

TrainerHepler app

Description

The application *TrainerHelper* intends for the personal trainers to record and monitor of the clients' results.

The trainer can train several clients at the moment. Each client has the personal training program consists of the different trainings. Within one occupation (i.e. the gym visiting) the client performs one training. Each training contains the set of exercises to train the certain muscles group (for example, the hands training or the legs training). The client performs each exercise for some times (or for some approaches). One exercise approach contains some repeats of the exercise with the certain weight.

The trainer records the number of repeats, weight and the number of approaches for each exercise. The results of each training are saved, so the client's statistics is available.

App prototype

Let's look at the application prototype.

At the app starts, this screen is displayed. It contains the list of the clients training at the moment.

Hit *Start train* button to start the client's training.

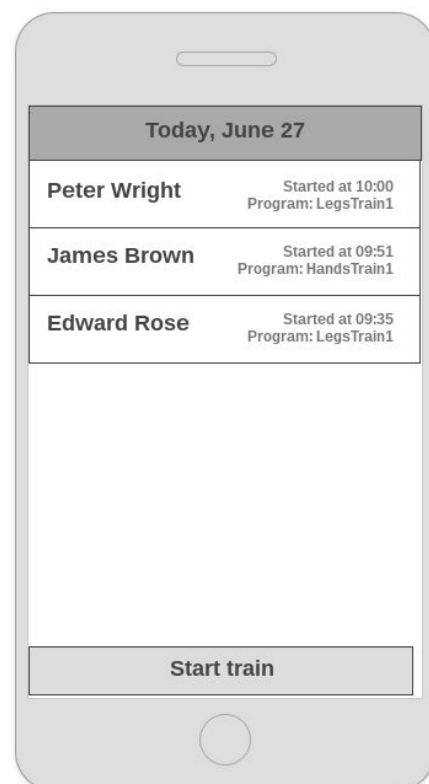


Image 1

The screen contains all clients of the trainer is appeared.

Hit + button to create a new client.

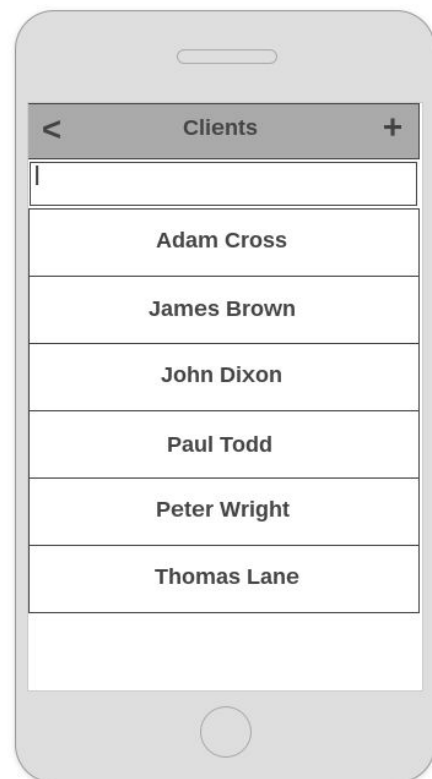


Image 2

The trainer sets the client data and hits OK.

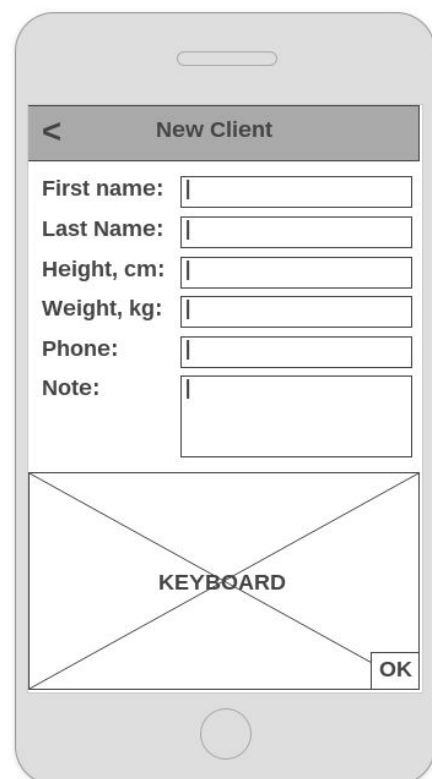


Image 3

The new client is added into the client list of the trainer.

