



James McCormack

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Three Banner Images: Pixabay.com

Sound For Rest Timer : <https://freesound.org/>

Logo (Free logo generator): <https://hatchful.shopify.com/your-logos>

How To Run:

Ionic Command Line Local Host

- a. Open terminal at \final\
- b. run `npm install` (I didn't include the node_modules)
- c. Internet connection needed, to run use: `ionic serve --localhost`
- d. Log in with facebook or google

Code Location: src/app/ + src/pages/.Code is commented.

Functionality

Firebase Functionality

- Firebase integrated application
- Firebase google and Facebook login
- User data for future retrieval.
- When workouts are complete your weights are stored in the database
- When new workouts are added or deleted, this is updated in the database.
- Collection of exercises stored in the database

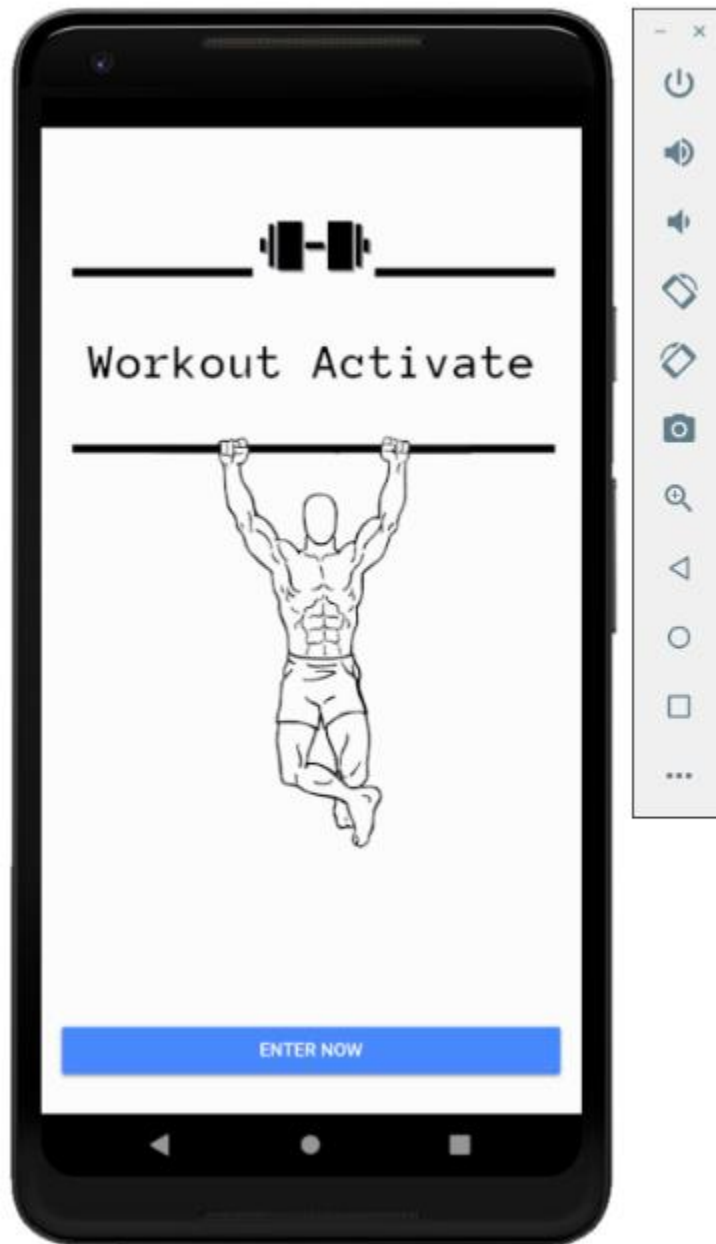
Application Functionality

- Welcome screen that is visually pleasing and simple
- Login with facebook and google
- Ability to add and remove workouts
- Ability to select exercises that will be done in your workouts

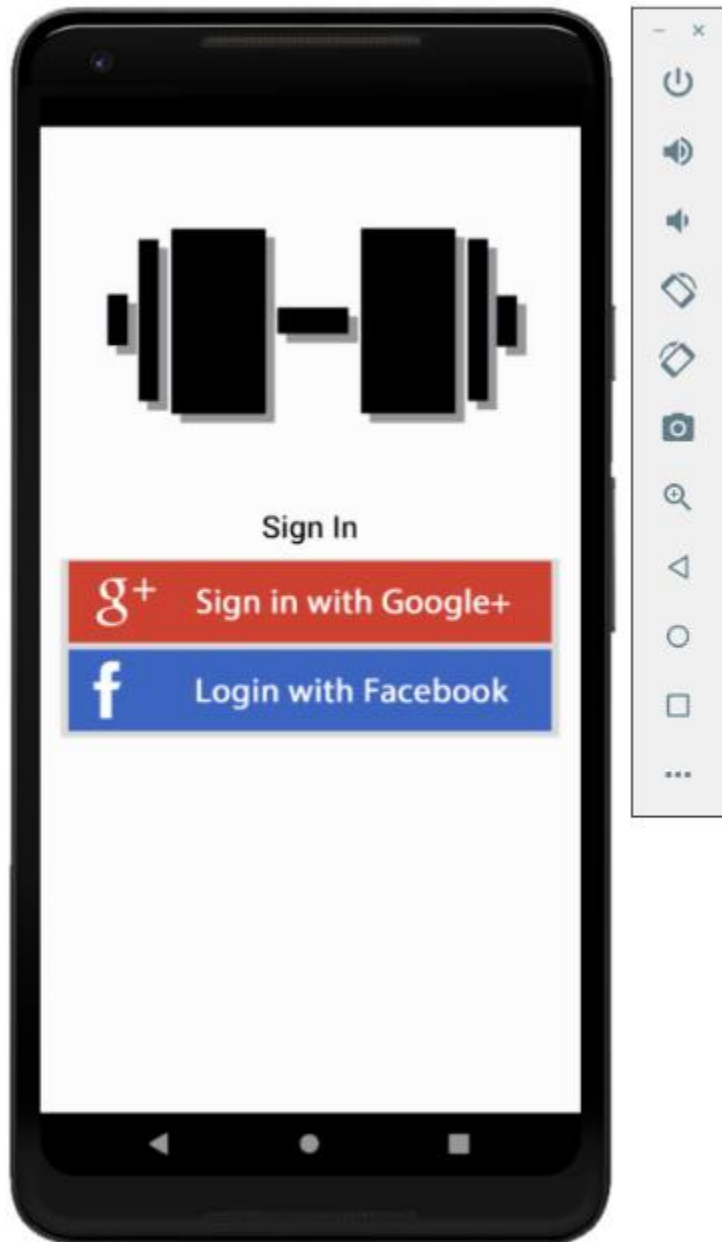
- Ability to pick an exercise that you want to do from the database list
- Form validation when adding new exercises and workouts
- Start workout button
- Workout rest timer when workout has started
- Ability to update your weight once your workout is complete
- User settings page (This is just here for looks, no functionality)
- Menu navigation
- Progress page, graphs using google graphs api.
- Progress page will update once you complete the workout.

Site screenshots To Follow.


App Launch Page




Sign in page



Facebook Login Web-redirect

 Facebook

Please enter your password to continue

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The page you are trying to visit on [Workout App](#) requires that you re-enter your Facebook password.

