

## ABSTRACT

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*This app is themed fitness training guide for Beginners which aims to guide users who want to start fitness training. The creation of this application is expected to provide information about good and proper fitness training. This application is supported by theories from books and articles of experienced fitness practitioners. This app facilitates users to set their fitness goals. User's fitness can be seen from its fat content. There are three categories of fat content, namely low fat content, moderate fat content, and high fat content. In categorizing is distinguished between women and men by age. There are two types of exercise that can support the user's fitness of weight training and aerobic exercise. There are different exercises for all three categories of fat content. Frequency of exercise for low fat content users ie weight training should be more than aerobic exercise, the frequency of exercise fat level is weight training equal to aerobic exercise. High fat content aerobic exercise more than the weight training. With this method of grouping fat content is expected users can set fitness goals. The application also features information on fitness guides, fat content analysis, meal time reminders, bedtime, and workout time, exercise scheduling, motion animation, and recording of exercise records, to facilitate the user's fitness training activities. With this application is expected for the community to gain insight about fitness training.*

*Keywords: Fitness, Android .*