Musculoskeletal disorder is one of the leading cause of death and disability in Singapore due to a sedentary lifestyle. This project explores the use of the smartphone camera to design a short and fun workout that users can interact with through a mobile application game, in the hope of encouraging users to get up from their sitting position and have a good stretch as well as workout to lower the chances of musculoskeletal disorder. This workout is suitable for everyone regardless of age or physical abilities.