

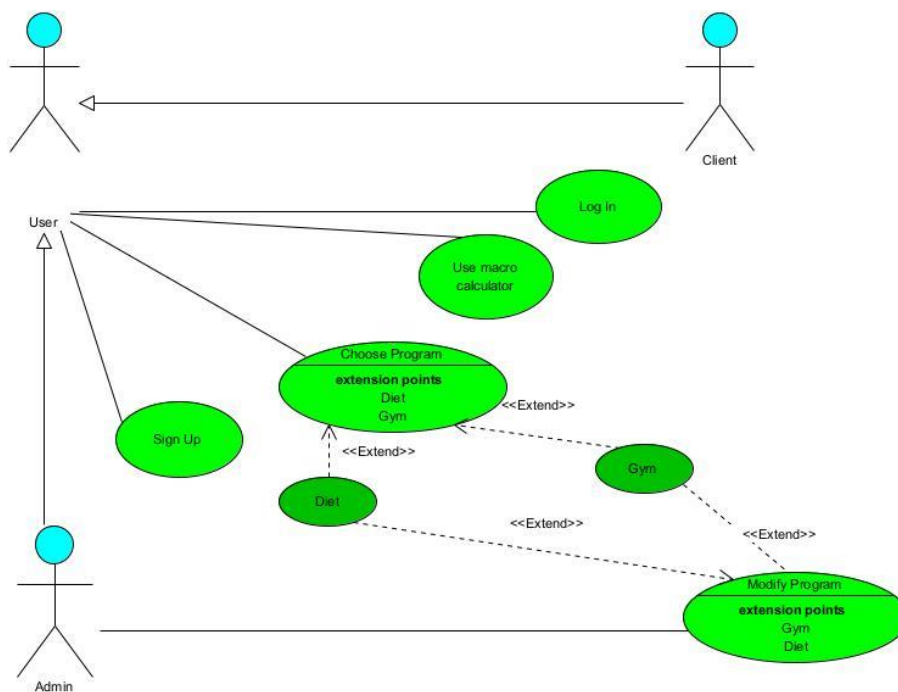
PROIECT PDM

BACKREST: Fitness app

DESCRIPTION

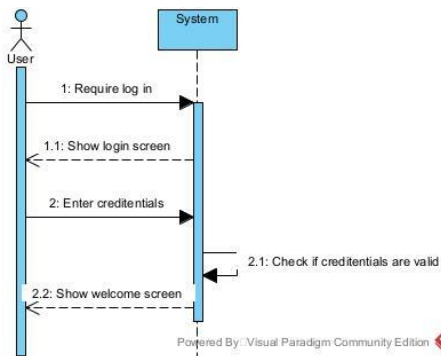
We are presented with a fitness program realized using java in Android studio with which you can use to find diets, follow the diets using a macronutrient calculator and find exercises to help you stay in shape.

