

Stronglifts 5x5 App - Repo Summary

WHAT IT IS

A Garmin Connect IQ watch app named "Stronglifts 5x5" for Forerunner 245 that guides strength sessions on-watch.

It runs a workout-state flow (warmup/rest/work/choice/summary) and stores lift weights between sessions.

WHO IT'S FOR

Primary persona: A lifter using Stronglifts 5x5 who wants to run and log sets directly from a Garmin Forerunner 245.

WHAT IT DOES

- Provides built-in Workout A and Workout B exercise plans with set counts and per-exercise progression increments.
- Alternates workouts across sessions using last workout state.
- Tracks elapsed time per segment with 1-second UI refresh.
- Supports rest/work transitions and per-set effort choice (Easy or Hard).
- Lets users edit current lift weight during rest/work (hold UP, +/- 2.5 kg, save with LAP).
- Persists profile data (last workout and exercise weights) in Application.Storage.
- Creates and saves a strength-training ActivityRecording session with lap markers and exit options.

HOW IT WORKS (ARCHITECTURE)

- App bootstrap: Stronglifts5x5App creates StrongliftsMainView plus StrongliftsInputDelegate.
- Input path: InputDelegate maps LAP/UP/DOWN/BACK and UP-hold to view handlers.
- Control logic: StrongliftsStateMachine owns state, timers, progression, and exit/save/discard behavior.
- Domain logic: StrongliftsWorkoutLogic defines templates, alternation helper, and kg formatting.
- Persistence: StrongliftsStorage loads/saves profile key "stronglifts_5x5_profile_v1".
- Data flow: Key event -> state transition -> display model -> render; save path -> storage + activity save.

HOW TO RUN (MINIMAL)

1. Build: monkeyc -f monkey.jungle -o bin/Stronglifts5x5.prg -y ~/.ciq/developer_key.der
2. Start simulator:
.../connectiq-sdk-mac-8.4.1-2026-02-03-e9f77eeaa/bin/ConnectIQ.app/.../simulator
3. Run: .../bin/monkeydo .../stronglifts-5x5/bin/Stronglifts5x5.prg fr245

NOT FOUND IN REPO

- Automated tests or CI setup.
- Release/distribution instructions beyond local simulator run.