

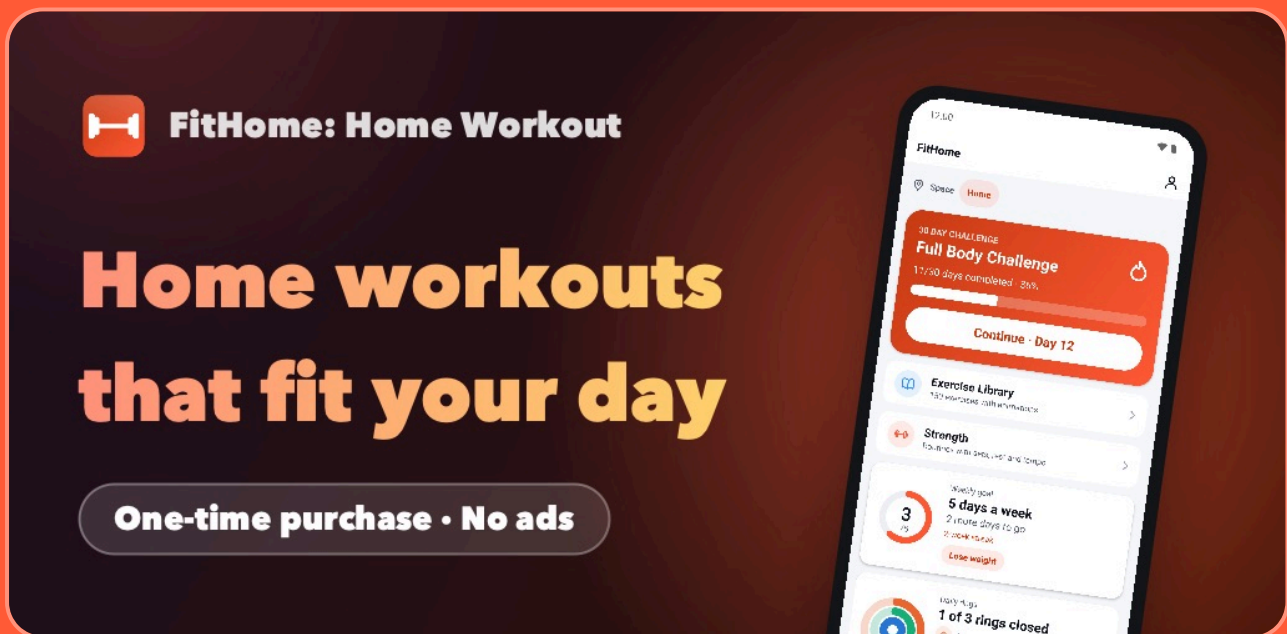


PRODUCT PORTFOLIO

FitHome

Guided home workouts. No equipment, no account, no internet.

FitHome turns any room into a gym: short guided workouts with a voice coach, strength training with a set timer, and honest progress tracking. It all runs on your device, from a 2014 phone to Android TV and Wear OS.



One-time purchase

Android 4.3+ · Wear OS · Android TV

No account · works offline

20 languages

AT A GLANCE

FitHome at a glance

A home workout app sold as a one-time purchase. Every feature is included, nothing needs a sign-up, and the app has no internet permission. It runs on Android 4.3 phones and on current phones, tablets, Android TV and Wear OS watches.

1

Guided player

Animated stick figures, timers, rests, voice cues, beeps and haptics for every exercise.

2

Plans and a 30-day challenge

15 plans for five body parts at three levels, plus 4-week programs on the days you choose.

3

Your limits respected

Sensitive joints, no jumping or standing only: workouts swap in a suitable alternative.

4

Strength training

Routines with sets, rest timer, tempo, plate calculator and personal records.

5

Progress you can read

Report, weekly trends, weight goal, BMI, a fitness score and 14 badges.

6

Big and small screens

Tablet two-pane layouts, a remote-friendly Android TV app and a standalone watch app.

7

Private by design

No account, no ads, no analytics. Data stays on the device unless you export it.

CONTENTS

The problem	3	Train in front of the big screen	11
Follow along, never guess	4	Quick workouts and a set timer on your wrist	12
A clear next step every day	5	Comfortable for every user and device	13
Edit, build and adapt any workout	6	One app, four kinds of screen	14
Low impact and your limits	7	Your workouts stay on your device	15
Log every set without leaving the timer	8	Pay once. Everything included.	16
See what your effort adds up to	9	Get in touch	17
Measure real progress every four weeks	10		

**WHY FITHOME**

Exercise at home should not need a subscription or a signal

Many home workout apps ask for an account, a monthly payment and a connection before the first squat. Busy people, older users and anyone on a budget phone often give up at that point.

FitHome is paid once and works fully offline. It opens straight to a workout, adapts to the body and time you have today, and keeps every record on your own device.

WHO IT'S FOR**Beginners**

Short, clearly animated workouts with a voice coach and a level that grows with you.

People with limits

Sensitive knees or back, a quiet flat, or a chair instead of the floor.

Lifters

Home or gym strength sessions with logged sets, rest timing and records.

Older devices and older users

Runs on Android 4.3, with large text, high contrast and a lighter mode.



