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Jarno Fischer, a 42-year-old design manager in Berlin, has a packed day managing client meetings, project deadlines, and preparing for an upcoming trip. His schedule don't have room for personal time, but he's committed to maintaining his fitness goals.



2

In his busy day, Jarno notices it's late, and he hasn't exercised yet. He wants to stay consistent with his routine but doesn't have much time or energy for a long workout.



3

Jarno opens the Movelt mobile app on his phone. He quickly browses for a workout and selects "Chest workout – 15 minutes," a no-equipment session that suits his limited time.



4

After starting the workout from the phone, it syncs with his smartwatch. The smartwatch displays the workout name, a countdown timer, and estimated calories burned, allowing Jarno to follow along without distractions.



5

Jarno finishes his workout in 15 minutes, guided by his watch. Afterwards, the smartwatch displays a summary and average heart rate. Jarno saves the workout, and the data syncs automatically to his phone.



6

Later in the evening, Jarno relaxes and opens the Movelt app to check his progress. He reviews statistics from the workout and his heart rate trends over the week. He feels accomplished and motivated to stay consistent.