

ABSTRACT

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PEMBUATAN APLIKASI KEBUGARAN MENGGUNAKAN KODULAR.

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The advancement of information technology has increased the demand for mobile applications; however, Android application development often requires complex programming skills. Kodular provides a platform for application development based on a drag-and-drop interface, allowing the creation of applications without programming knowledge. This research aims to design and implement a fitness application using Kodular, supporting independent workouts at home with features such as adjustable workout levels, multimedia tutorials, activity timers, and user history. Using the Waterfall model of software development, this study involves stages of analysis, design, implementation, and testing. The testing results indicate that all application features function according to specifications. This application is expected to be an effective solution for enhancing physical fitness, with recommendations for further development of health-tracking features.

Bibliography (2011 - 2022)