Select the client to start his training.



Image 4

The list of available trainings for the selected client is opened.

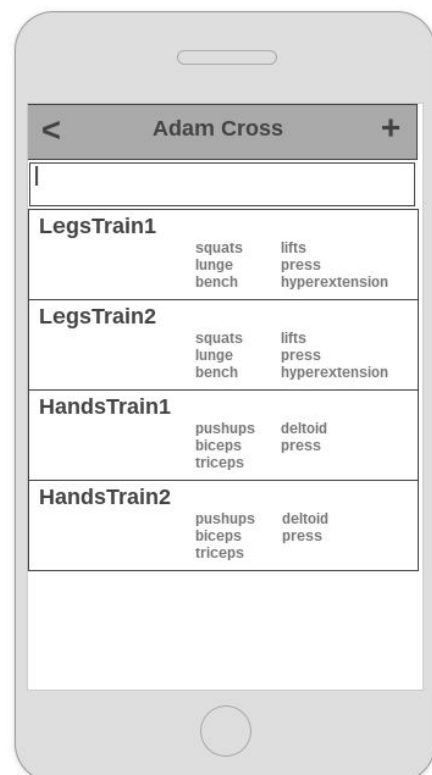


Image 5

The trainer can create new training for the client by hitting + button.

It's required to specify the new training's name.

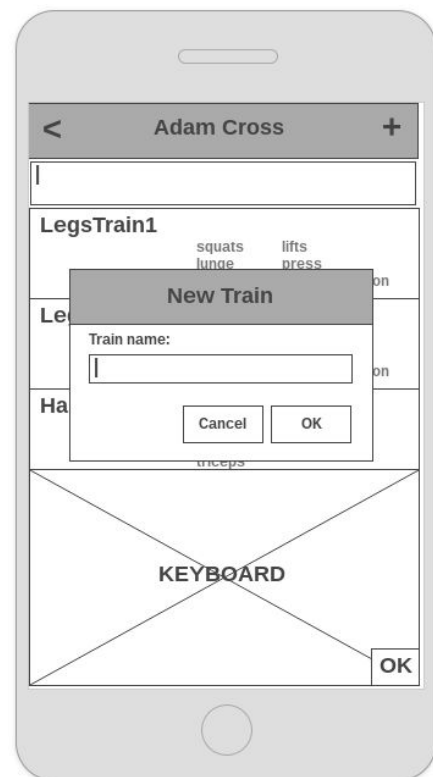


Image 6

New training is created.

Hit *Add Set* button to create new exercise into the training.

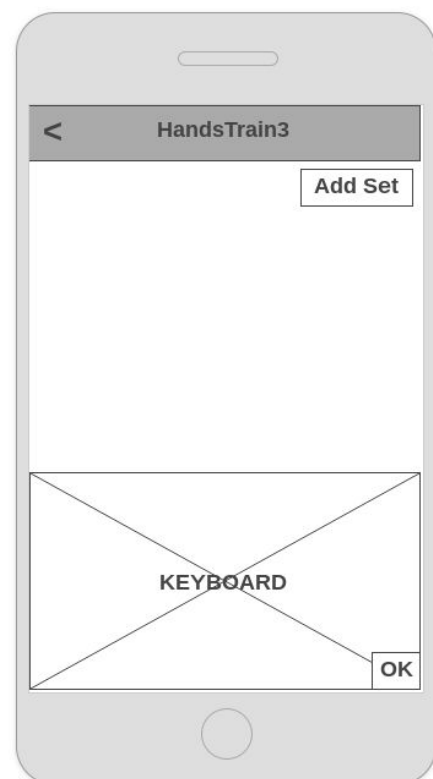


Image 7

Specify the exercise name, the number of approaches and repeats and weight.

The image shows a mobile app interface for 'HandsTrain3'. At the top, there is a back arrow and the title 'HandsTrain3'. Below the title, there is an 'Add Set' button. A 'New Set' dialog box is open, containing four input fields: 'Set's Name', 'Approaches', 'Repeats', and 'Weight, kg'. Below these fields are 'Cancel' and 'OK' buttons. The bottom half of the screen is covered by a large 'X' with the text 'KEYBOARD' in the center, indicating that the keyboard is not visible. An 'OK' button is located in the bottom right corner of the 'X' area.

Image 8

New exercise is added to the training.
Hit *OK* button to complete new training.

