

## Abstract

After the Covid-19 pandemic, physical activity has become even more crucial in maintaining human health and fitness. However, many people still face challenges in engaging in regular exercise. The pandemic has had a significant impact on exercise routines, with movement restrictions and the closure of fitness centers making it difficult to continue traditional workout habits outside the home. To address this issue, we have developed a mobile-based application called "Home Workout." This application is designed to simplify and enhance the effectiveness of people's ability to exercise without leaving their homes, which, in turn, can help them stay healthy and reduce the risk of Covid-19 exposure. Home Workout is an Android-based sports and workout application that provides users with the convenience to exercise anywhere, anytime, without the need to go to fitness centers or gyms. With the Home Workout app, we hope that people can easily maintain their physical health through home-based exercise.

**Keyword:** *sport, workout, android*