Password

[Forgot your password?](#)

Continue

Google login – Web re-direct

 Sign in with Google

Choose an account

to continue to

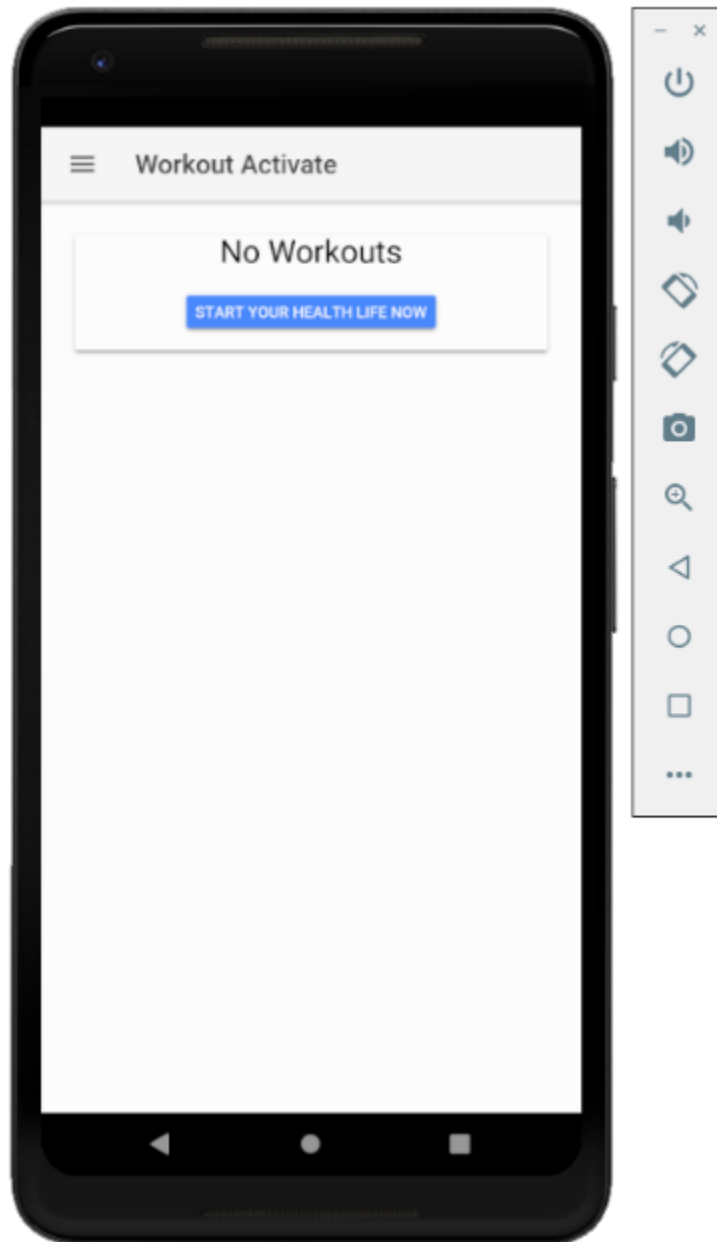
final-89830.firebaseio.com



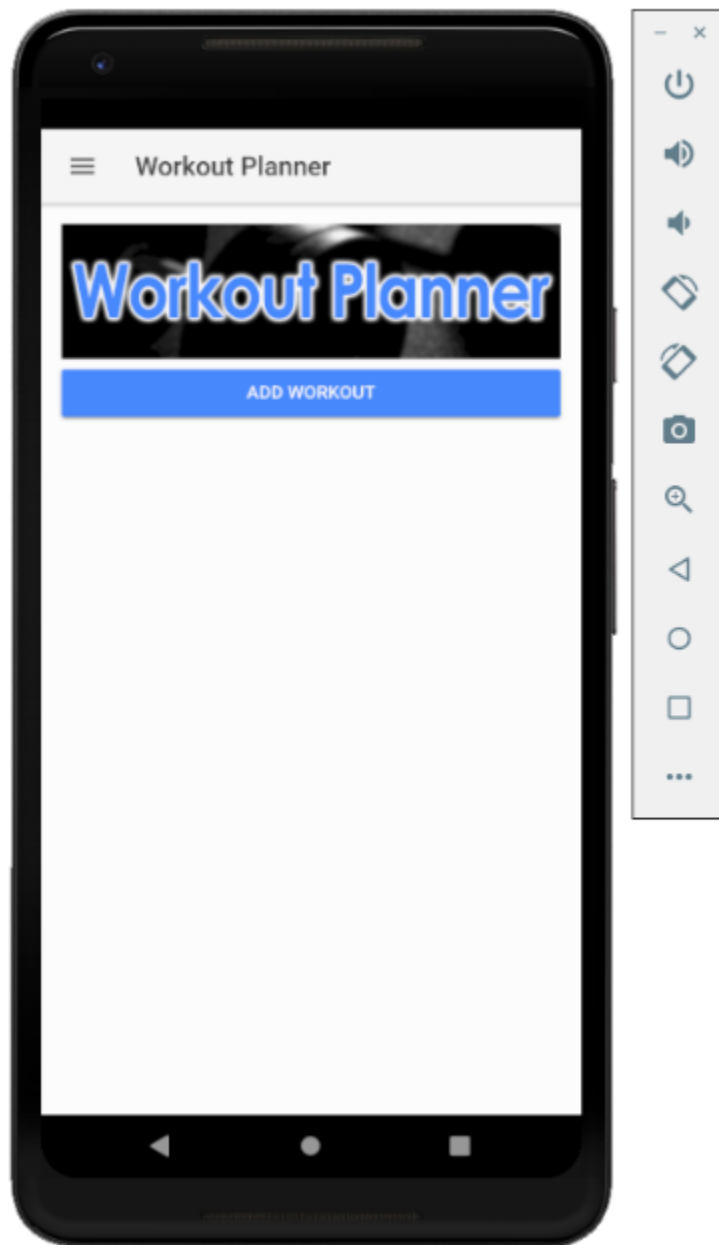
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jamesmccormack24@gmail.com

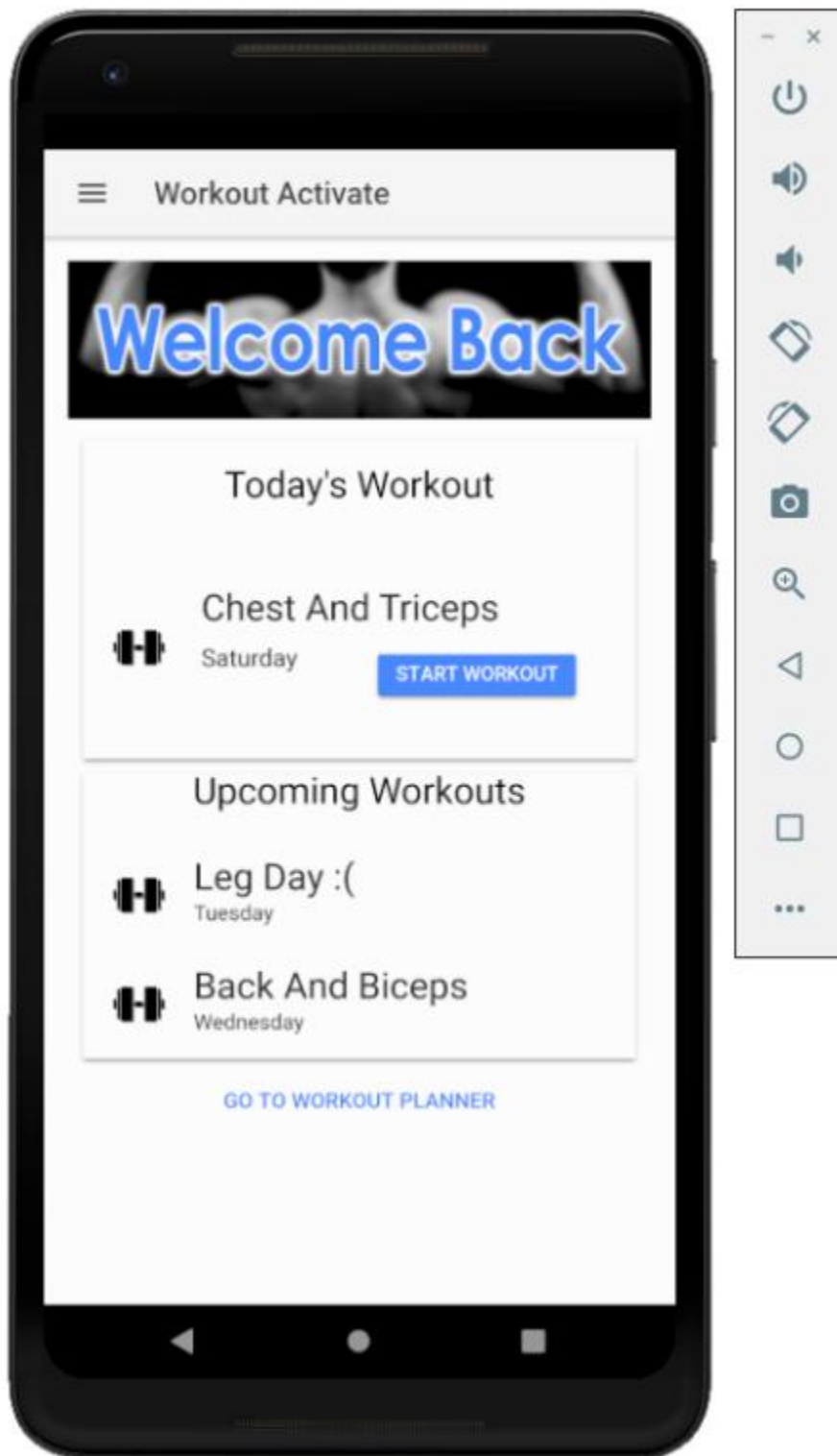
Landing Page (With No Workouts)