The image shows the same mobile app interface for 'HandsTrain3'. The 'Add Set' button is still present. Below it, the exercise name 'Pushups' is displayed. Underneath 'Pushups', the details 'approaches: 4', 'repeats: 15', and 'weight, kg: 7.5' are shown. The bottom half of the screen is covered by a large 'X' with the text 'KEYBOARD' in the center, indicating that the keyboard is not visible. An 'OK' button is located in the bottom right corner of the 'X' area.

Image 9

New training is added to the client's training program.

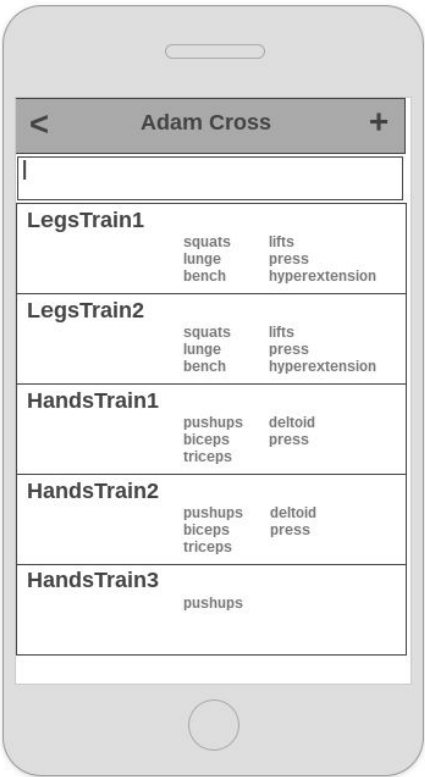


Image 10

The trainer selects the training for the client.

The client is added to the list of the clients training at the moment.

The current training name and the training start time are displayed for each client.

Select the client from the list to save his training results.

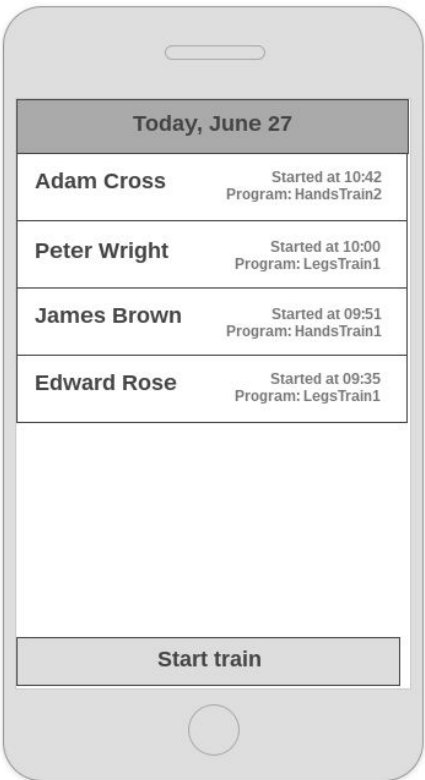


Image 11

The client’s current training screen is appeared.

Trainer saves the client’s results for each exercise contained the training.

The screen displays a list of exercises with their respective goals and input fields for recording performance. The exercises are Squats, Lunge, and Bench. Each exercise has three rows: approaches (goal: 4), repeats (goal: 15), and weight (goal: 10 kg for Squats, 12 kg for Lunge, and 75 kg for Bench). There is an 'OK' button next to the weight input field for each exercise.

Exercise	Approaches (goal: 4)	Repeats (goal: 15)	Weight (goal: X kg)	Action
Squats	<input type="text"/>	<input type="text"/>	<input type="text"/>	OK
Lunge	<input type="text"/>	<input type="text"/>	<input type="text"/>	OK
Bench	<input type="text"/>	<input type="text"/>	<input type="text"/>	OK

Image 12

The completed exercises are marked with highlighted background.

The screen shows the same list of exercises. The 'Squats' exercise is now completed, indicated by a grey highlighted background. Its values are: approaches (goal: 4) = 4, repeats (goal: 15) = 15, and weight (goal: 10 kg) = 10. An 'Edit' button is now visible next to the weight input field. The 'Lunge' and 'Bench' exercises remain in the original white background with empty input fields and 'OK' buttons.