01

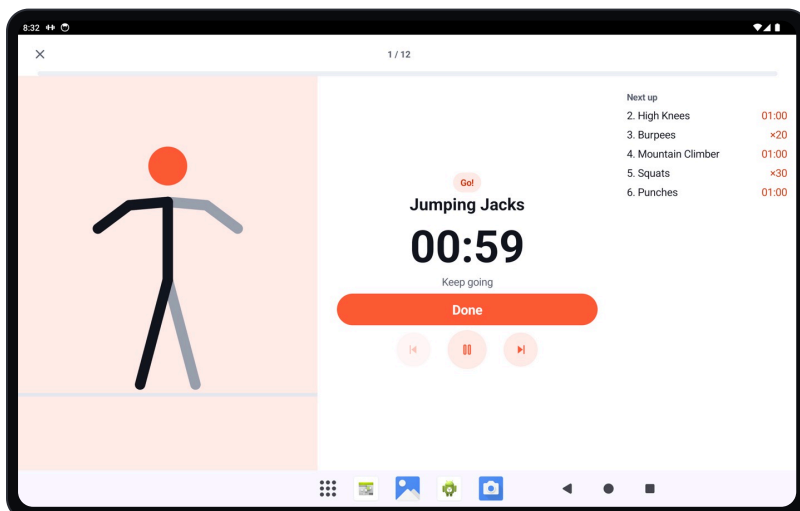
CHAPTER 1 · WORKOUT PLAYER

Follow along, never guess

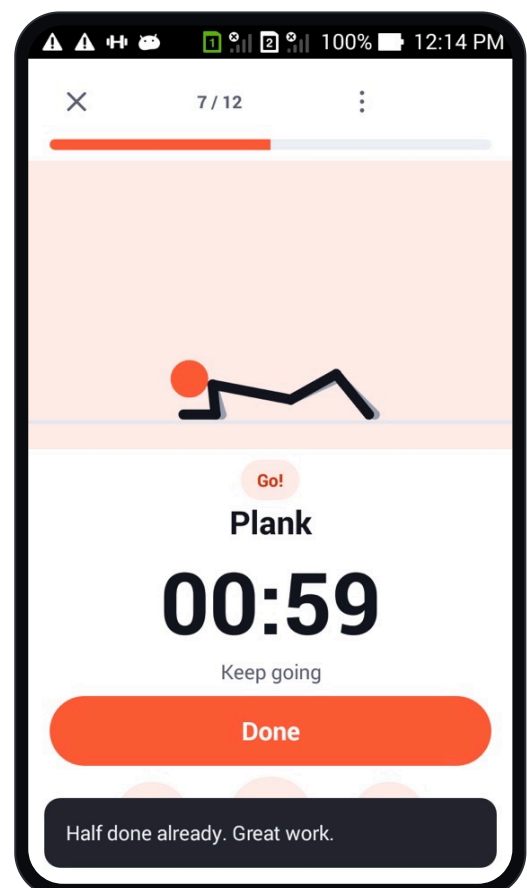
Each exercise shows an animated stick figure next to a large timer or rep target. A get-ready countdown starts the session, rests can be extended by 20 seconds or skipped, and you can pause or move between exercises at any time. Voice cues speak in the app language, with beeps, vibration and a haptic tick on each transition. The screen stays on, and the workout keeps running in the notification if you leave the app.

- ✓ Voice coach in the app language, falling back to beeps without voice data
- ✓ Optional workout buddy lines such as "Halfway there. Keep it up!"
- ✓ Pace, explanation level and rep counting set in Settings
- ✓ Side-by-side layout with a "Next up" list on tablets

FitHome is not a medical device. Check with a doctor or physiotherapist before starting a new exercise routine, especially with an injury.



Tablet player: figure, timer, controls and the next exercises



Buddy encouragement mid-workout, on a 2014 Android 4.3 phone

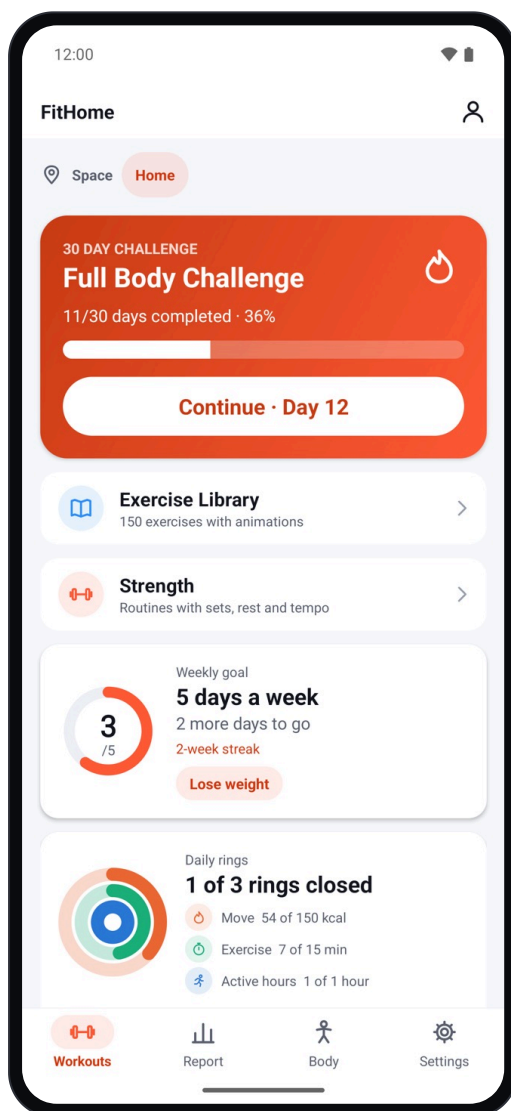
02

CHAPTER 2 · PLANS AND PROGRAMS

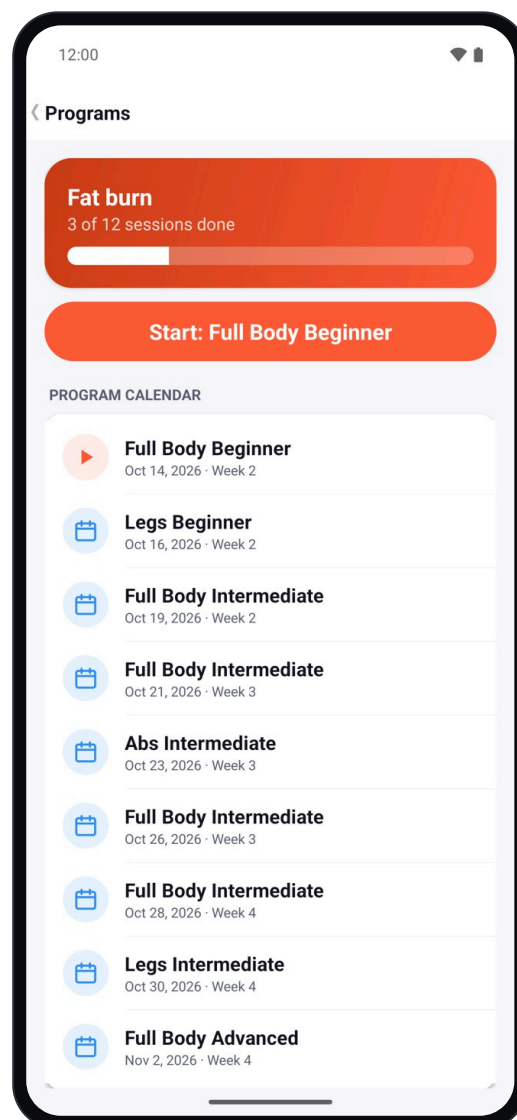
A clear next step every day

Home opens on the 30-day full-body challenge with a single Continue button. Below it are the exercise library, strength routines, the weekly goal ring and the next session of your program. Programs such as Fat burn run for four weeks on the weekdays you pick; a missed day moves to the next training day instead of failing.