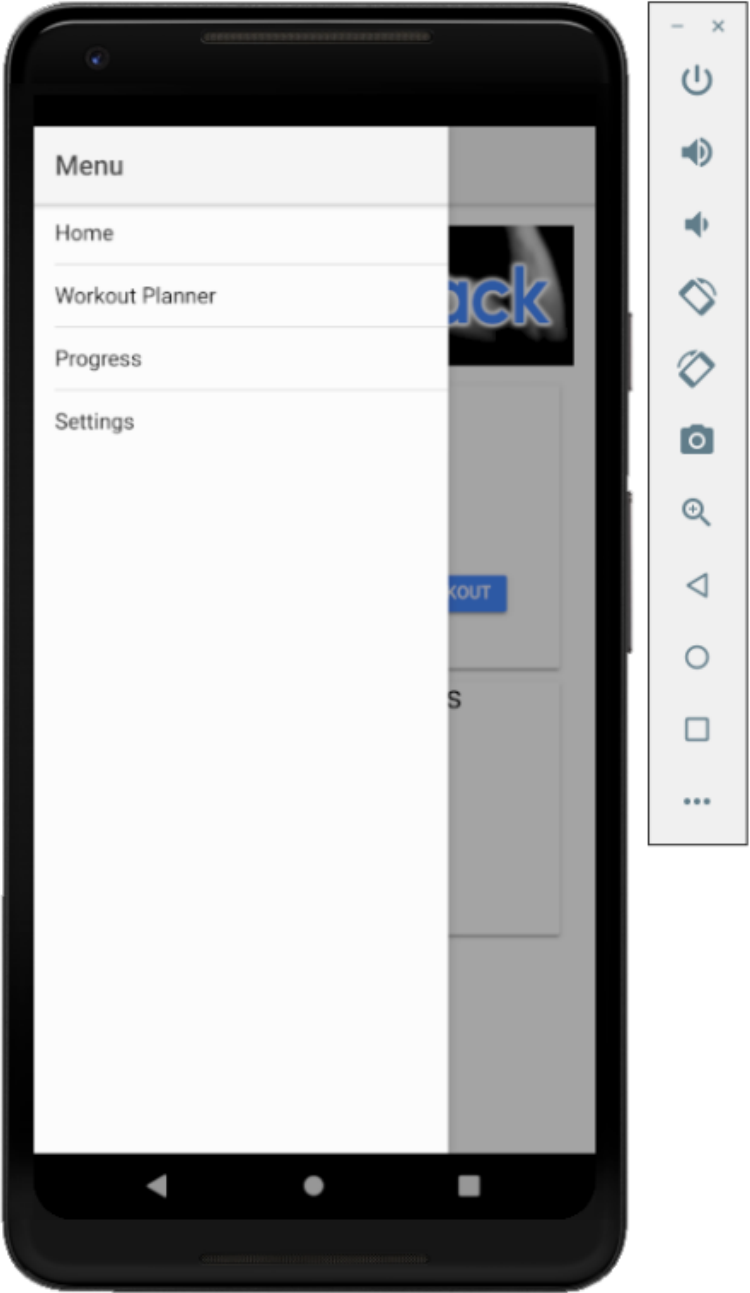
Workout planner page (No workouts)



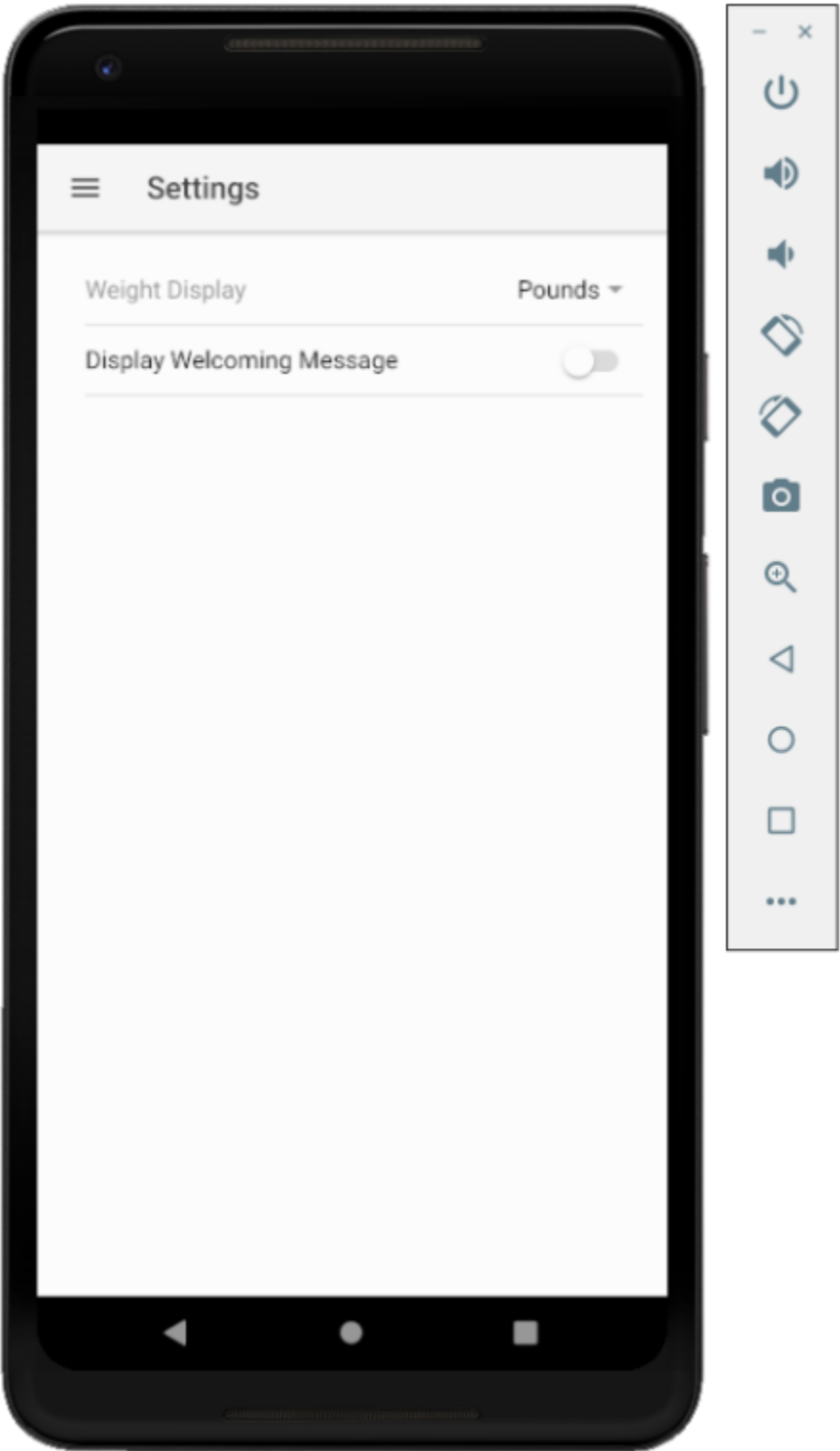
Landing Page (Home) with list of workouts



