Nowadays mobile applications are a big part of personal workout accessories. There is a big gap on the market in terms of applications for personal coaches and custom made trainings in general. Goal of this thesis is to create an application for Android devices with Xamarin Android framework meant for saving and distributing training activities.

The application allows users to save their own exercises, trainings, training plans and filter them by tags. This is possible to do locally within the SQLite database as well as online with the Firebase Firestore database. It is also possible to run a training to keep track of exercises and their order and quantity. User also can activate a training plan which keeps track of the day the user is at. Last but not least the application is capable of sending messages and training activities via chat.