Exercise	Approaches (goal: 4)	Repeats (goal: 15)	Weight (goal: X kg)	Action
Squats	4	15	10	Edit
Lunge	<input type="text"/>	<input type="text"/>	<input type="text"/>	OK
Bench	<input type="text"/>	<input type="text"/>	<input type="text"/>	OK

Image 13

The screen has a menu allows statistics to check the client's results.

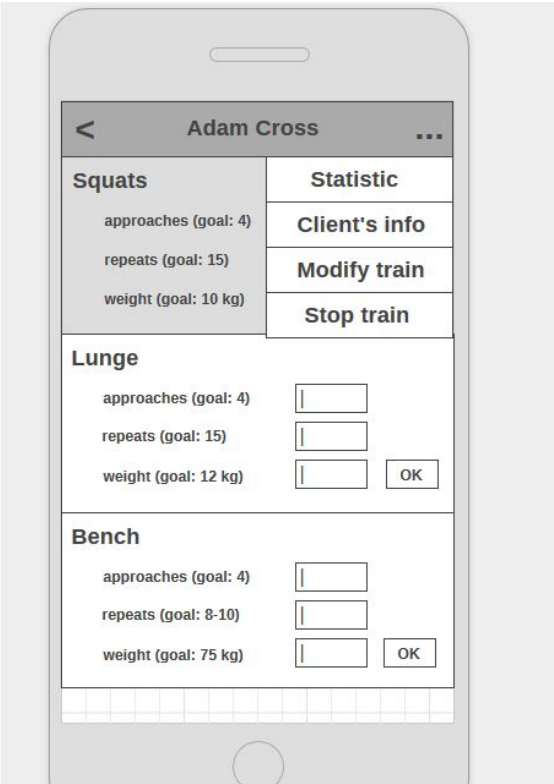


Image 14

Results are selected for the time period set by the trainer.

If the period is not set, statistics during the current month is shown by default.

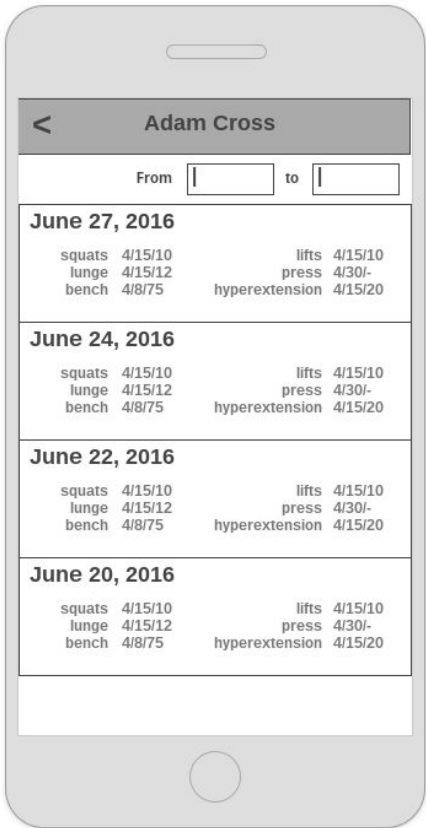



Image 15

To show the information about the client select *Client's info* item on the screen dispicted at *Image 14*.

The screen contains the client's data is appeared.



A mobile app screen displaying client information. At the top, there is a back arrow and the name "Adam Cross". Below this, the following data is listed:

Height (cm):	183
Weight (kg):	90
Tel.:	+79652819087
Note:	None

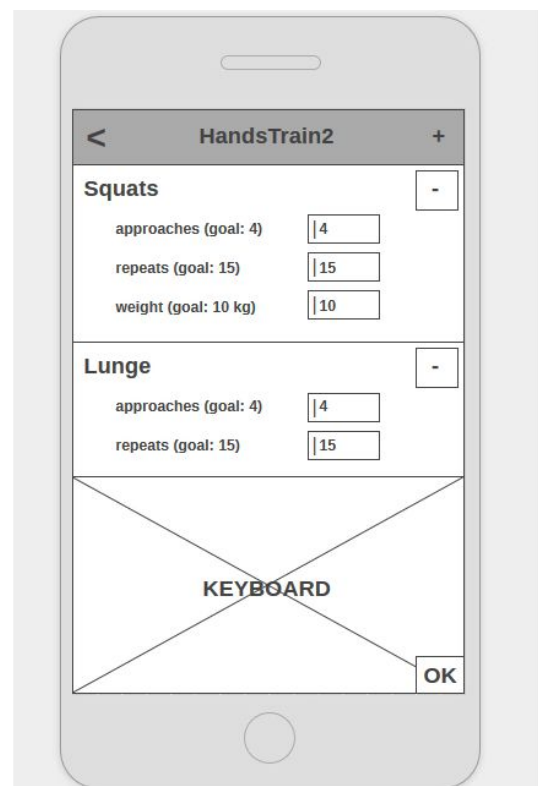
Image 16

The trainer has an ability to modify the current client's training.