- ✓ 15 plans: abs, chest, arms, legs and full body at three levels
- ✓ Four 4-week programs with a program calendar
- ✓ Weekly goal ring with streaks and shields
- ✓ Recommended plans based on your goal and recent training



Home: challenge progress, weekly goal and the next program session



A 4-week program laid out on a calendar

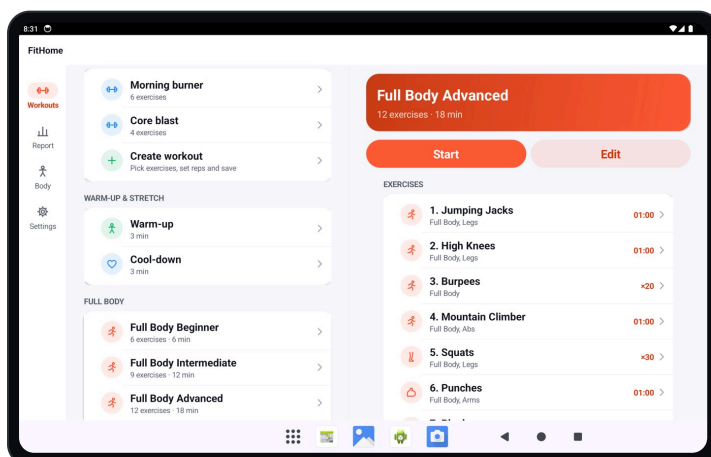
03

CHAPTER 3 · MAKE IT YOURS

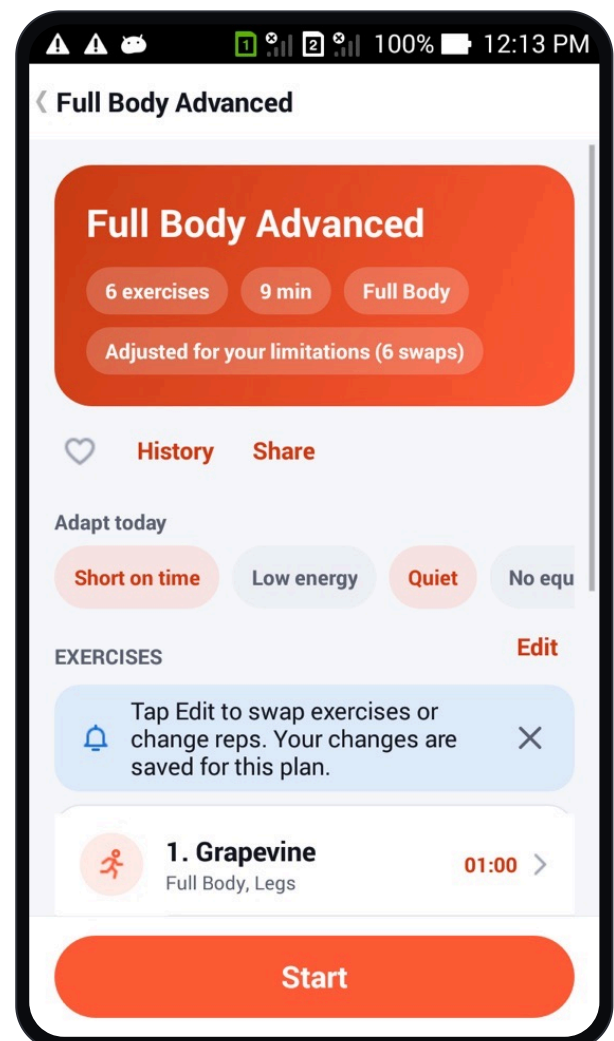
Edit, build and adapt any workout

Any plan can be changed before you start: swap an exercise for a similar one or adjust seconds and reps, with "Reset to default" if you change your mind. The builder lets you pick exercises from the library, reorder them and save your own workouts. On busy days, the "Adapt today" chips change only the current run.

- ✓ Adapt today: Short on time, Low energy, Quiet, No equipment, Extra rest
- ✓ Plan edits are saved per plan and can be undone
- ✓ Custom workouts run in the same player
- ✓ After a workout, rate it Too easy, Just right or Too hard



