master: 8-10 40:20 intervals
- Cycling, Tabata, Rowing, Sparring, etc.
- Boxing
 - Beginner: 30-45 min total, 1+2's, speed, open up
 - Intermediate: 45-60 min total, 1+2+3+4's, speed, combos, open up, footwork
 - Expert: 60+ min total, 1+2+3+4+5+6's, speed, combos, open up, footwork, head work
- Jump Rope
 - Beginner: 15-20 min total 60:20s intervals
 - Intermediate: 20-25 min total 60:20s intervals
 - Expert: 25-30 min total 60:20s intervals