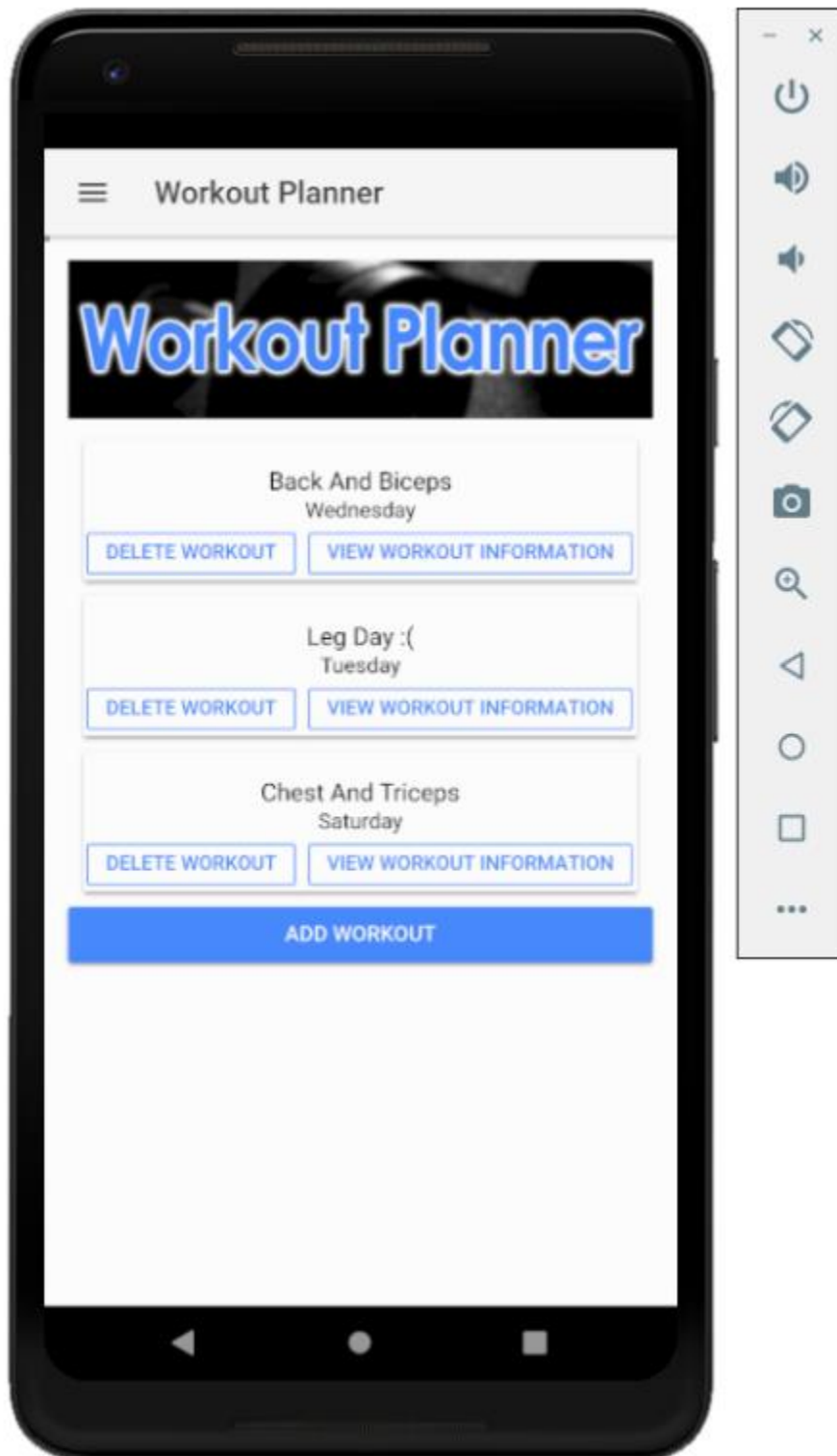
Side Menu



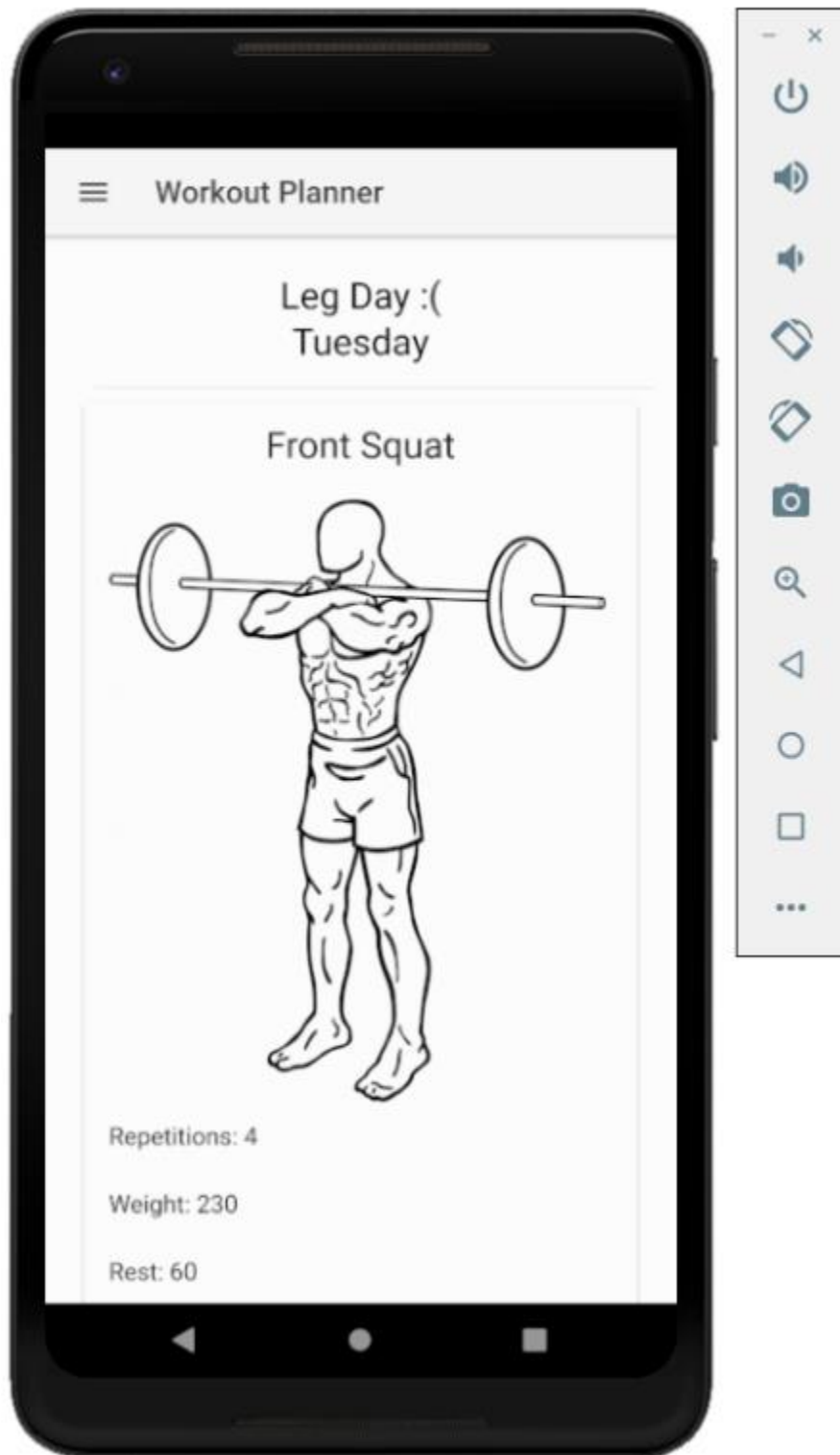
Settings



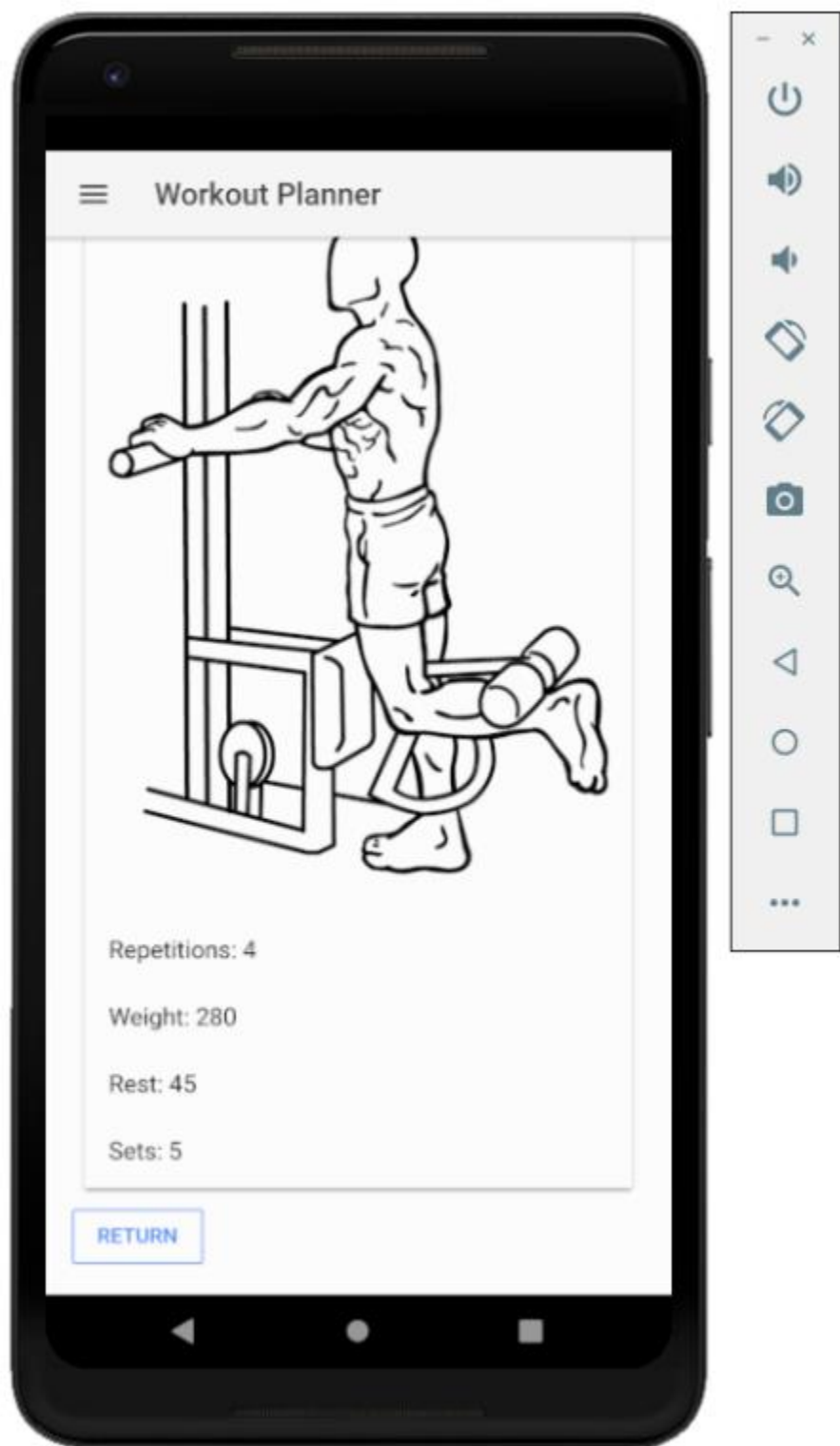
Workout Planner



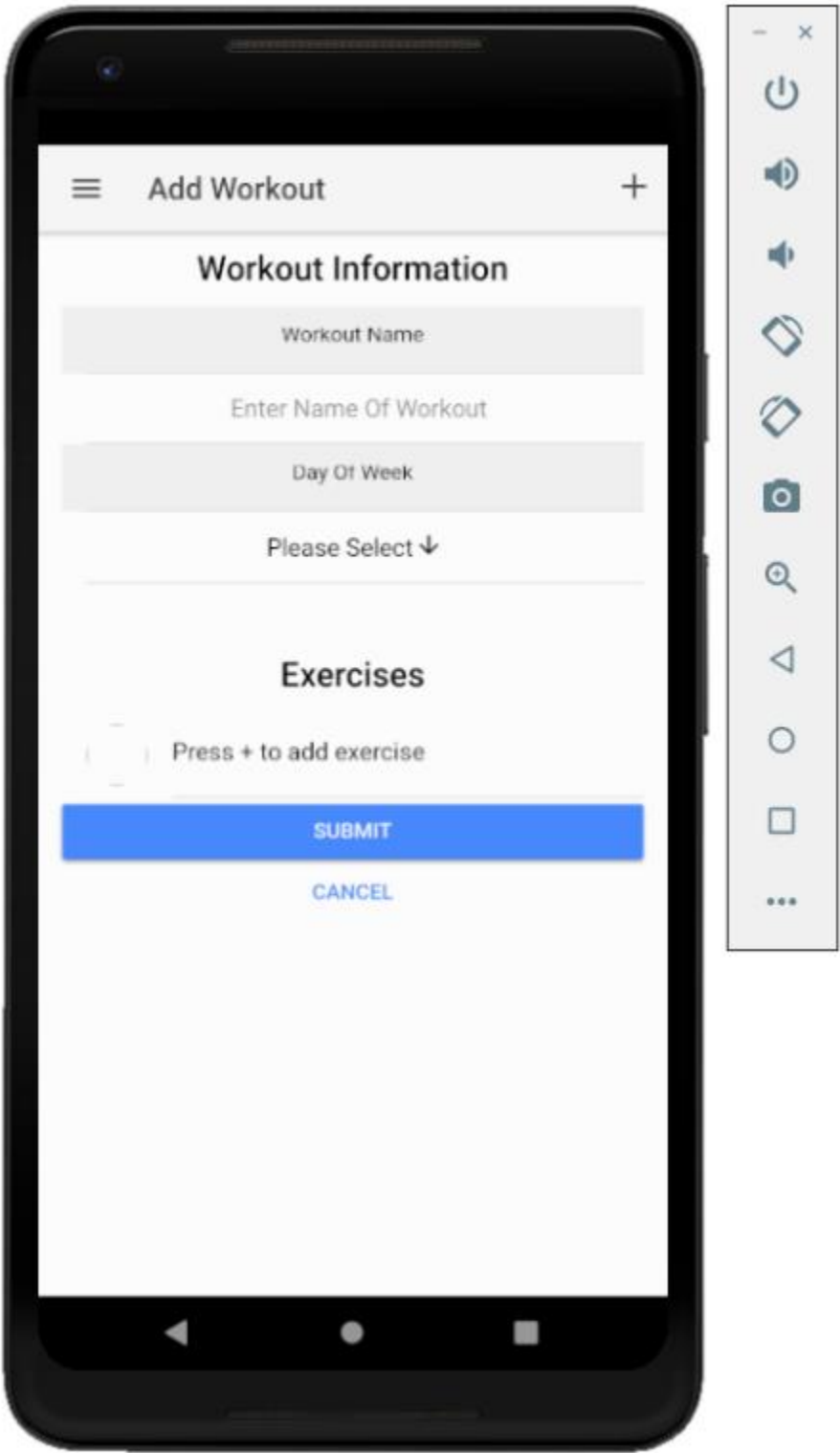
View Workout Information Screen



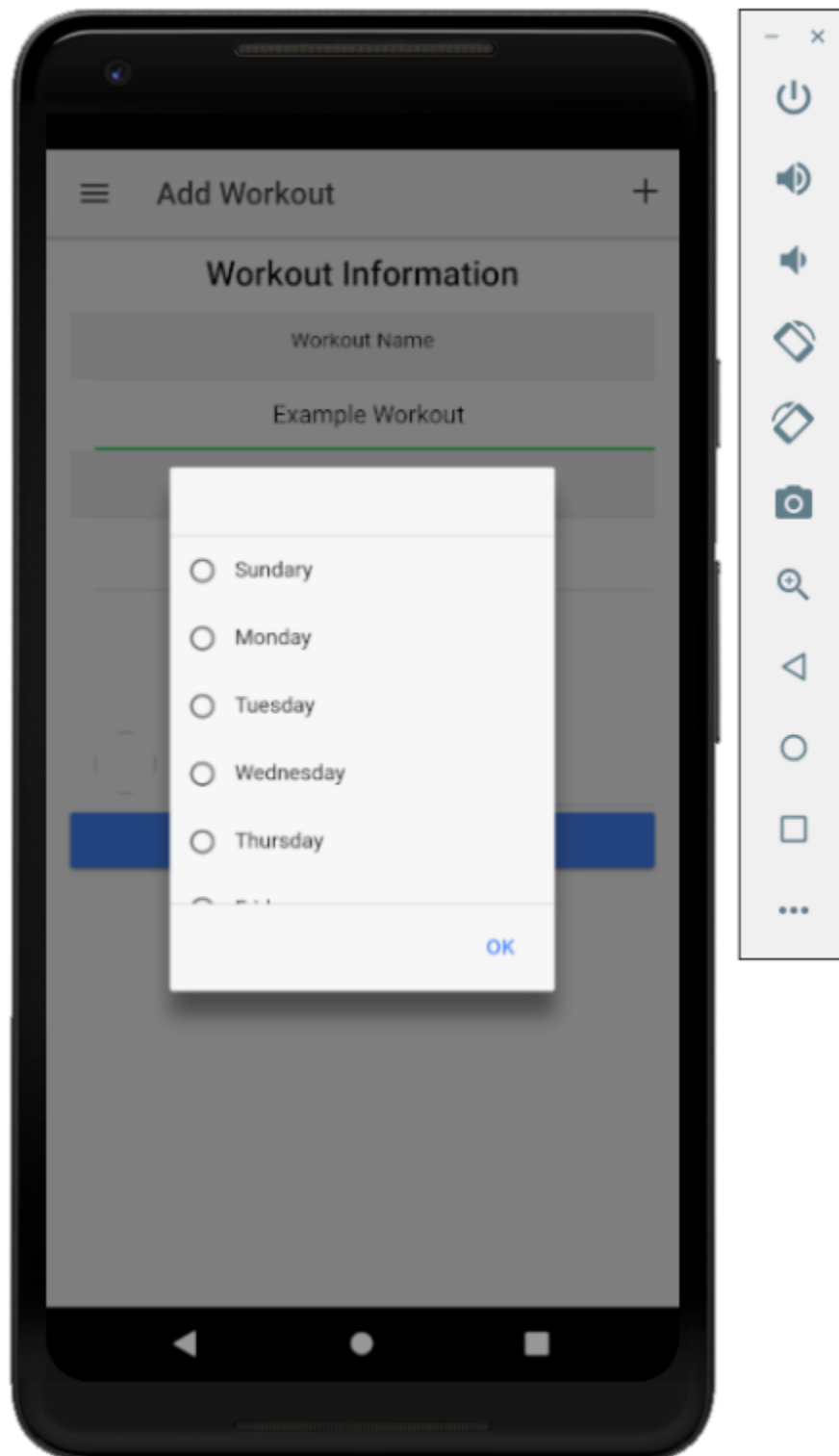
View Workout – Return button at bottom



Add new Workout



Add new workout – Choose day for workout



Adding exercise to the new workout

Add Exercise

Please Select Workout
↓

Weight

Sets

Repetitions

Rest Time

SUBMIT

CANCEL

[-] [x] [Power] [Speaker] [Speaker] [Document] [Document] [Camera] [Magnifying Glass] [Triangle] [Circle] [Square] [More]