USE CASE

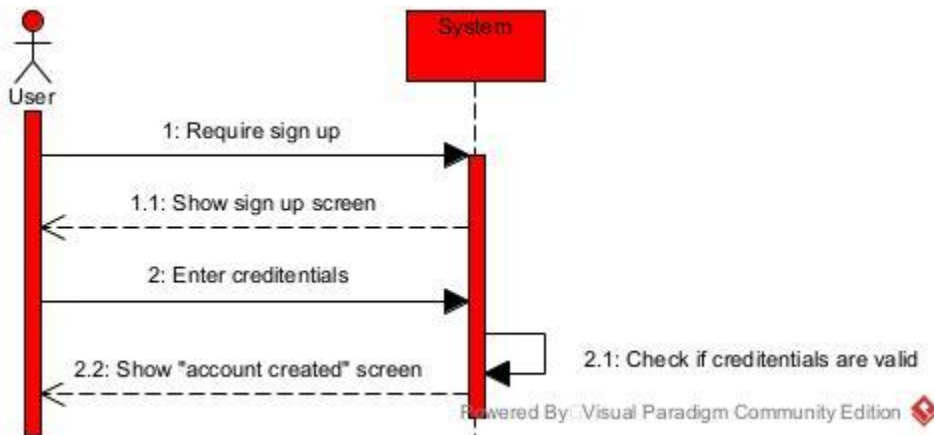


SEQUENCE

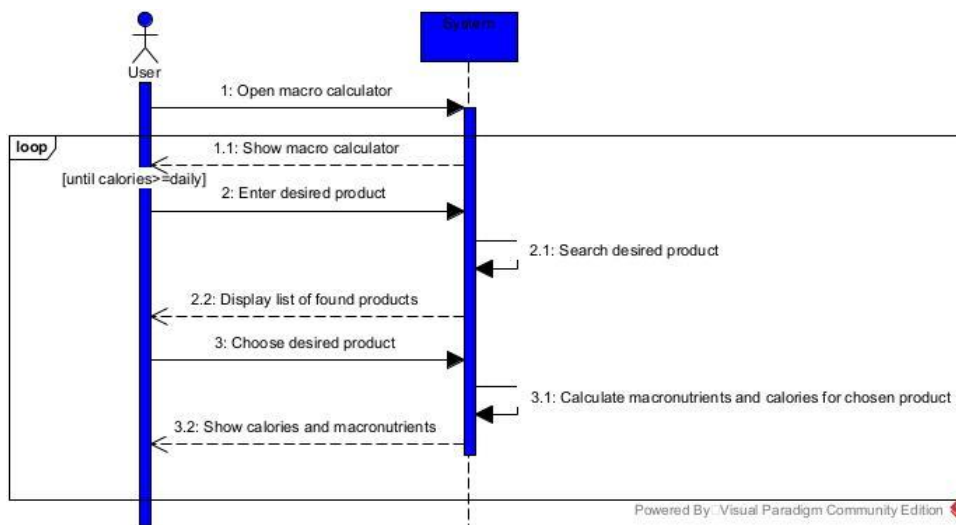
1) Log in



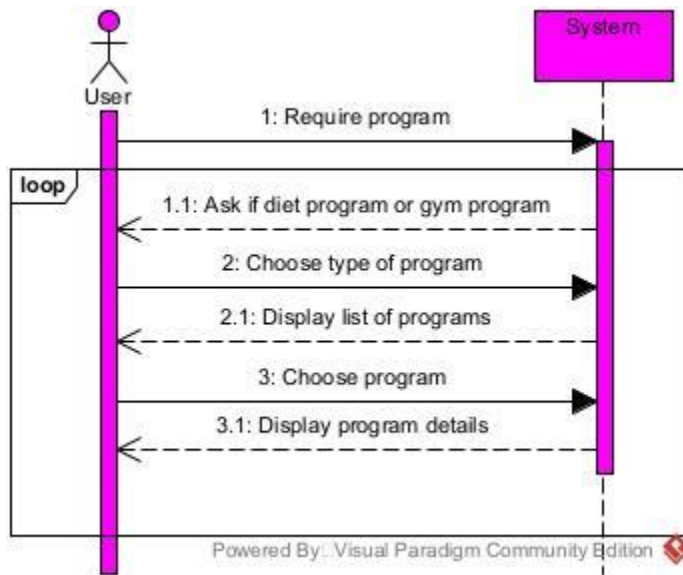
2) Sign up



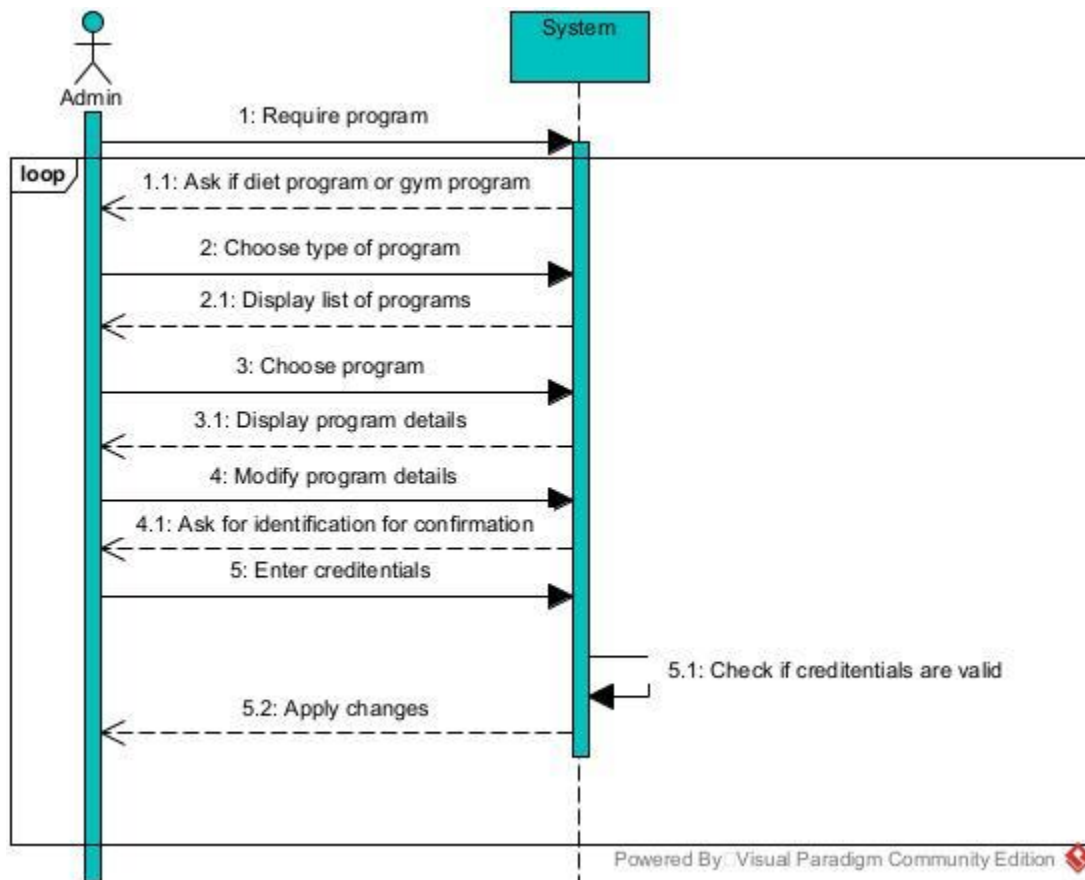