To do it select *Modify train* menu item on the screen dispicted at *Image 14*.

Here is the screen allows to modify the exercise parameters, add or remove exercises.

Hit + button to add new set of exercises to the training.



A mobile app screen titled "HandsTrain2" with a back arrow and a "+" button. It displays two exercise sets: "Squats" and "Lunge". Each set has input fields for "approaches (goal: 4)", "repeats (goal: 15)", and "weight (goal: 10 kg)". A large "X" is drawn over the bottom half of the screen, with the word "KEYBOARD" in the center. An "OK" button is located in the bottom right corner.

Image 17

Specify parameters for the new exercises set and hit *OK*.

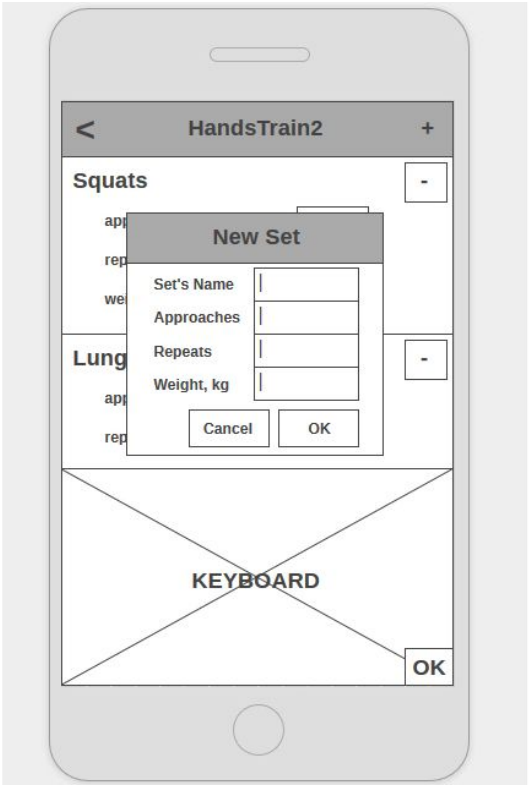


Image 18

To remove the exercise from the training hit - button for the exercise on the screen dispicted at *Image 17*.

Hit *OK* button to remove the exersice.

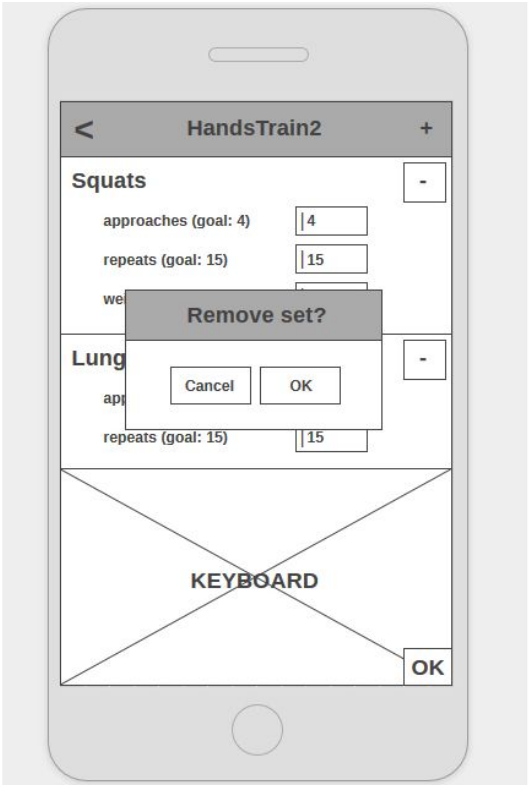


Image 19

The exercise is removed.