Tablet two-pane view: workout list beside the plan detail



Adapt today chips on a plan, on a 2014 Android 4.3 phone

04

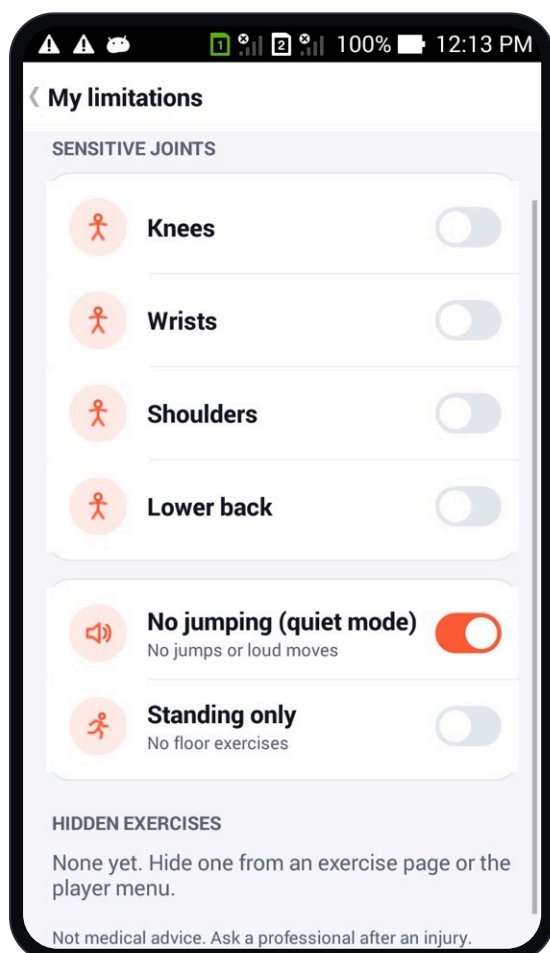
CHAPTER 4 · MADE FOR EVERY BODY

Low impact and your limits

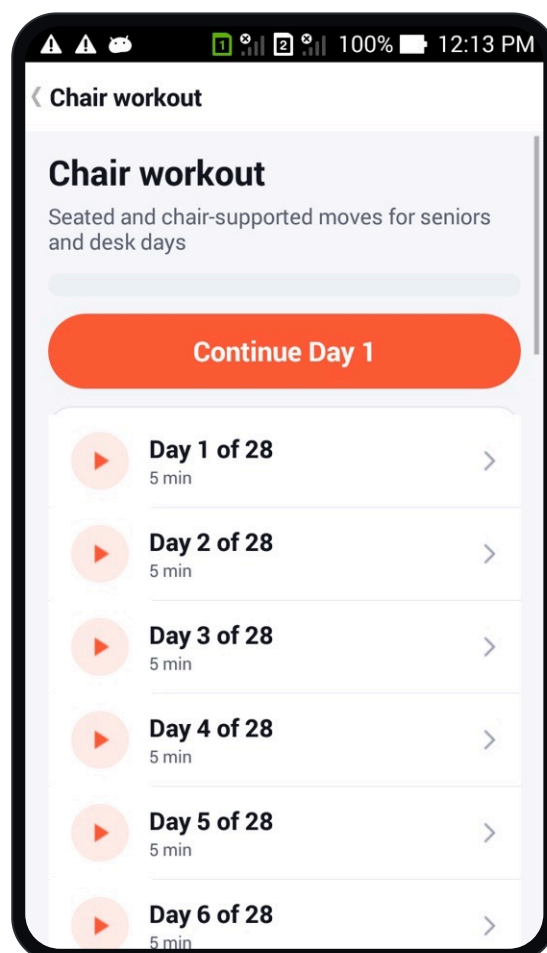
In "My limitations" you can mark sensitive knees, wrists, shoulders or lower back, turn on "No jumping (quiet mode)" or ask for standing exercises only. Every plan, challenge day and program then swaps in the closest suitable alternative and shows how many swaps it made. Low-impact packs add chair, wall Pilates, standing, bed and desk-break routines.

- ✓ Hide any exercise from its page or the player menu
- ✓ Plans show "Adjusted for your limitations" with each swap listed
- ✓ Chair workout: seated and chair-supported moves over 28 days
- ✓ Short desk-break sessions of a few minutes

Not medical advice. Ask a doctor or physiotherapist after an injury.



My limitations with quiet mode on, on a 2014 Android 4.3 phone



The 28-day chair pack, on a 2014 Android 4.3 phone

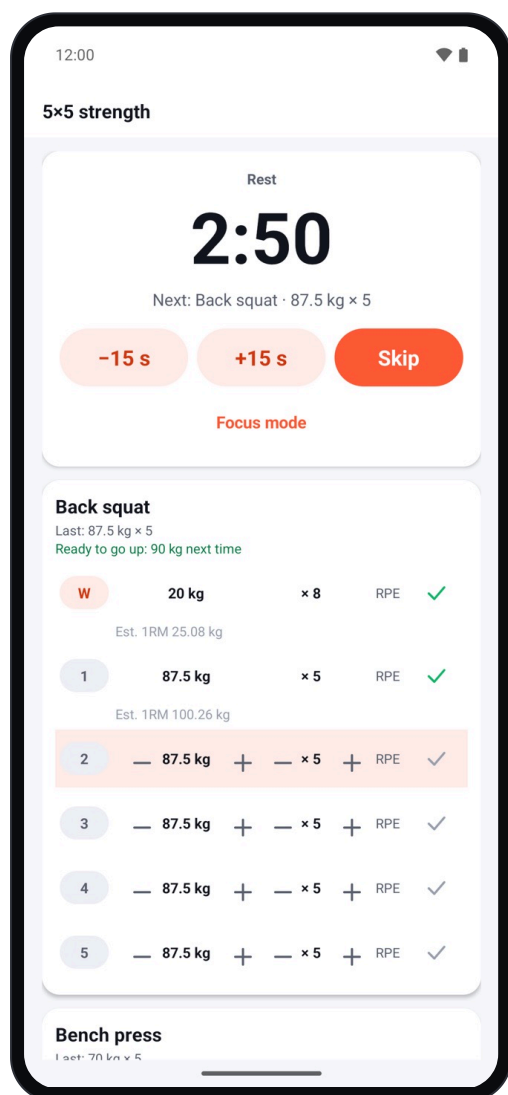
05

CHAPTER 5 · STRENGTH AND FOCUS TIMER

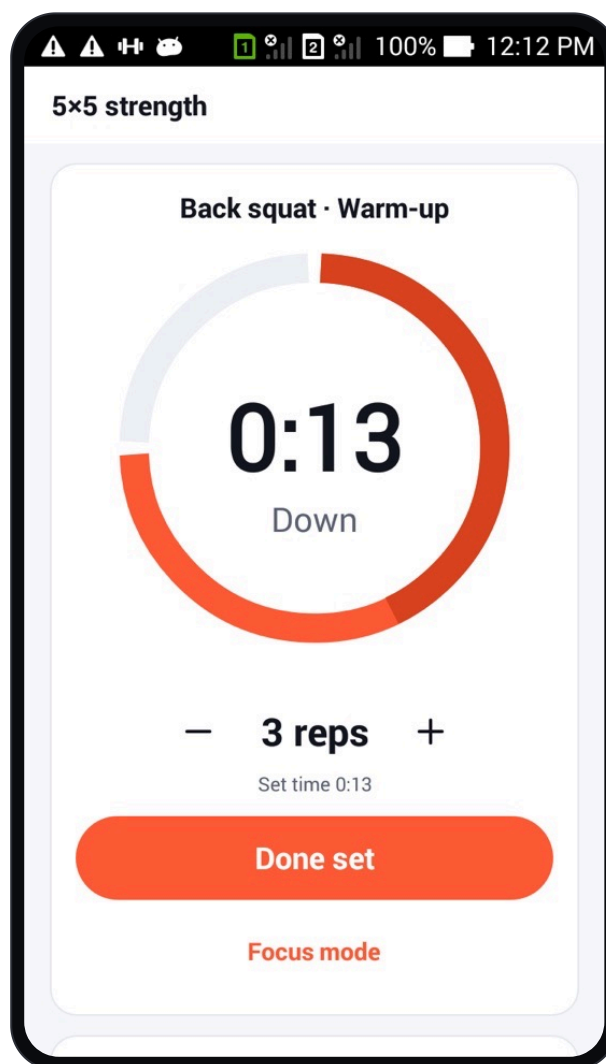
Log every set without leaving the timer

Strength routines list sets as weight × reps, bodyweight reps or time, with warm-up, working, drop and to-failure set types. Each row shows what you lifted last time. Start a set to run a stopwatch or a tempo ring that counts reps; finishing a set starts the rest timer with −15 s, +15 s and Skip. FitHome estimates your one-rep max and suggests when to add weight.

