

Abstract

Sport is one of the needs in human life to maintain health and fitness. But the problem is that there are still many people who do not do this sports activity. Coupled with the situation before the Covid-19 pandemic, it had a huge impact on sports activities. Based on the above problems, we created a mobile-based application, Home Workout. This application is to make it easier and more effective for people to exercise without leaving the house, so that this can make people healthier by exercising and vulnerable to the covid 19 virus because they exercise without leaving the house. This application is an Android-based sports and workout application that makes it easy for users to be able to exercise without having to leave the house and can be done anywhere. Through the Home Workout application, it is hoped that people can easily maintain a healthy body by exercising at home. Thus, the concept of the Home Workout application can be one solution to overcome people exercising without having to go to a fitness center or gym.

Keyword: *sport, workout, android*