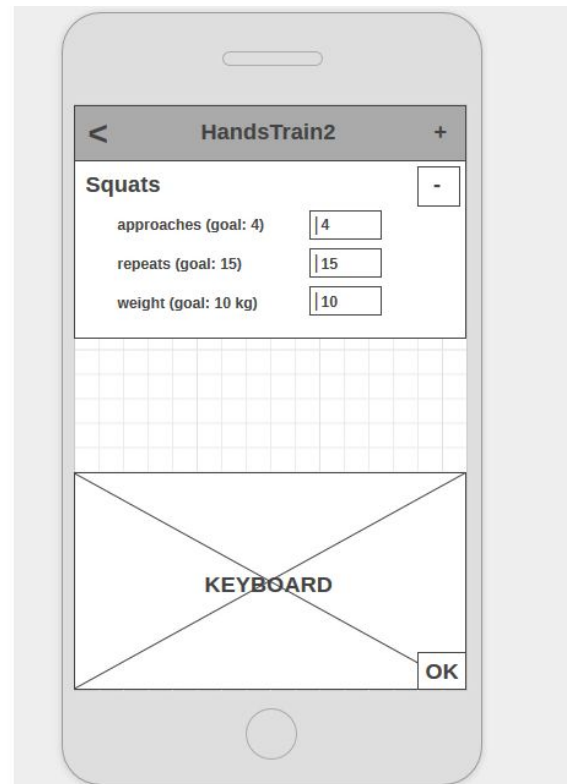


Image 20

To stop the training open the client's training screen and select *Stop train* menu item on the screen the *Image 14* depicts.

The request of stopping the training is appeared.

Hit *Continue* button to cancel stopping the training.

Hit *Stop* button to stop the training.

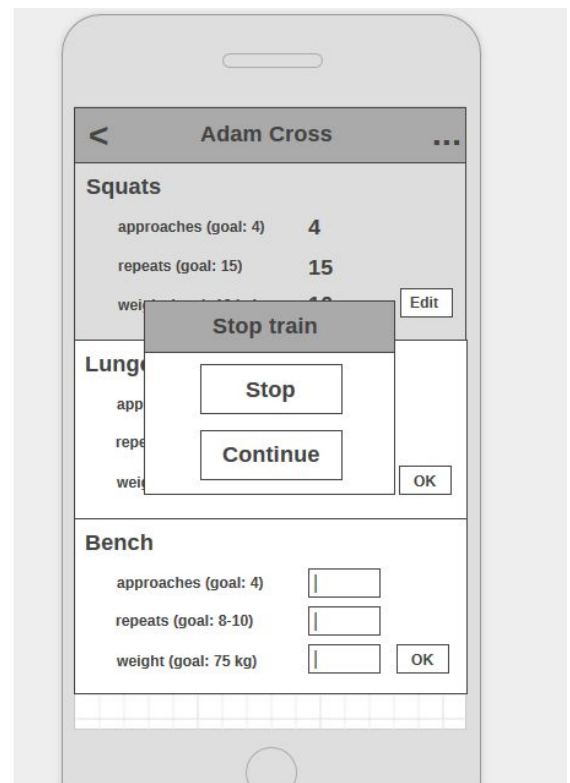


Image 21

When the training is stopped the client is removed from the list of the clients training at the moment (compare the client list with the screen depicted at *Image 11*).

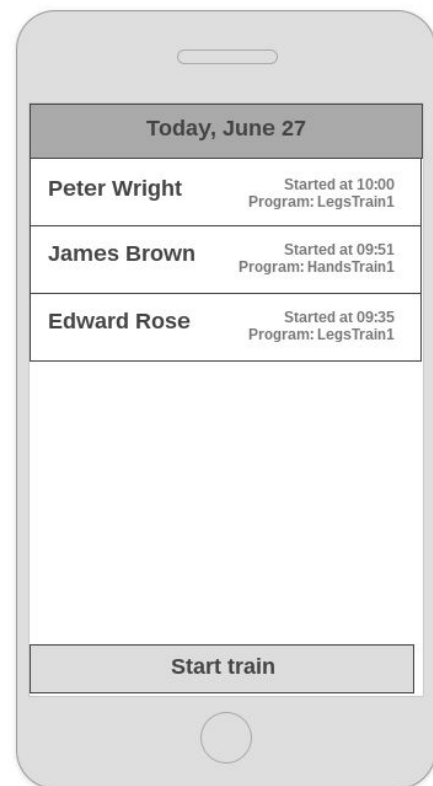


Image 22