- ✓ Six templates, including 5×5, Push/Pull/Legs and Dumbbells at home
- ✓ Supersets and circuits with rest after the round
- ✓ Plate calculator and warm-up set generator, in kg or lb
- ✓ Personal records and weekly volume per muscle



Rest timer above the set log for a 5×5 session



Tempo ring counting reps, on a 2014 Android 4.3 phone

06

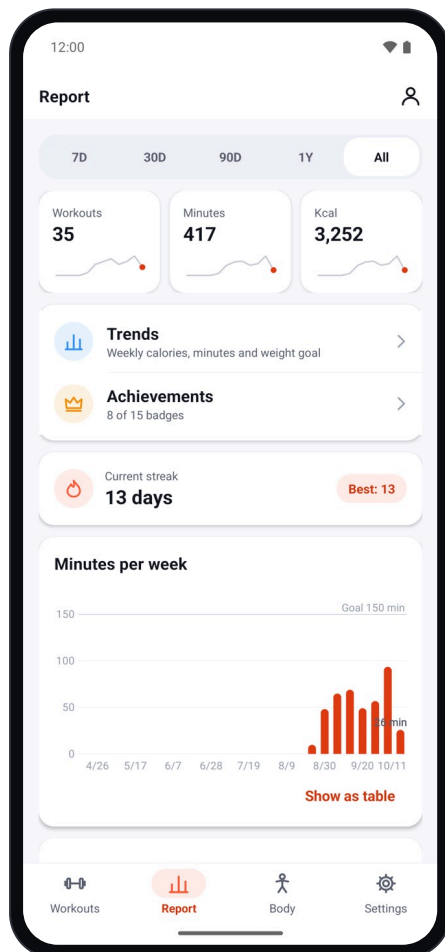
CHAPTER 6 · PROGRESS

See what your effort adds up to

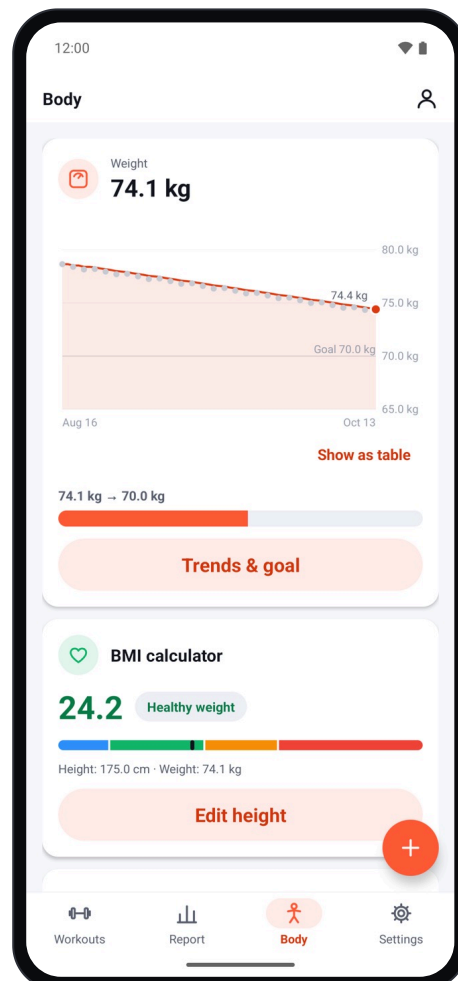
Report shows workouts, minutes and calories for 7 days up to all time, each with a small trend line. Minutes per week are drawn against a 150-minute goal line, and Trends adds an active-days heatmap and calories per week. The Body tab charts your weight with a goal and calculates BMI. Every chart has a "Show as table" option and a TalkBack summary.

- ✓ Current and best streak
- ✓ Weight chart with goal progress and BMI
- ✓ 14 badges, from first workout to a 30-day streak
- ✓ Measurements and private progress photos

Calories and BMI are general estimates, not medical measurements.