Almost fully filled out add exercise screen

Add Exercise

Please Select Workout
↓

100

3

4

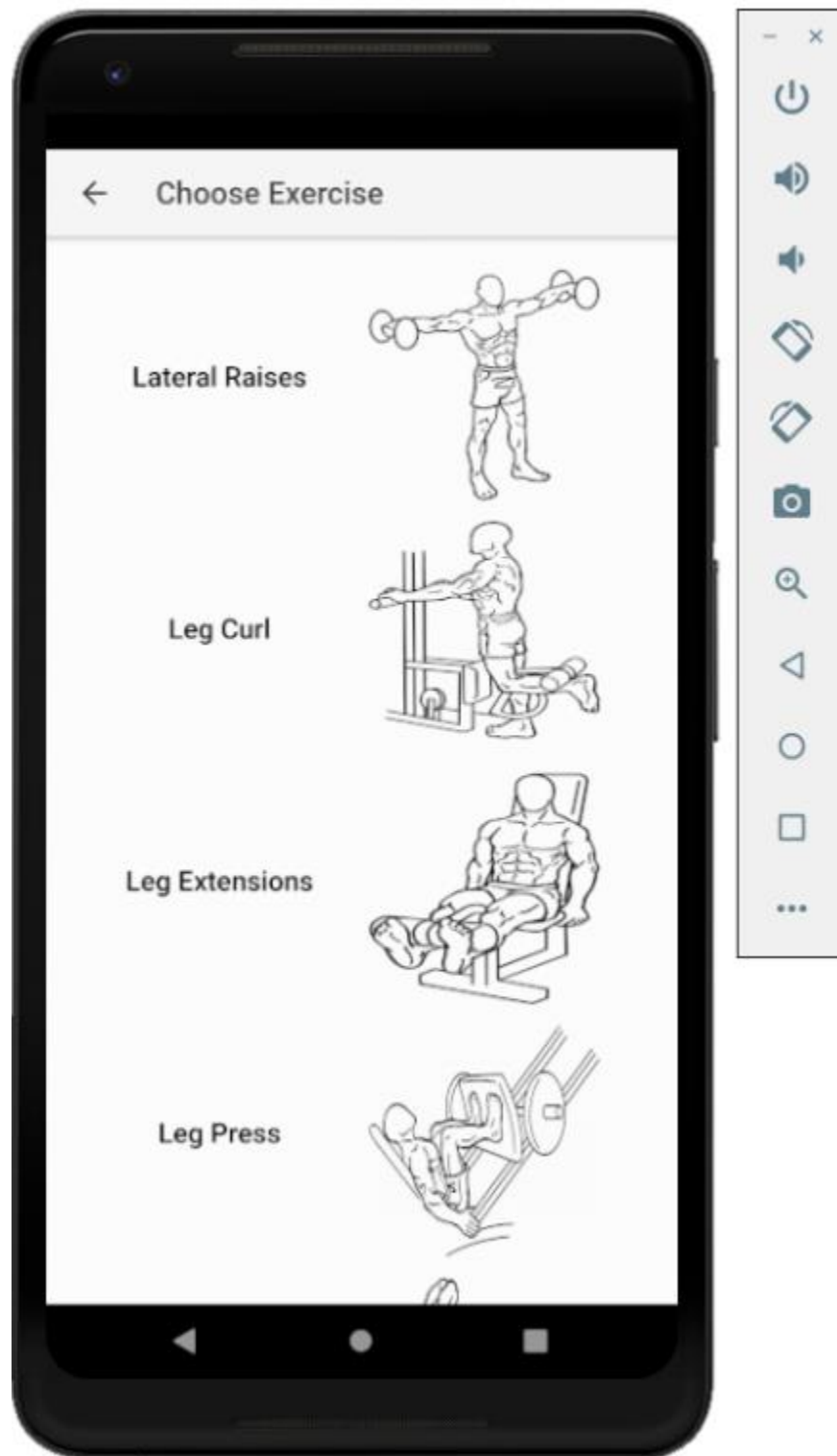
Rest Time 00:45

SUBMIT

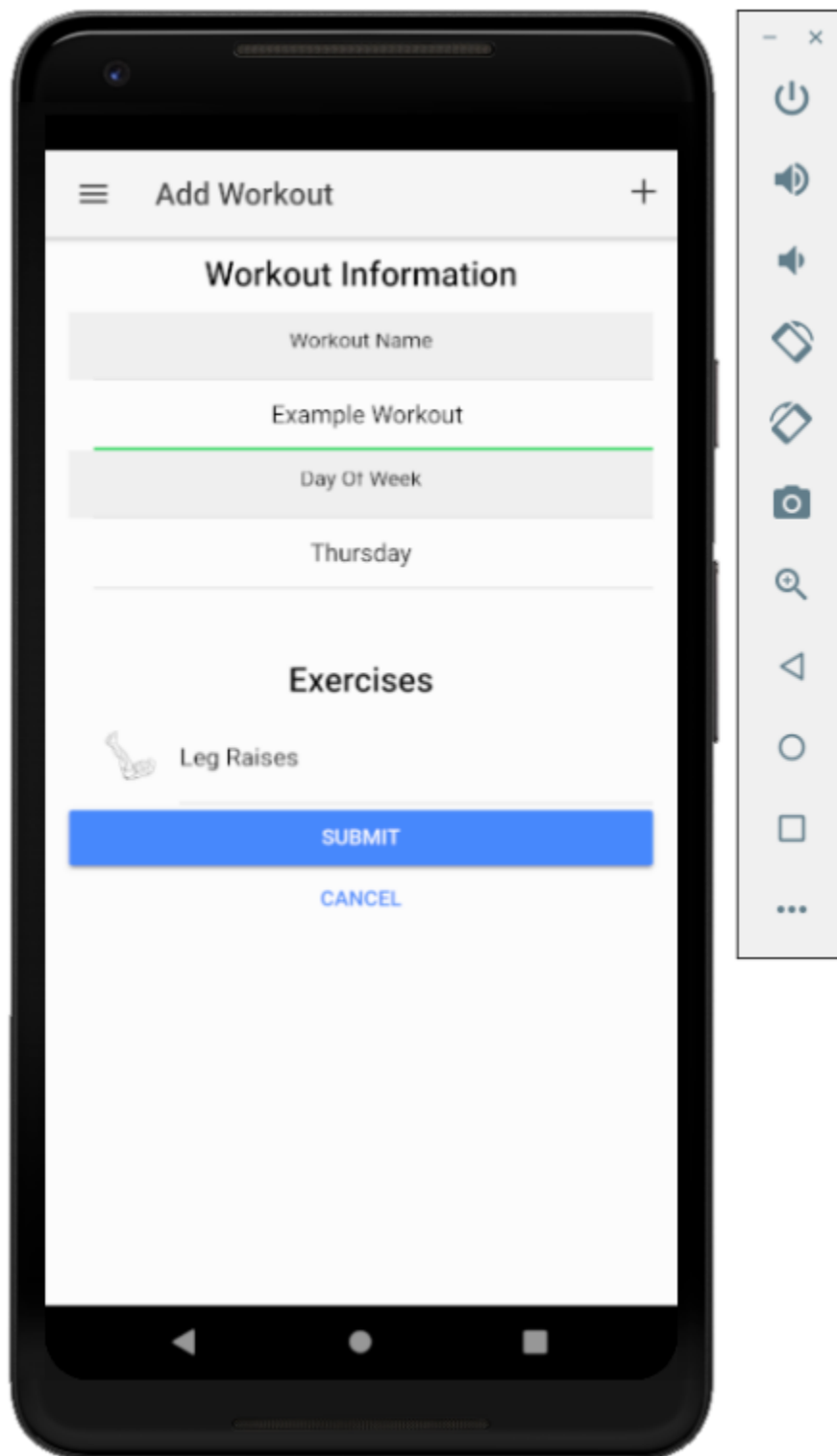
CANCEL

Vertical toolbar icons (from top to bottom):
- Close (x)
- Power