3) Macro calculator



4) Choose program

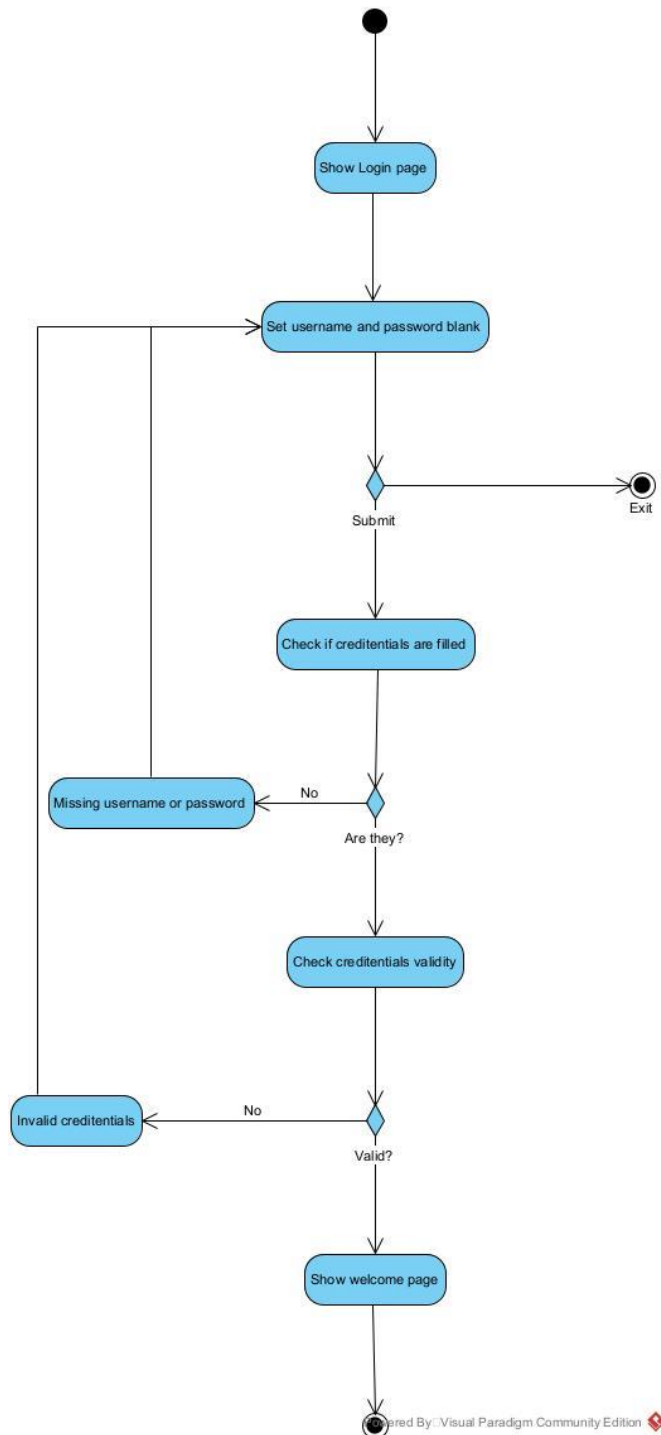


5) Modify program

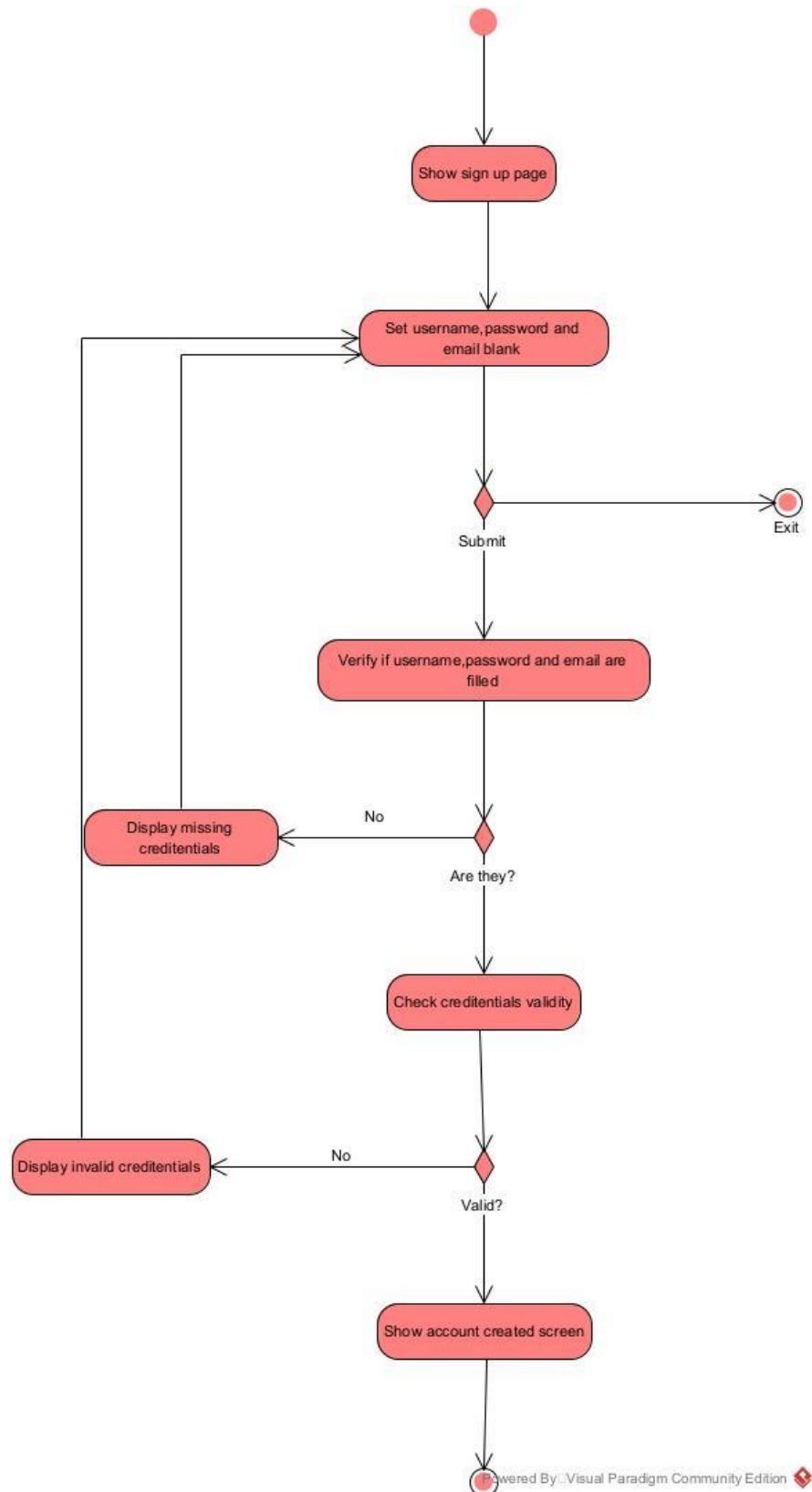


4. ACTIVITY DIAGRAMS:

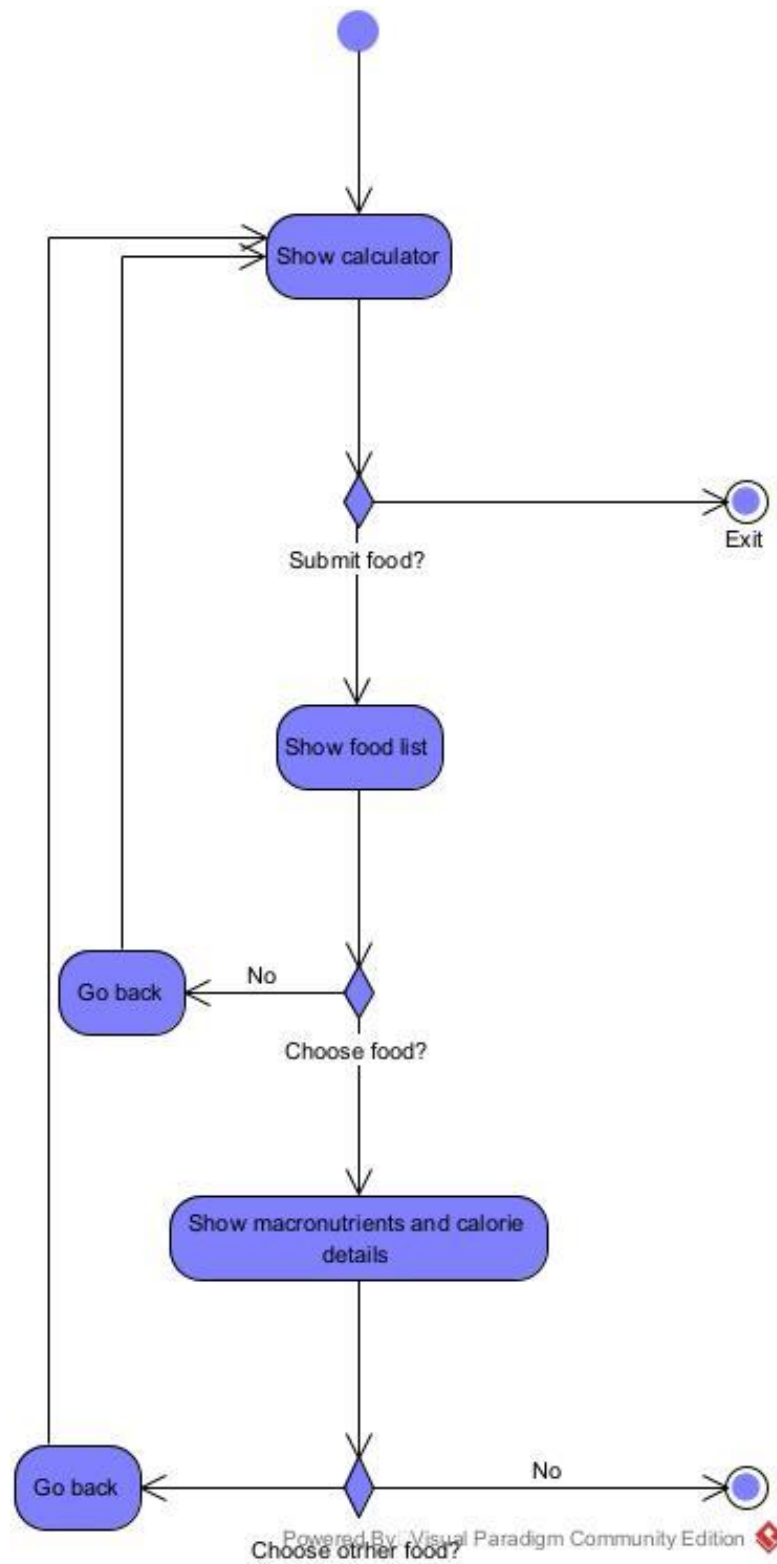
1) Log in



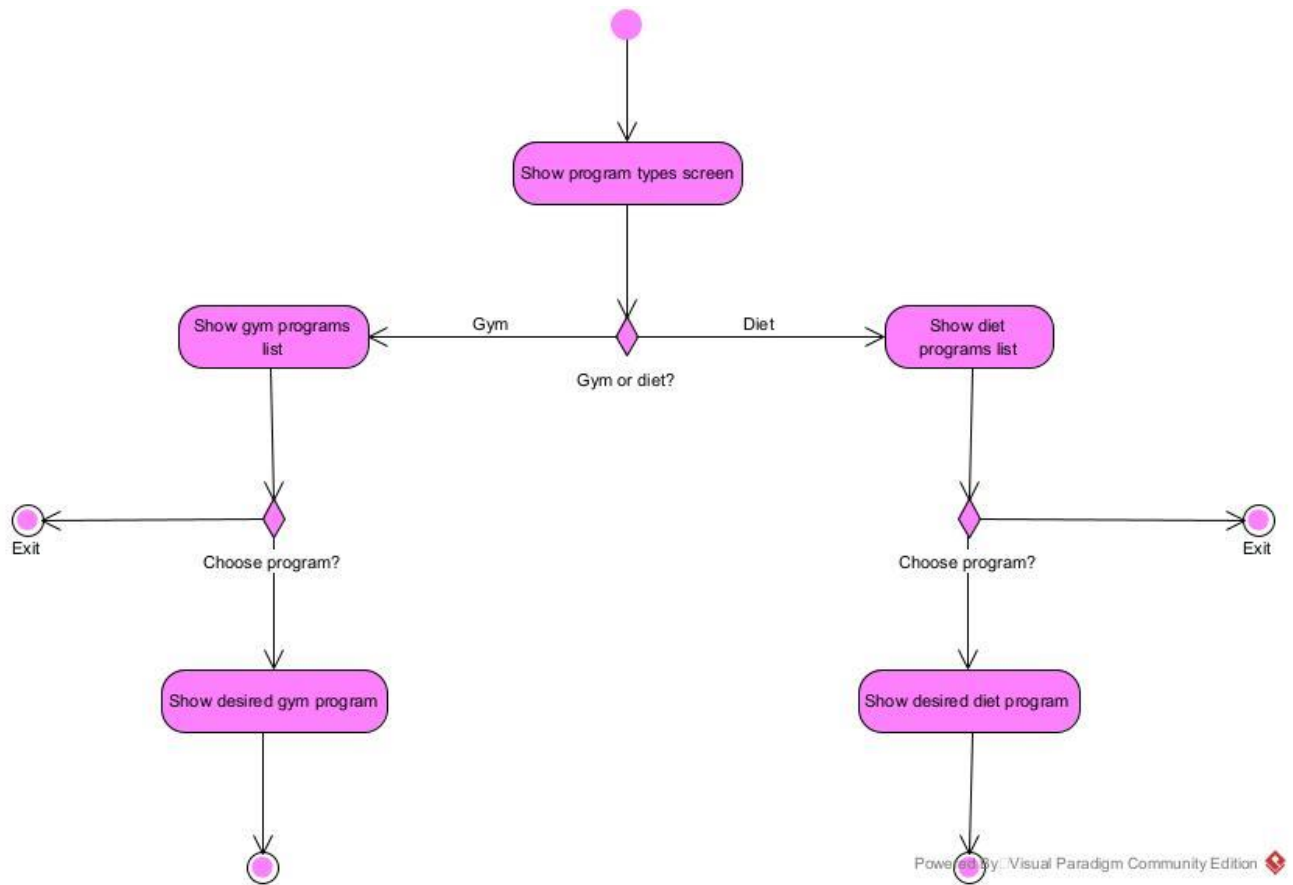
2) Sign up



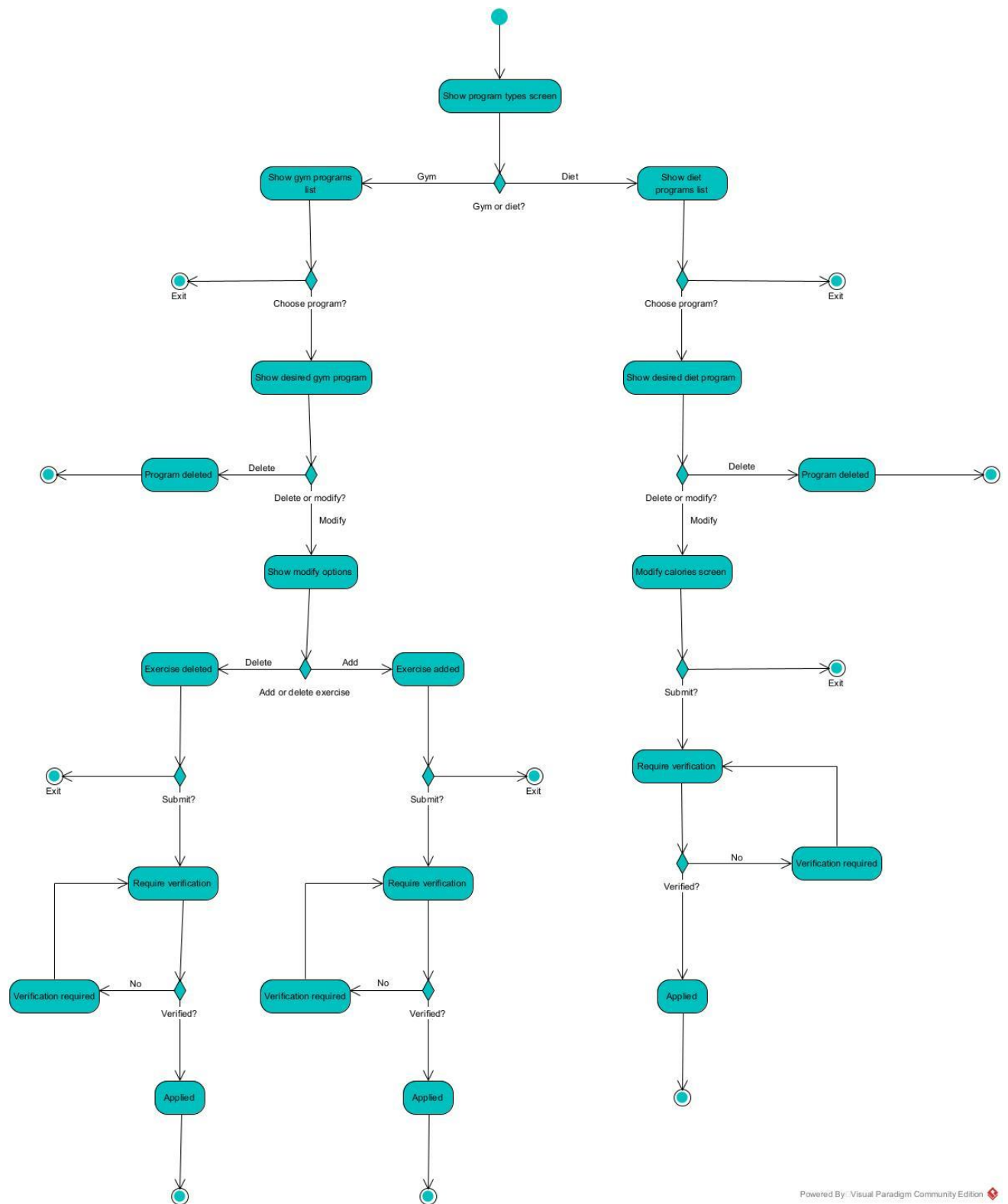
3)Macro calculator



4) Choose program