Report with range tabs, totals, streak and minutes per week



Body tab: weight trend toward a goal and BMI

07

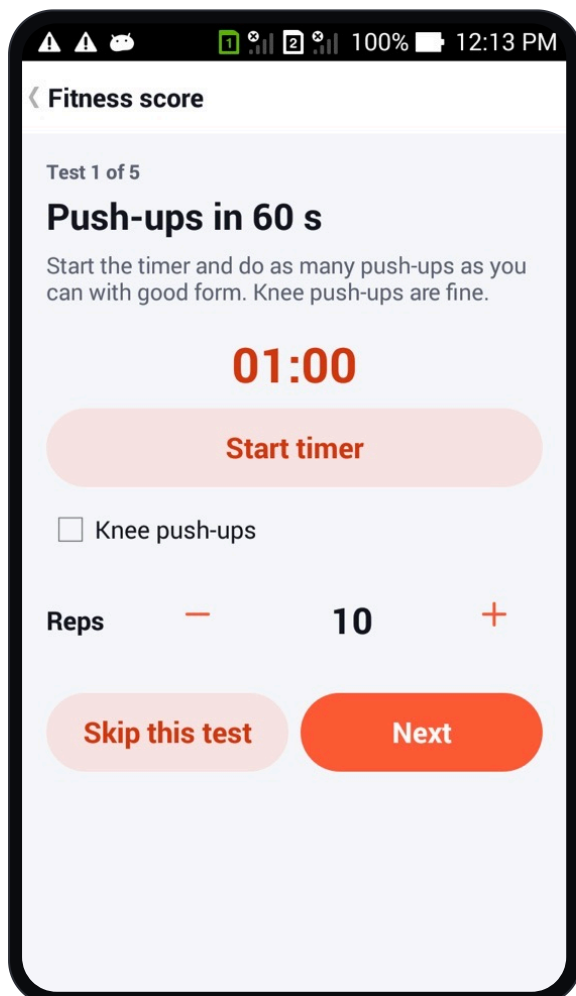
CHAPTER 7 · FITNESS SCORE AND RECOVERY

Measure real progress every four weeks

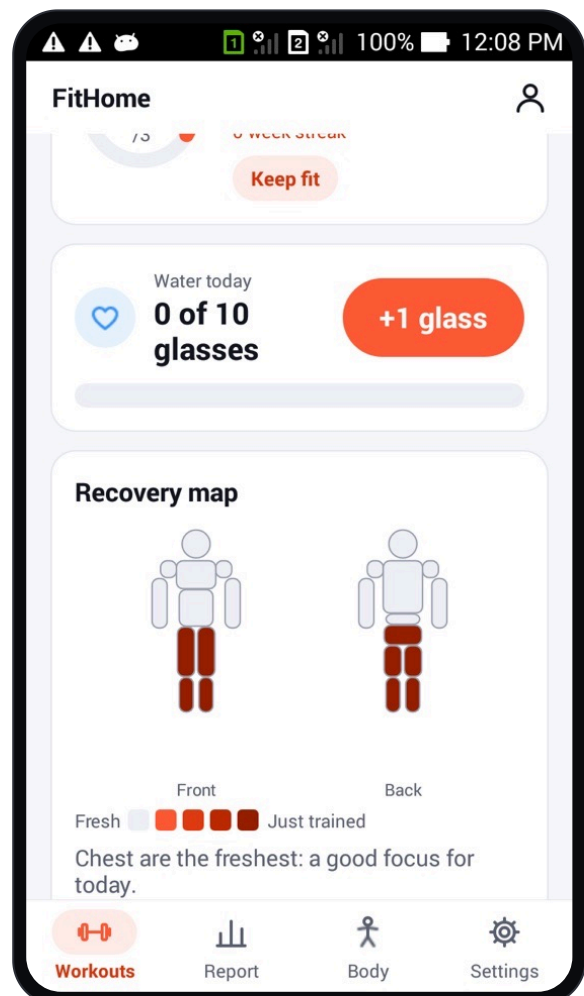
The fitness test is a short guided session: push-ups and squats in 60 seconds, a plank and a wall sit held as long as you can, and an optional pulse count. Results become a fitness score with a suggested level, and Report shows the change since your last test. On Home, a recovery map shades the muscles you trained recently.

- ✓ Knee push-ups allowed; any single test can be skipped
- ✓ A reminder is offered four weeks after each test
- ✓ Recovery map suggests the freshest area to train
- ✓ Daily water goal with a one-tap +1 glass

The fitness score tracks your own progress. It is not a health assessment.



Fitness test, push-up step, on a 2014 Android 4.3 phone



Water card and recovery map, on a 2014 Android 4.3 phone

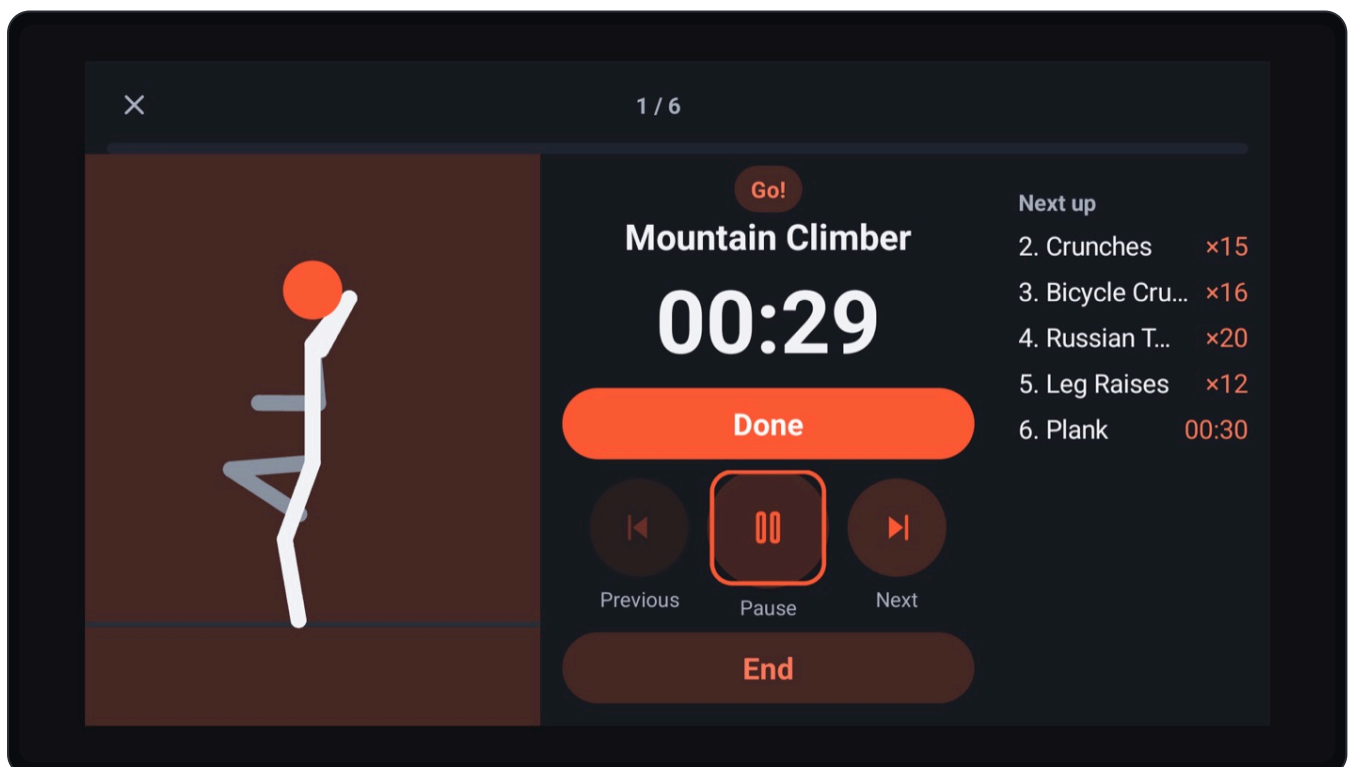
08

CHAPTER 8 · ANDROID TV

Train in front of the big screen

The same app installs on Android TV and Google TV with a layout built for the remote. Browse rows show your challenge and recommended plans, the focused card is outlined and enlarged, and text is sized for viewing from the sofa. In the player, OK pauses, media keys skip forward and back, and the workout pauses when you leave the screen.

