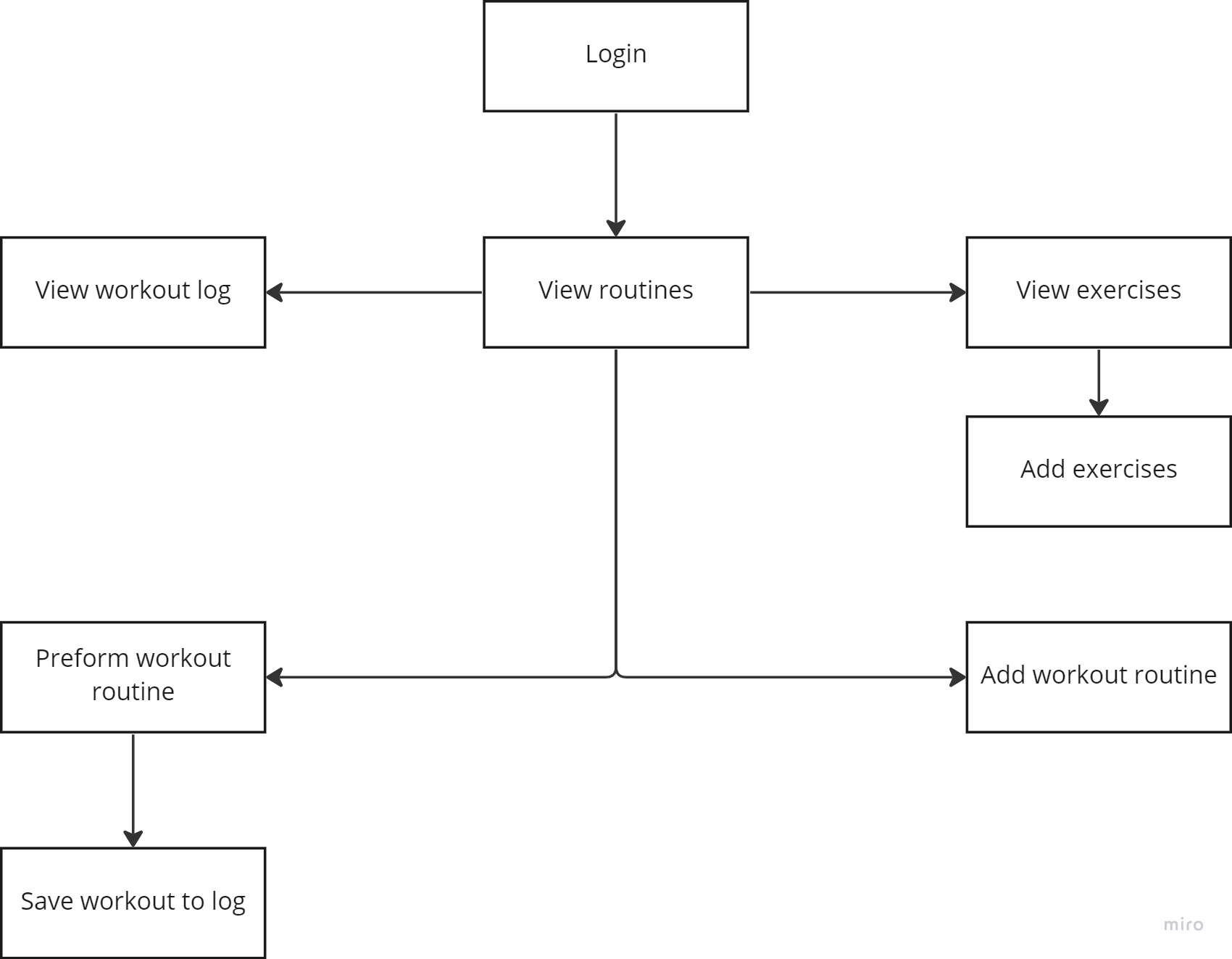
**Systems functionality**

The applications purpose is to organize and track workouts in the gym or at home.

**Key features**:

* Preform and log workouts.
* Create workout templates.
* Wide selection of exercises.
* Keep track of personal records.
* Create custom exercises.

**Application usage flow**:



**In-depth flow**:

**Login**

User logs in using their Gmail account.

**Viewing workout routines**

The first screen shows all the workout templates available. The application comes with 3 samples routines to draw inspiration from and quickly start using the app.

**Adding workout routines**

The user can add their own workout routines, using a wide variety of exercises or their own custom ones. Each workout routine consists of working sets of exercises. The user specifies the repetitions (reps) and weight for each set.

**Preforming workout routines**

Upon selecting a routine, the in-progress workout view appears. The user can view all the sets he has planned, tick a box indicating the set was preformed and add more exercises on the fly. The user can use the included timer and stopwatch to help tracking time throughout the workout. In addition, there is a Notes box for writing short notes for the workout.

Once the user’s workout is done, clicking the save button will save the workout into the log.

**Viewing workout logs**

The user can view all workouts preformed in the log tab. Clicking on a single workout will show a summary of the workout, including the users notes. If there were sets that broke the users’ personal records, a symbol will indicate so.

**Viewing exercises**

The application comes with a wide variety of exercises to choose from. These exercises come from an open database and get updated regularly (Once a week).

**Adding custom exercises**

The user can add their own custom exercises from the exercises tab. Once added, they will be available when creating or preforming a workout routine.