Mobile Application Development 2: Design Document

G00349377

Application Name:

Linear Progression

Application Purpose:

To provide the user with a proven strength training program. Which is set over a 8-12 week period and aid with strength gains.

Application Brief:

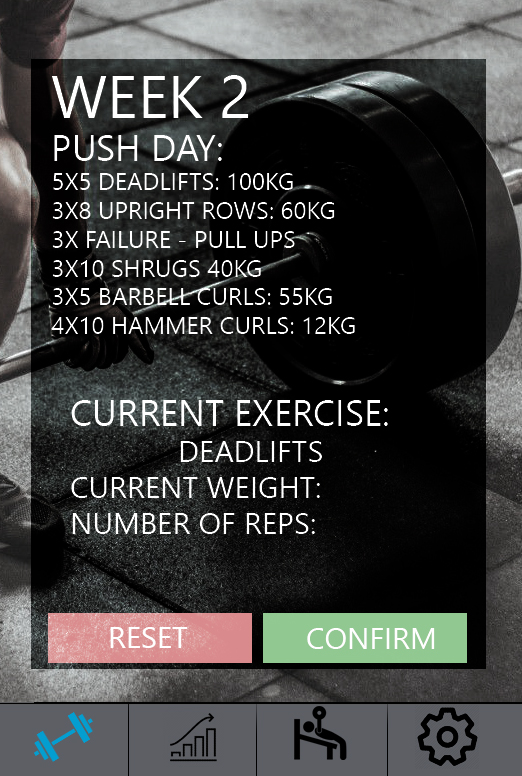
The workouts will be set for each day (3 days a week) with the user inputting their own numbers. (E.g. 2 sets of repetitions using a 80 weight of kilograms.) These numbers shall then be stored locally. The users data will be used to track their progress, with options for a simple table view or a graph displaying their current lifts, their projected lifts and their actual lifts.

The application will also have an exercise form check feature will also be available. This tab would initially load a bodybuilding.com page which the user can enter the desired exercise and learn additional information, however I chose to include the necessary files locally in case the user does not have internet access at the time they are required.

App Background:

Due to a personal interest in fitness, I have noticed a gap in the fitness application market. A vast majority are designed for either casual, home workouts or with the goal to increase cardiovascular endurance. There are an underwhelming number of applications that focus on strength training. Many of said apps are of low quality and/or functionality. The app I wish to create streamlines the progression tracking progress, removing the need to bring a pen and paper to the gym to log and reducing the tediousness of having to type out your workout details every time from scratch in a memo keeping application. I aim for the app to be as user friendly and streamlined as possible so that the user can easily navigate it between sets of their workout.

App Design concept:

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