- ✓ Every function reachable with the D-pad, no typing required
- ✓ Plan edit with steppers and Swap exercise
- ✓ Strength logging with remote keys for reps and weight
- ✓ Dark theme and overscan-safe margins



TV player with large timer, remote controls and Next up list



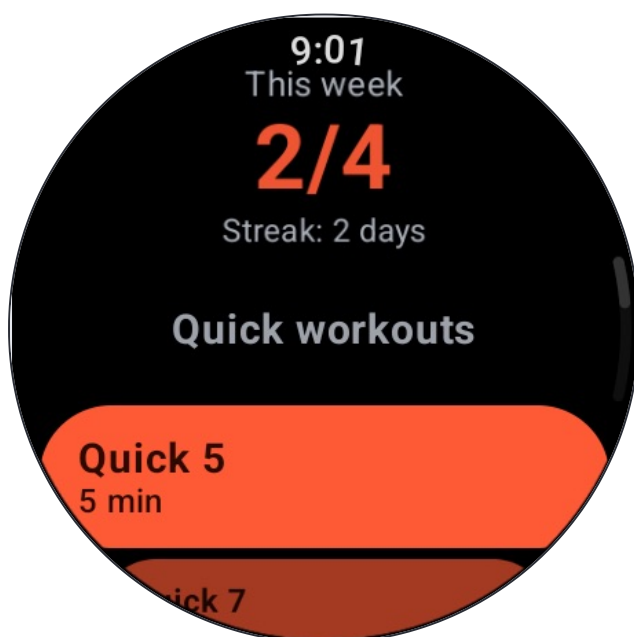
09

CHAPTER 9 · WEAR OS

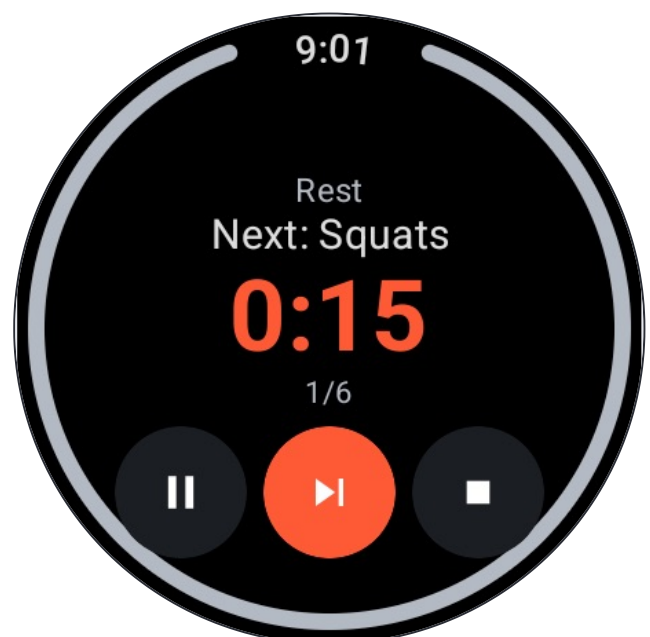
Quick workouts and a set timer on your wrist

The watch app works on its own. Its home shows this week against your goal and offers four quick workouts with a ready countdown, rests and haptics. A set timer follows a strength template: start a set, finish it, and a rest countdown begins with +15 s and Skip. A tile and complications show your week and streak.

- ✓ Heart rate shown during workouts on watches with a sensor
- ✓ Ongoing activity chip on the watch face during a session
- ✓ The watch keeps its own workout history
- ✓ No internet permission on the watch either



Watch home: this week's progress and quick workouts



Rest countdown between strength sets

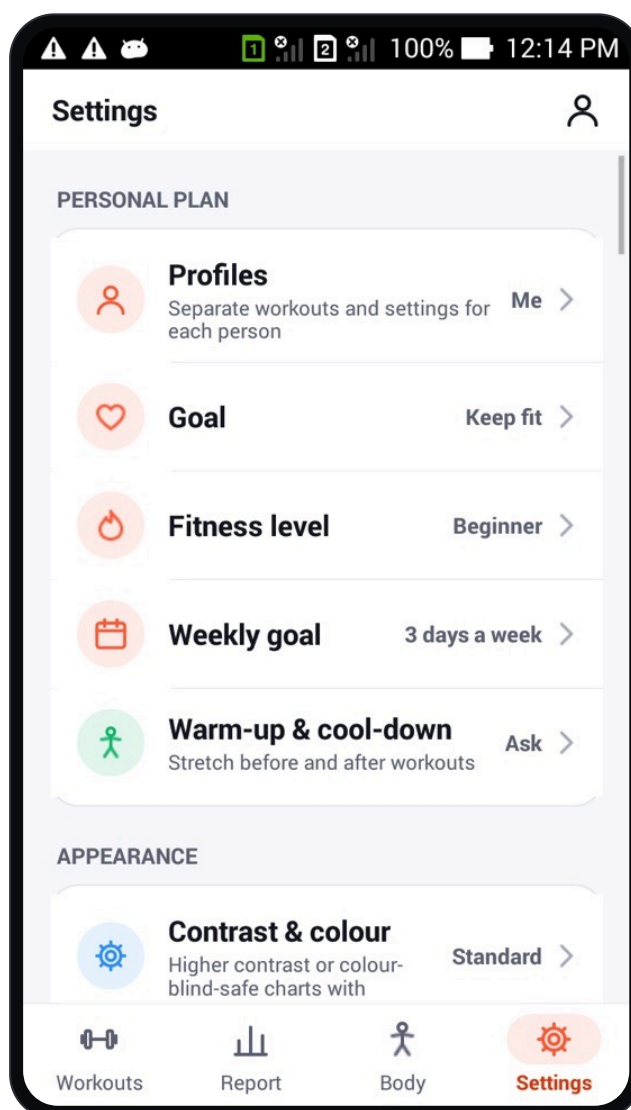
10

CHAPTER 10 · ACCESSIBILITY AND OLD PHONES

Comfortable for every user and device

FitHome is built to work for people who need larger text, higher contrast or fewer distractions, and on phones as old as Android 4.3. Settings → Contrast & colour offers high contrast and colour-blind-safe charts. Comfort mode enlarges the interface and simplifies Home, and Lite mode trims animations on low-end or battery-saving devices.