- Volume Up
- Volume Down
- Rotate Screen
- Camera
- Search
- Back
- Home
- Recent Apps
- More (three dots)

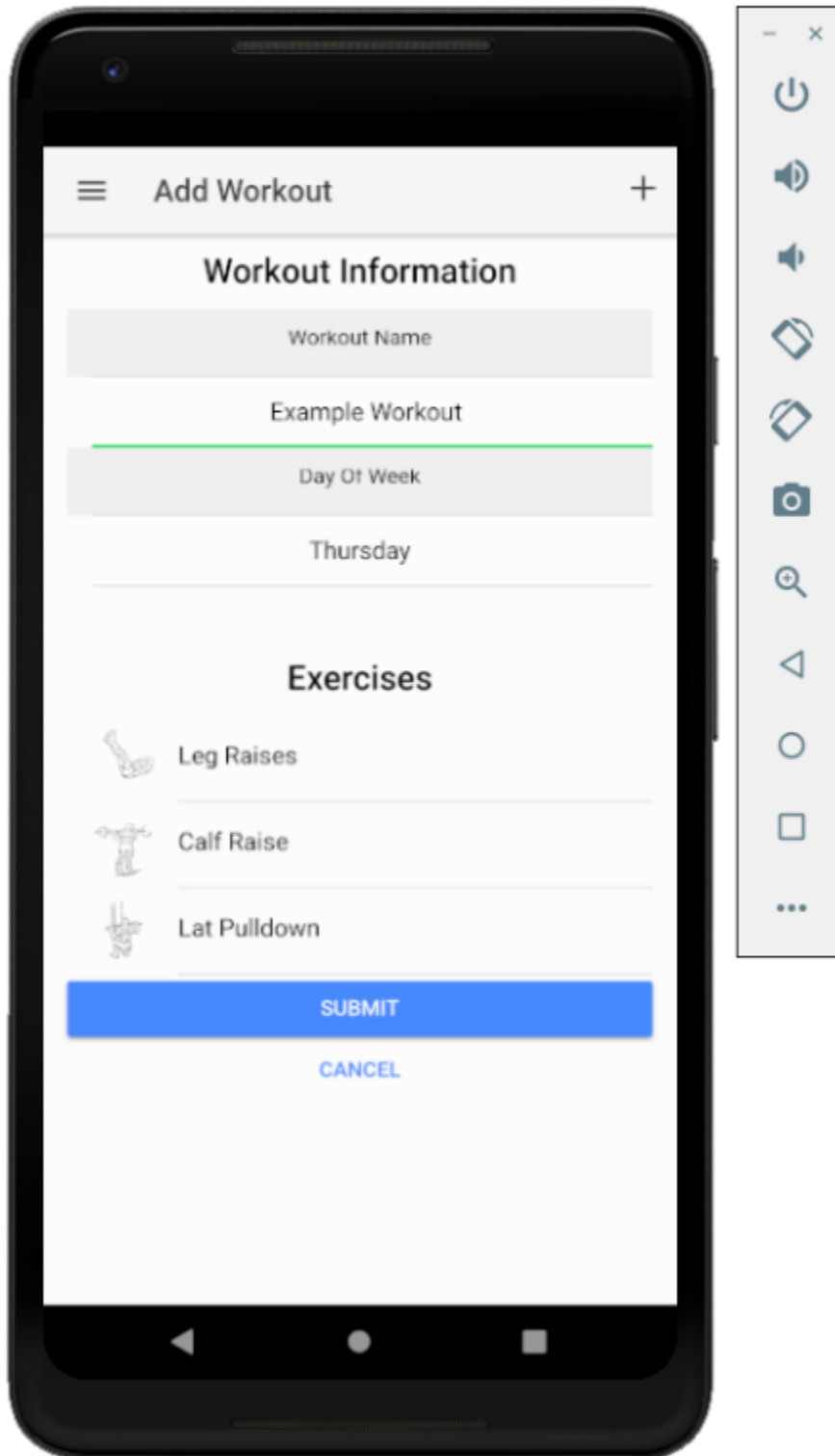
Choose exercise from list of choices.



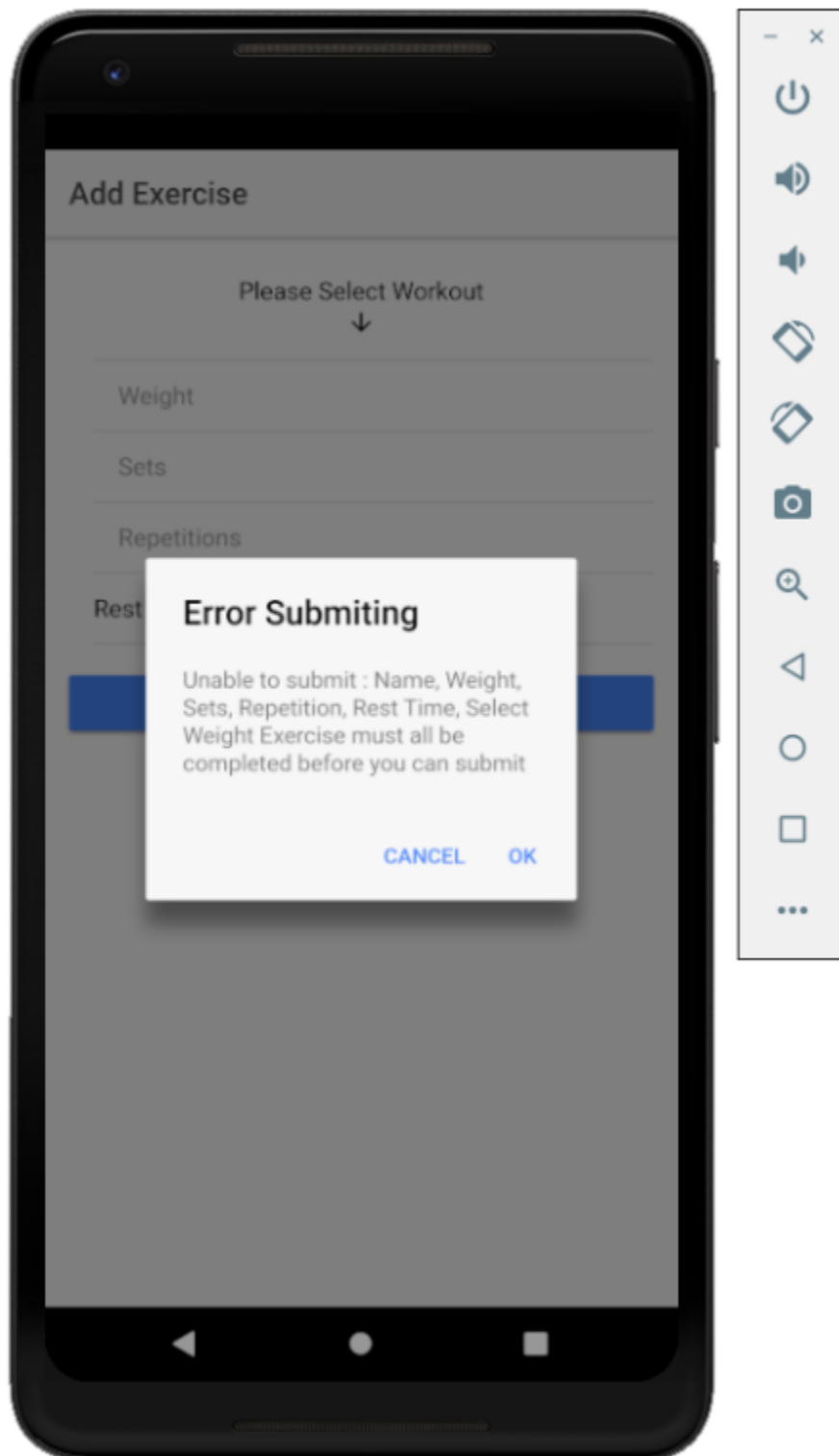
Successful add of exercise to new workout