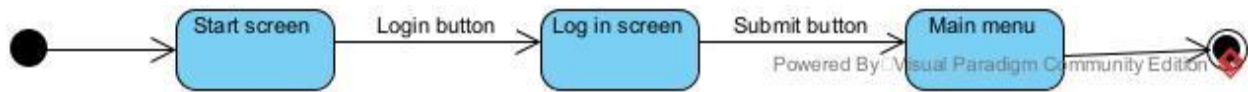


5) Modify program



GUI

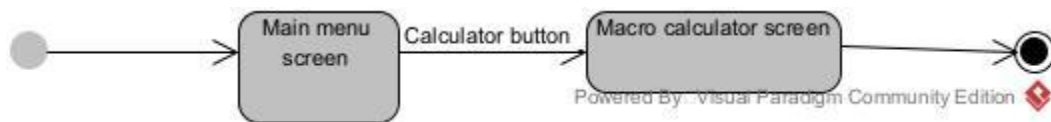
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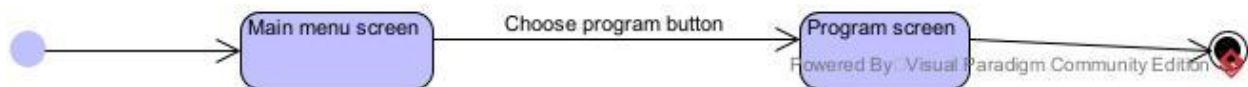
2) Sign up