- ✓ TalkBack-ready player with spoken timer and exercise changes
- ✓ One-handed layout and an eyes-free audio guide
- ✓ Family profiles with separate data and an optional PIN
- ✓ In-app language picker for 20 languages, including right-to-left Arabic



Settings with profiles, goals and Contrast & colour, on a 2014 Android 4.3 phone



PLATFORMS

One app, four kinds of screen

A single phone app adapts to phones, tablets and Android TV, from Android 4.3 to the latest release. A separate Wear OS app is delivered through the same Google Play listing.

Phone

Bottom navigation, home screen widgets, shortcuts and a Quick Settings tile. Works from Android 4.3.

Tablet

Navigation rail, 2–3 column grids, two-pane lists and picture-in-picture for the player.

Wear OS

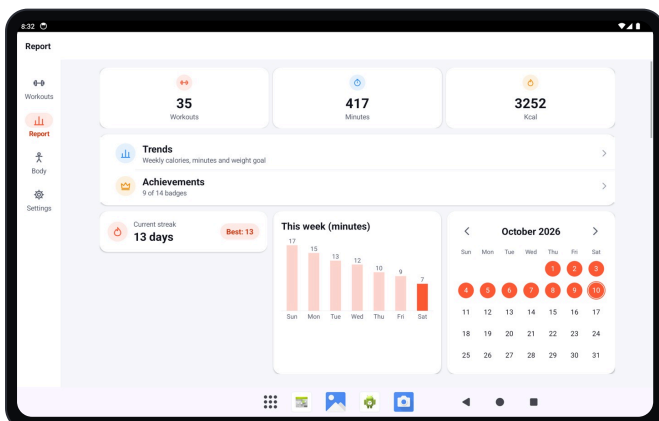
Standalone watch app with quick workouts, a set timer, a tile and complications.

Android TV

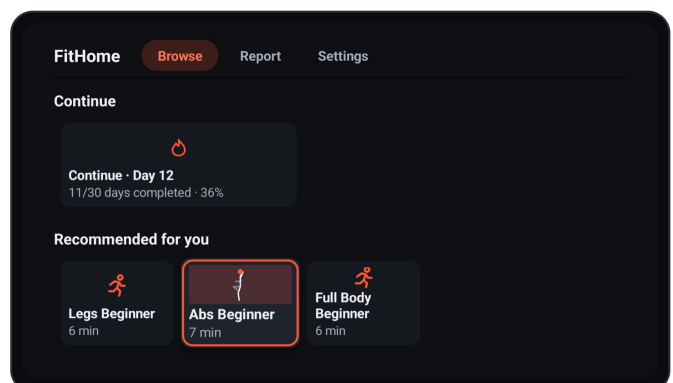
FitHome only: remote-friendly Browse rows, a 10-foot player and media key control.

REQUIREMENTS

- Android 4.3 (API 18) or newer for phones and tablets
- Android TV or Google TV device
- Wear OS 3 or newer for the watch app
- No internet connection needed



Tablet Report dashboard with streak, week and calendar



Android TV Browse rows with a focused plan card

PRIVACY

Your workouts stay on your device

FitHome has no account and no servers. The app does not request the internet permission, so it cannot send your data anywhere. Exports and backups go only where you put them.

No INTERNET permission

Removed from the phone and watch apps; the release build fails if it ever appears.

No account, ads or analytics

Open the app and start. Nothing is tracked or sold.

Trust center

Settings → Privacy & data lists every permission, why it is needed and how much is stored.

Encrypted backups

Export everything with an optional passphrase, or back up to a folder you choose.

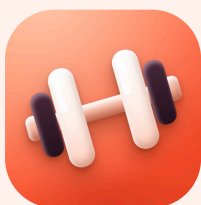
Open formats

Workout log as CSV, full data as JSON, a monthly PDF report and a calendar file.

Delete everything

One typed confirmation erases all data, snapshots and the saved passphrase.

Data collected: none. Data shared: none. The camera (mirror mode) is optional and used only for a live on-screen preview.



- ✓ **One-time purchase**
- ✓ **Android 4.3+ · Wear OS · Android TV**
- ✓ **No account · works offline**
- ✓ **20 languages**

PRICING

Pay once. Everything included.

FitHome is a one-time purchase on Google Play. There are no subscriptions, no in-app purchases, no ads and no free limits.

One-time purchase

FitHome

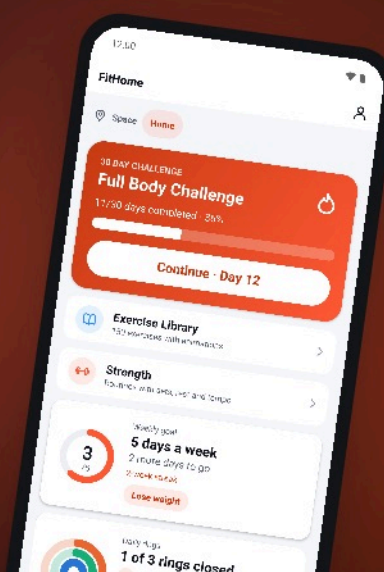
- ✓ All plans, the 30-day challenge and 4-week programs
- ✓ Strength training, Focus Timer and calculators
- ✓ Workout builder, plan editing and Adapt today
- ✓ Reports, trends, fitness score and badges
- ✓ Tablet, Android TV and Wear OS apps
- ✓ Future updates

Price shown on Google Play in your currency; Google Play's refund policy applies.

 **FitHome: Home Workout**

Home workouts that fit your day

One-time purchase • No ads



CONTACT

Get in touch

Questions, feedback or a translation that reads oddly? Write to us; we read every message.

GOOGLE PLAY

<https://play.google.com/store/apps/details?id=app.web.workouthome>

WEBSITE

<https://fithome.web.app/>

