Gym Instructor App
Vision

Version 1.0

Revision History

Date	Version	Description	Author
20/Mar/2019	1.0	Initial Project Statement	Raul TRONCIU

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Vision

1.   Introduction

Anyone that wants to start working out, to build muscles or to lose weight, most of the times got lost in all the different exercises and food diets. This system will simplify all of that by just entering some basic information about your body and how you want to workout. The current document will describe what will be implemented and the system is a good replacement / addition to the already existing ones.

1.1   Purpose

The purpose of this application is to offer everyone a good alternative to the expensive gyms and trainers, but also don't want to deal with the apps that just have basic programs. Some cannot afford to pay those sums of money. The aim of this application is to offer a complete workout program, even in the most minimalistic way possible (e.g. without equipment).

1.2   Scope

The following features will be covered by the Gym Instructor App:

- User Authentication (Create Account + Login)
- Save your body data
- Request a full workout program tailored for your needs
- Update your body data
- Change your workout program
- See videos with clarifications on how the exercise is done and why is helpful
- Request food diets

The following services are out of the scope of this project and will be provided by other systems:

- The exercise lists and workout programs
- The videos explaining the exercises
- The food diets

1.3   Definitions, Acronyms, and Abbreviations

Term	Definition
program	The entirety of the workout exercises as a whole.

1.4   References

For further clarification see the following resources:

- Project_UseCaseModel_SubmitUserData
- Project_UseCaseModel_SeeWorkoutProgram
- Project_SupplementarySpecification
- Project_Analysis_and_Design_Document (to be made)

1.5   Overview

The following sections of the document will describe the product placement in the market, relative to the other alternatives. We'll then continue by describing the involved stakeholders, the end users, the end user

environment and the product hardware and software requirements.

2. Positioning

2.1 Problem Statement

The problem of	Working out in your free time
affects	Citizens that want to build muscle or lose weight
the impact of which is	To much information, from multiple sources
a successful solution would be	To create an application that compresses that information and offers what is the most suitable program for the user

2.2 Product Position Statement

For	Partnered Gym
Who	needs to provide quality workout programs and food diets
Gym Instructor App	is an Instructor Application
That	Accepts some user data and finds the best workout for the specified data.
Unlike	The other apps that have preset workout programs Gym Fitness & Workout / Pro Gym Workout
Our product	

3.   Stakeholder and User Descriptions

3.1   Stakeholder Summary

Name	Description	Responsibilities
Gym Owner	The owner of the partnered gym. Is interested to see people get in better shape and to feel healthier.	Approves funding
Gym Trainer	The stakeholder(s) currently in charge with receiving and evaluating the body data and methods.	Provide the best workout program and diets for the provided data.
System Administrator	The person in charge with maintaining the system after implementation.	Ensures system integration with other systems. Ensures system is maintainable and provides valid data to the system database.
Implementation Team	The team developing the project	Provide a clean implementation with minimum effort.

3.2   User Summary

Name	Description	Responsibilities	Stakeholder
Citizen	The user that provides the required data.	Saves his data into the account. Chooses a trainer. Updates his own data regularly. Respects the workout program.	He is a direct user.
Gym Trainer	The person in charge of providing the most suitable workout program.	Analysis data provided. Chooses the appropriate exercises. Combines them in the most suitable way possible. Chooses the food diet suited for the program.	He is a direct user.

3.3 User Environment

Citizen

The citizen is considered to submit requests from his personal computer at home, in a non-stressful and calm environment.

Gym Trainer

The gym trainer is considered to work from the gym itself or from home. He may be interrupted by people. For this reason, the system will support a notification function which will notify the trainer every 5 minutes or so that a user was not yet processed by him.

4. Product Requirements

For either user, the product requires first of all a stable internet connection, a computer with at least 8 GB RAM, Dual Core processor, one monitor, mouse and keyboard. For the gym trainer, the product must show the system state at any given moment.

The product must integrate with the payment system and a video platform system (e.g. YouTube).