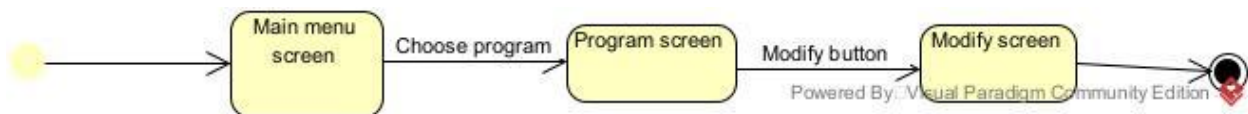
3) Macro calculator

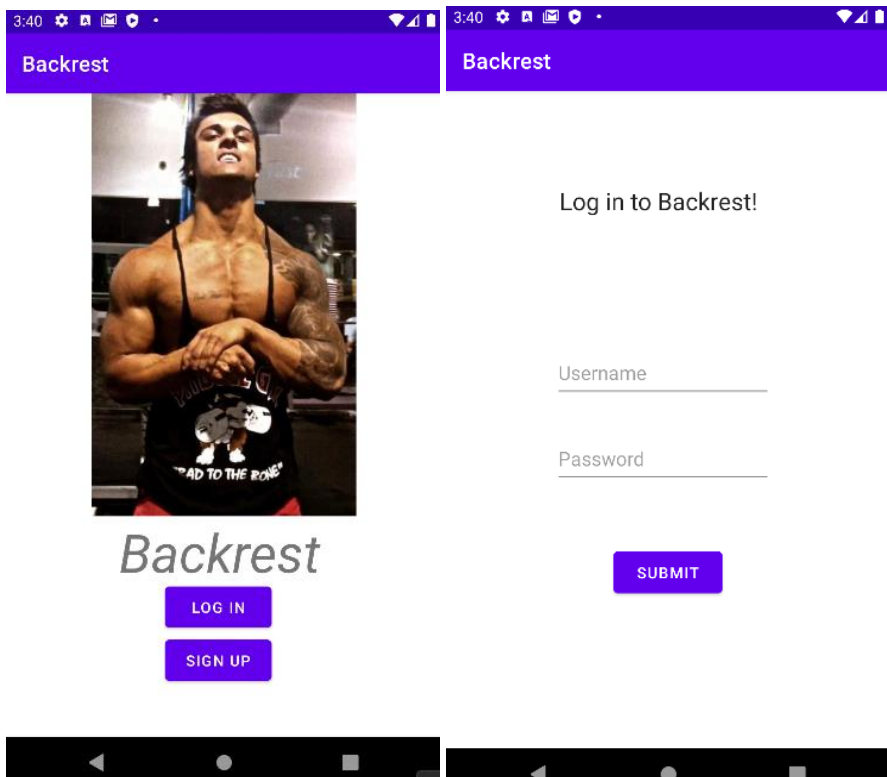
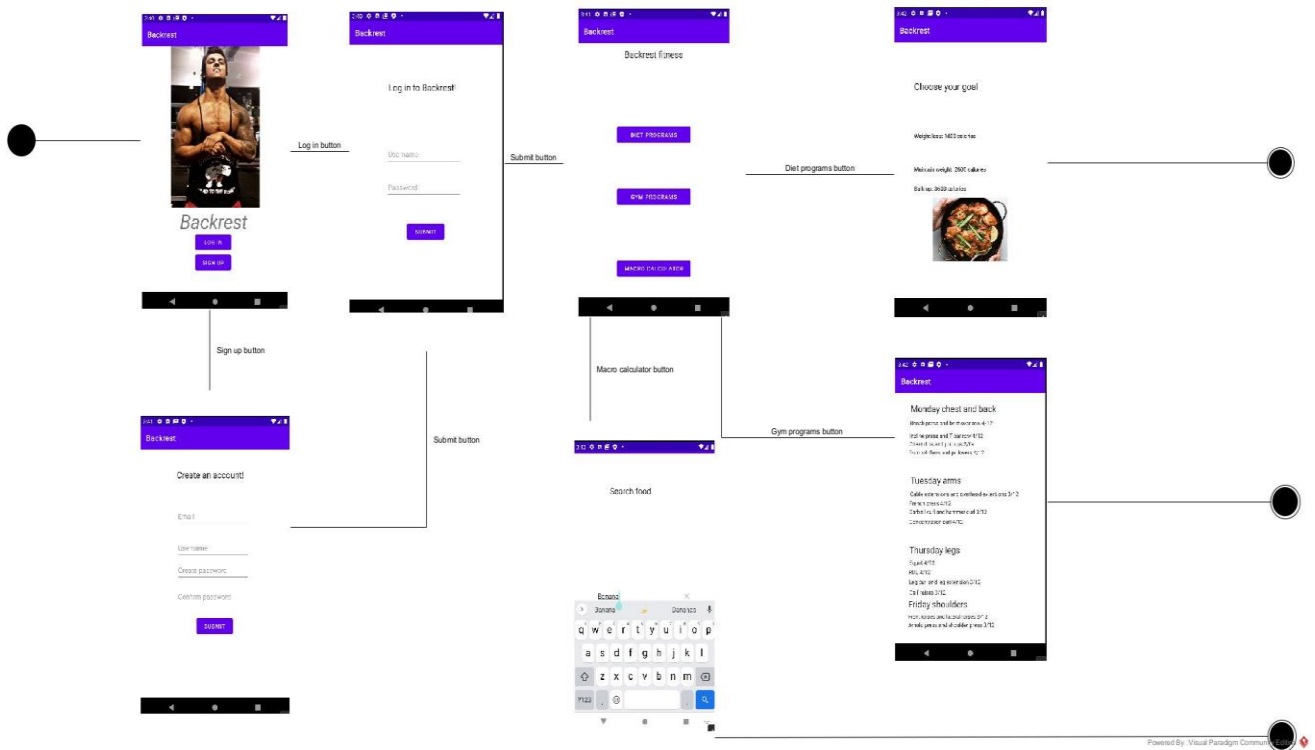


