

MIDN Tristen Alvis (260102)
Fitness App

Description:

- This app will serve as a simple fitness app tailored towards weightlifting and exercises involving sets.
- At its most basic level, it will allow users to view/search for workout routines, save them to the phone, and to open workout routines which will show the user what to do for how many sets/reps etc.
- If I can implement the basics successfully, I will try to expand functionality by creating a way for users to create their own workout routines, creating filters for different routines (arms, legs, intermediate, hard, etc), creating a way to store user progress over time, and/or providing the ability for users to be able to pull up youtube clips that demonstrate a specific exercise.

Technical Implementation:

- There will be a homepage which will serve as the main activity. The homepage will contain a settings button, which will open up an options menu that will let the user change their user settings. There will also be a recycler view that will show a list of pregenerated workout routines that when clicked, will open a dialog that gives more details and allows the user to save a routine. At the bottom, there will be a button that opens a new activity that helps the user workout.
- The new activity, which will be called SearchActivity, will have a search bar that will help users find pre-downloaded workouts (these will be saved into a file on the phone and will help simulate an online server having workout routines). There will be a recycler view that will show a list of previously saved workout routines or a list of suggested workouts (which can be changed by swiping left/right) that the user can click and use for their workout. There will also be a filter search bar at the top that allows the user to filter routines based on the recycler view setting they are on ("saved" or "discover"). At the bottom will be a "go button" that will load up the chosen workout and open up the workout activity.
- The workout Activity will contain a recycler view that lists the different "steps" (such as number of sets, reps, and the name and description of the exercise) for the routine. It will also have a button to allow users to cancel the workout and return to the homepage. At the bottom will be a timer and a button that starts the timer. This will help the user keep track of rest time. Each exercise "step" will have a check box, and once every checkbox is clicked, the cancel button will change its name to "finish" and clicking it will take you back to the homepage.

