

# ***WeTrain-SRS***

## *Introduction*

The aim of this document is to give the reader an overview of the functionalities and requirements of the WeTrain application while also comparing it to similar existing systems.

WeTrain provides the user with an interactive interface that lets both athletes and trainers to be productive.

First of all, WeTrain enables every trainer to create his own courses, with the ability to modify them anytime and to create personalized workouts for his subscribers.

In facts, every athlete can subscribe to a course or directly to a trainer. After subscribing to a trainer, the athlete can easily send him e-mails and can request a new personalized workout.

One of the flagships of the application is to always encourage communication between users, especially between the owner of the course and his subscribers. Indeed, WeTrain provides a notification system to send course communications and to keep subscribers posted on any modification regarding the course.

WeTrain allows athletes to look for courses by name, fitness level and preferred days so that they can subscribe to the course that suits them best. Athletes can also easily organize their week thanks to the provided weekly schedule that summarizes the lessons of the courses they are subscribed to and all the exercises of their current workout plan that are scheduled for the selected day.

Our application provides support for live lessons letting trainers save a google meet link in their course and on the other end letting subscribers join with a click of a button.

WeTrain runs on Windows, MacOS, and Linux-based OSs and only requires an internet connection to connect to our DB. Talking about DB... we would also like to share that WeTrain interoperates with the Database through prepared statements making it secure from SQL injection attacks.

We can compare WeTrain with the following training and gym associated software:

These two existing systems that we are presenting are from companies which are definitely bigger and more powerful than us. In facts, they set high standards... but competition inspires growth,

progress, and creativity and our team worked hard to deliver something that still feels innovative although having both pros and cons when compared.

- Nike-Training: Nike is one of the leading companies regarding sport in general and this is their training app.
  - Pros of Nike-Training. The Nike app offers video representations of exercises and real time audio suggestions during workout that help the athlete feel more looked after (when compared to our static workout plans with only written descriptions and suggestions).
  - Cons of Nike-Training. In WeTrain the user directly interacts with his personal trainer being able to send emails and ask for advices on his workout. Moreover, unlike the pre-made ones in the Nike app, workouts are personalized and customized by the trainer making them different every time so that every single workout is always the best fit for each athlete.
- EvolutionFit: this company offers app and software for training.
  - Pros of EvolutionFit: EvolutionFit offers software modules for diets and nutritional plans, which WeTrain doesn't provide.
  - Cons of EvolutionFit: In WeTrain the course creation and subscription system let athletes join group trainings also provided with live lesson support.

## *User Stories*

1] As a beginner, I want to subscribe to a trainer, so that I can request a personalized workout plan and contact him when in need.

2] As a personal trainer, I want to increase my customer base, so that I can earn more money and increase my visibility.

3] As a gym enthusiast, I want to look for a course by fitness level, so that I can easily find the advanced ones.

4] As a person that travels a lot, I want online course lessons, so that I can train even when I am away.

5] As a personal trainer, I want to keep track of my courses and my subscribers, so I can organize my job better.

6] As a busy person, I want to see my weekly schedule, so I can organize better my time.

## *Functional Requirements*

1] The system shall provide a weekly schedule.

2] The system shall provide to join a course.

3] The system shall provide online course lessons support.

4] The system shall notify all subscribers when a course is modified.

5] The system shall provide the creation of workout plans and courses.

6] The system shall filter courses by name, fitness level and preferred days.