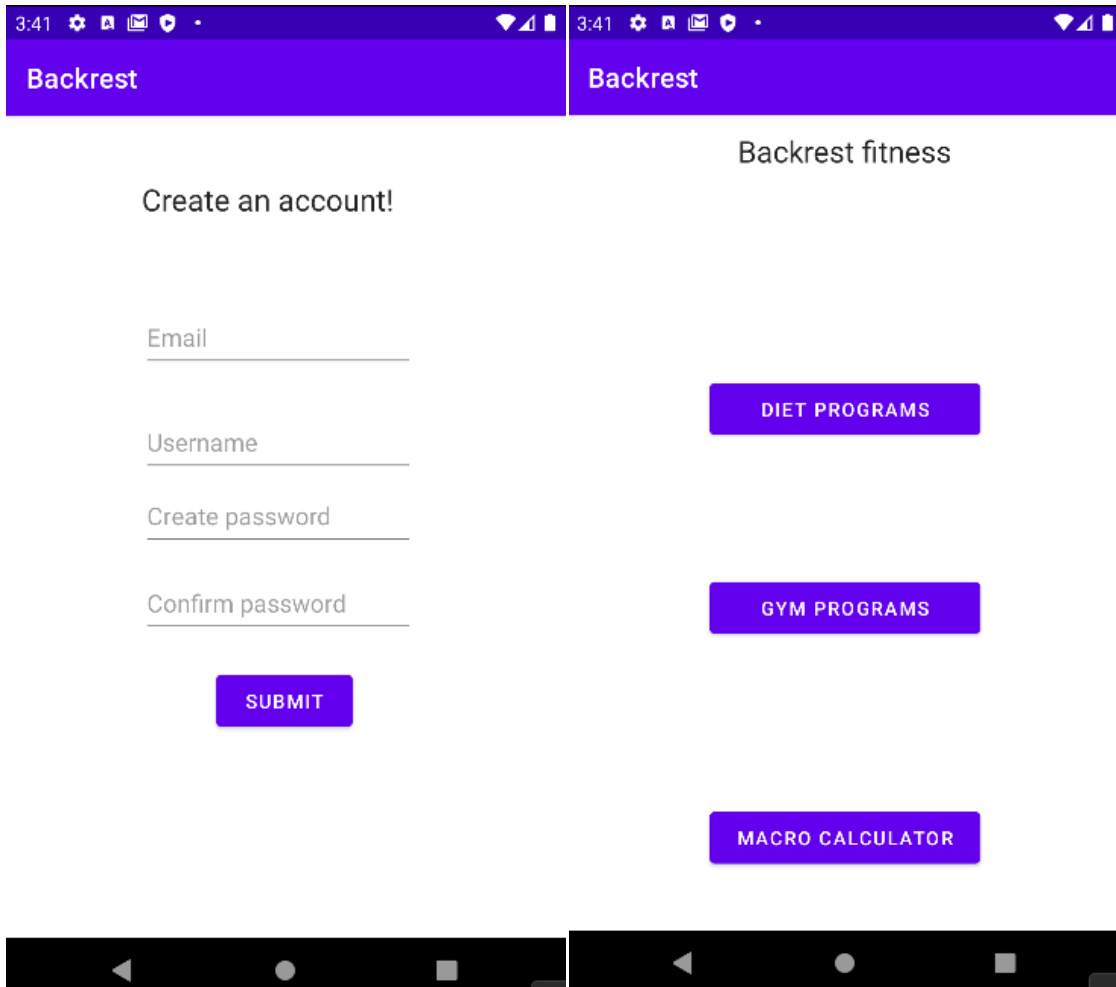
4) Choose program



5) Modify program







Choose your goal

Weight loss: 1600 calories

Maintain weight: 2600 calories

Bulk up: 3600 calories



Monday chest and back

Bench press and bent over row 4/12

Incline press and T bar row 4/12

Chest dips and pull ups 3/fail

Dumbbell flyes and pullovers 4/12

Tuesday arms

Cable extensions and overhead extensions 3/12

French press 4/12

Barbell curl and hammer curl 3/12

Concentration curl 4/12

Thursday legs

Squat 4/12

RDL 4/12

