**Fitness App**

**User Manual**

**Table of Contents**

I. General Information

II. Workouts Button

A. Add Exercise Screen

1. Create Button

2. Show List Button

III. Exercise Guide Button

IV. Goals Button

1. Add Goal Button

2. Show List Button

I. General Information

In this fitness app, users will be able to create their own workouts by adding exercises to any of the three workouts in the list. Users will also be able to create their own goals list as well as watch YouTube videos of tutorials on each exercise.

This app is compatible with Android version 2.2 (Froyo) to version 4.X (L Preview).

II. Workouts Button

When you click on one of the three workouts in the list, it will lead you to the add exercise screen.

A. Add Exercise Screen

Exercise field: Choose from drop down list which exercise you want to add

Weight field: Enter the weight you're using for the exercise. If the exercise doesn't require weights, enter 0.

Reps field: Enter the amount of reps per set.

Sets field: Enter the amount of sets for the exercise.

1. Create Button

Clicking this button adds the exercise information you entered to the list. All fields must have a value in order to use this button.

2. Show List Button

Displays the list of exercises in the workout.

III. Exercise Guide Button

Displays the list of exercises available in the app by muscle group.

List of Muscles:

* Chest
* Back
* Legs
* Triceps
* Abdomen
* Forearm
* Bicep
* Buttocks
* Shoulders

When you click on an exercise, it will lead you to a YouTube video that's a tutorial on the exercises.

IV. Goals Button

Lets users enter fitness goals

1. Add Goal Button

Adds goal that the user typed in the textbox to the list.

2. Show List Button

Displays list of goals.