Leg curl and leg extension 3/12

Calf raises 3/12

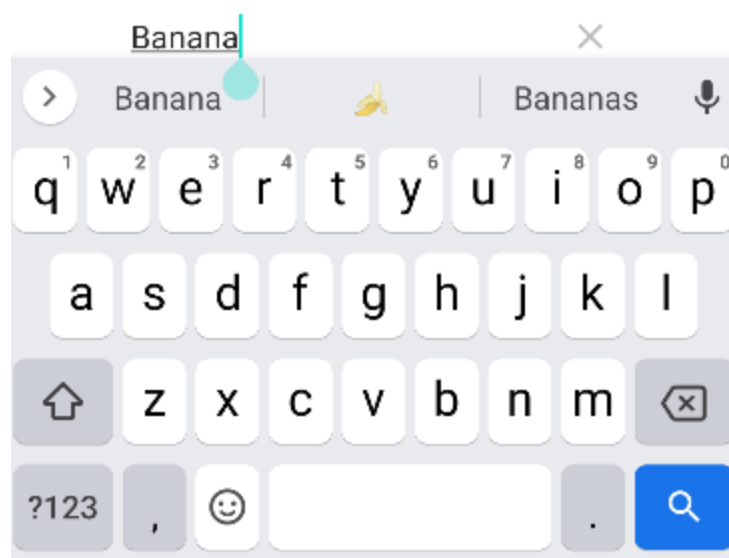
Friday shoulders

Front raises and lateral raises 3/12

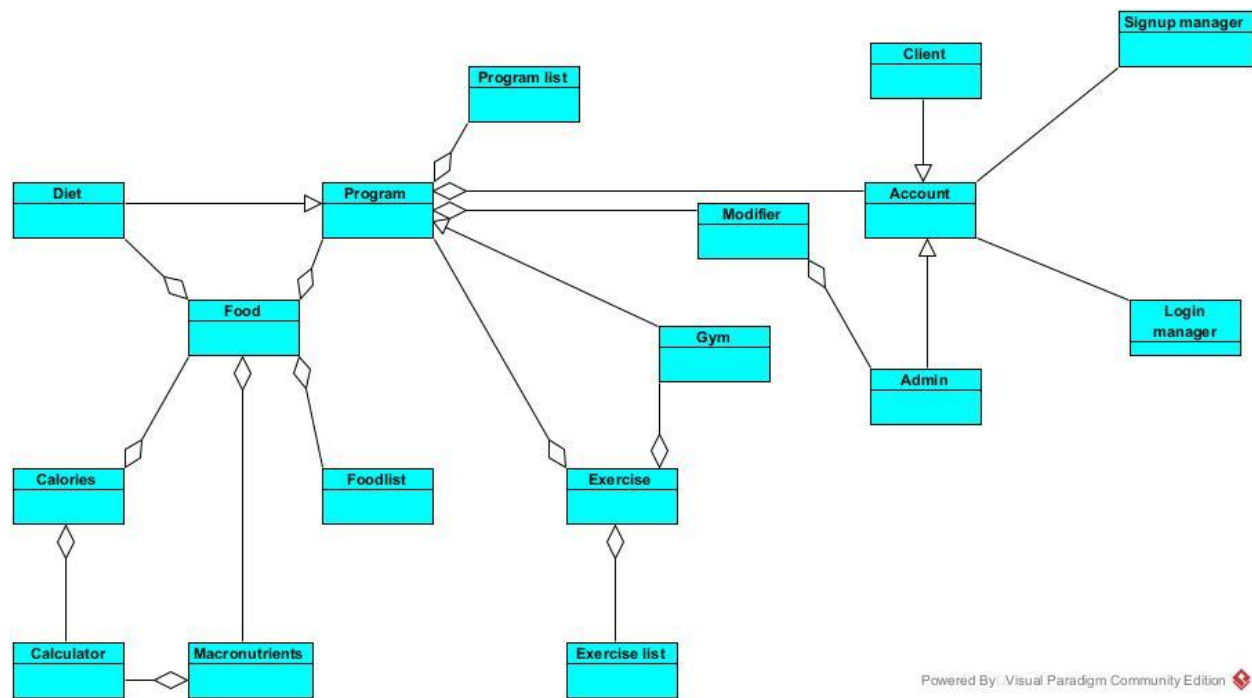
Arnold press and shoulder press 3/12



Search food

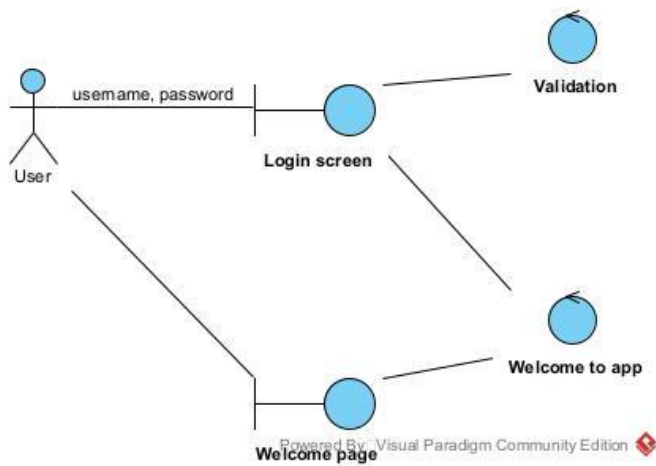


DOMAIN DIAGRAM

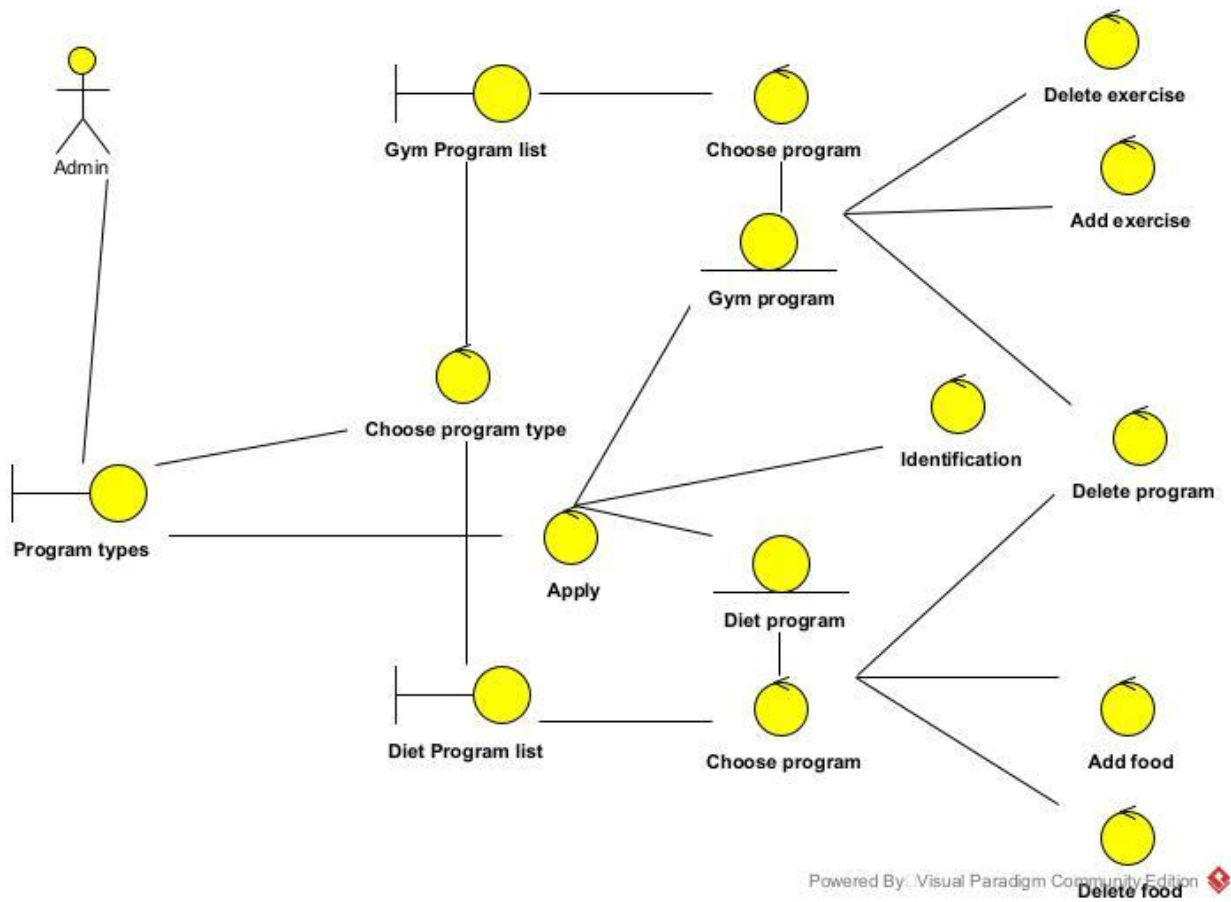


ROBUSTNESS DIAGRAMS

1)Login

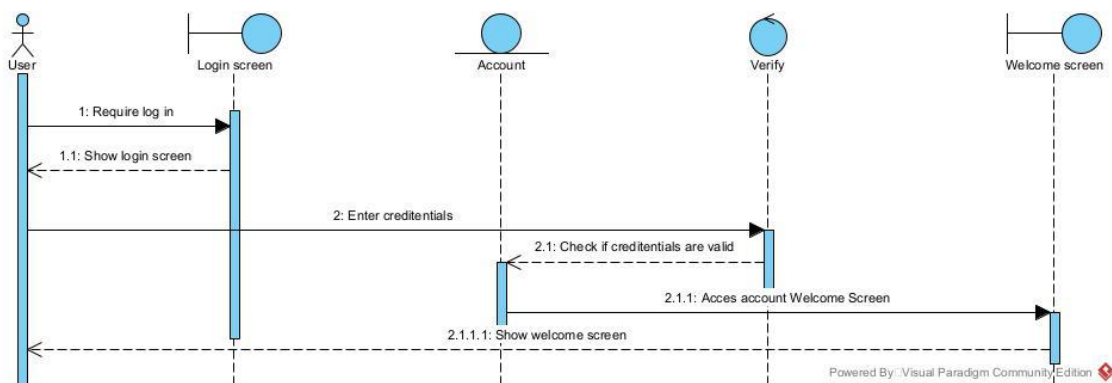


2)Modify program

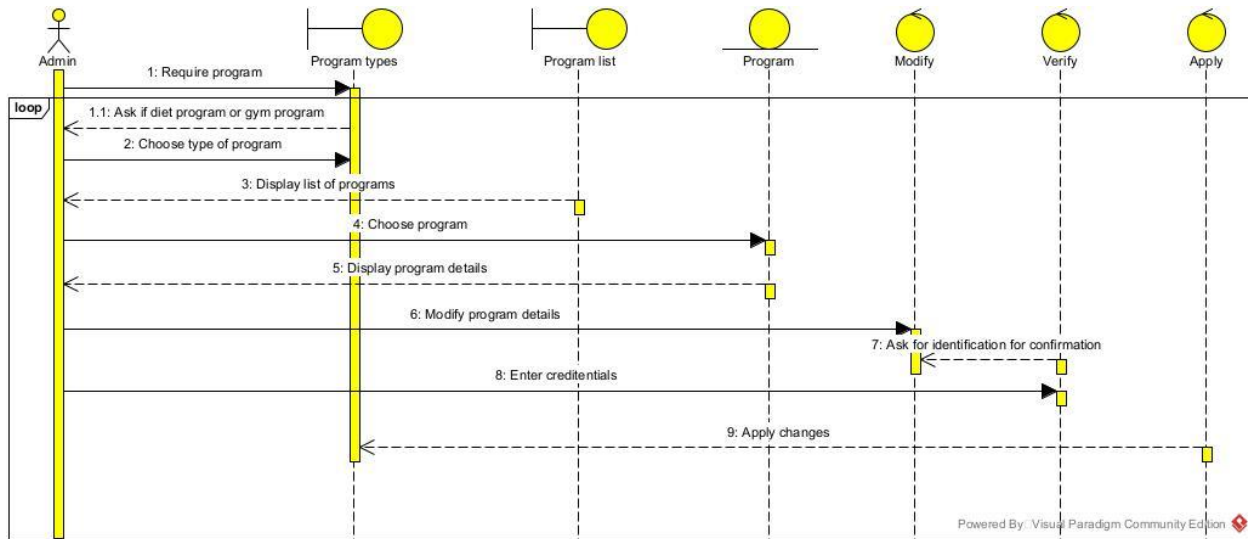


SEQUENCE DIAGRAMS

1)Login



2)Modify program



THE EXTENDED CLASS DIAGRAM