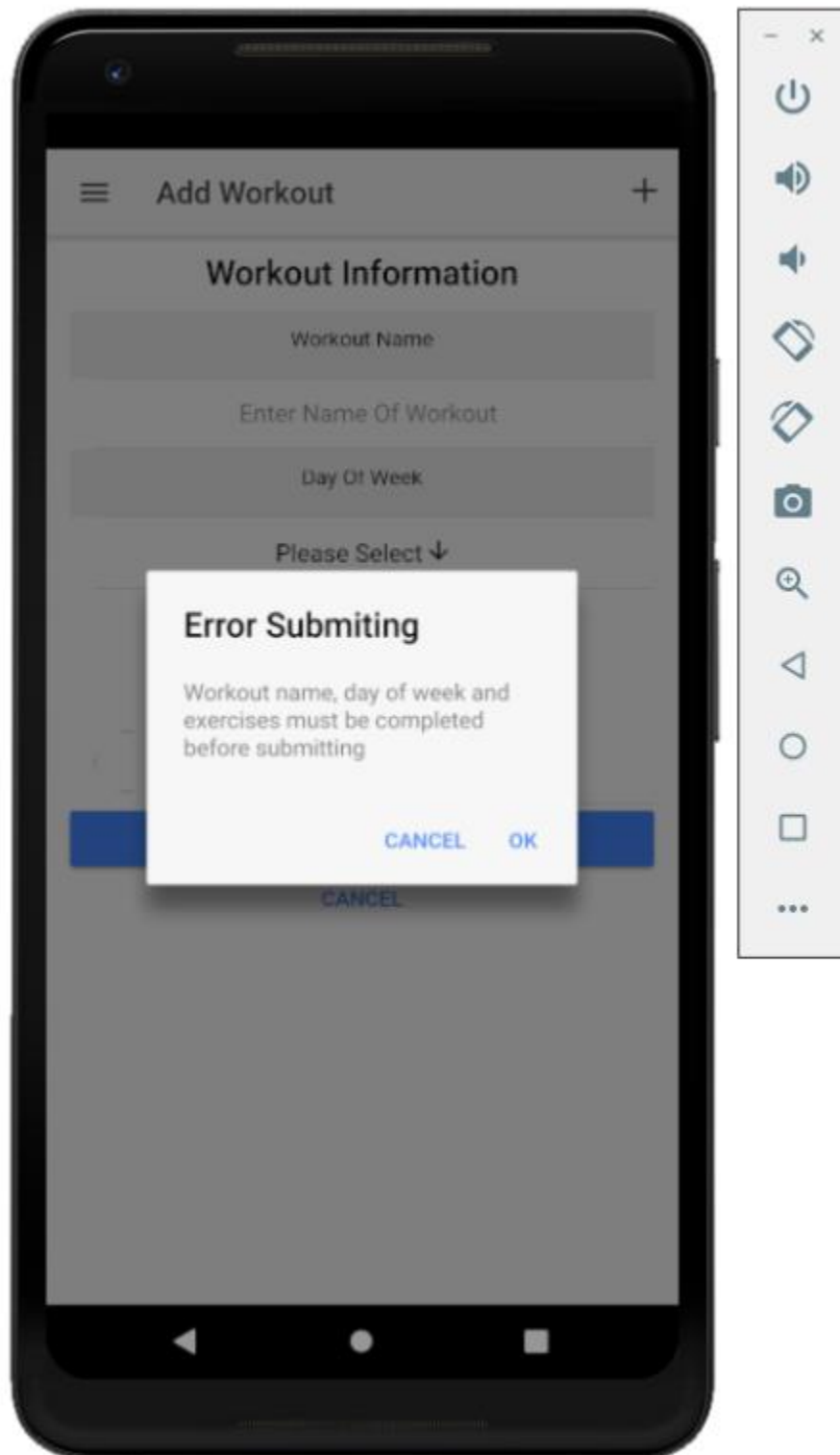
Multiple new exercises being added



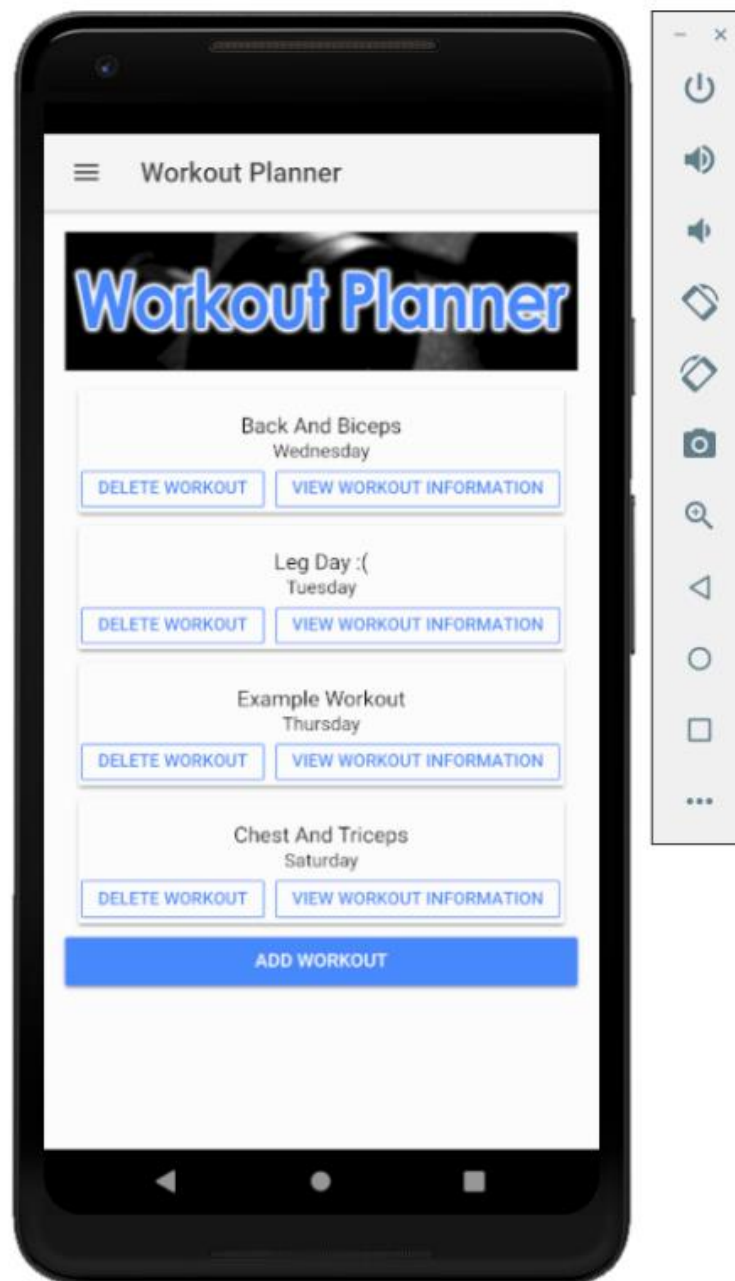
Form validation – Add exercise



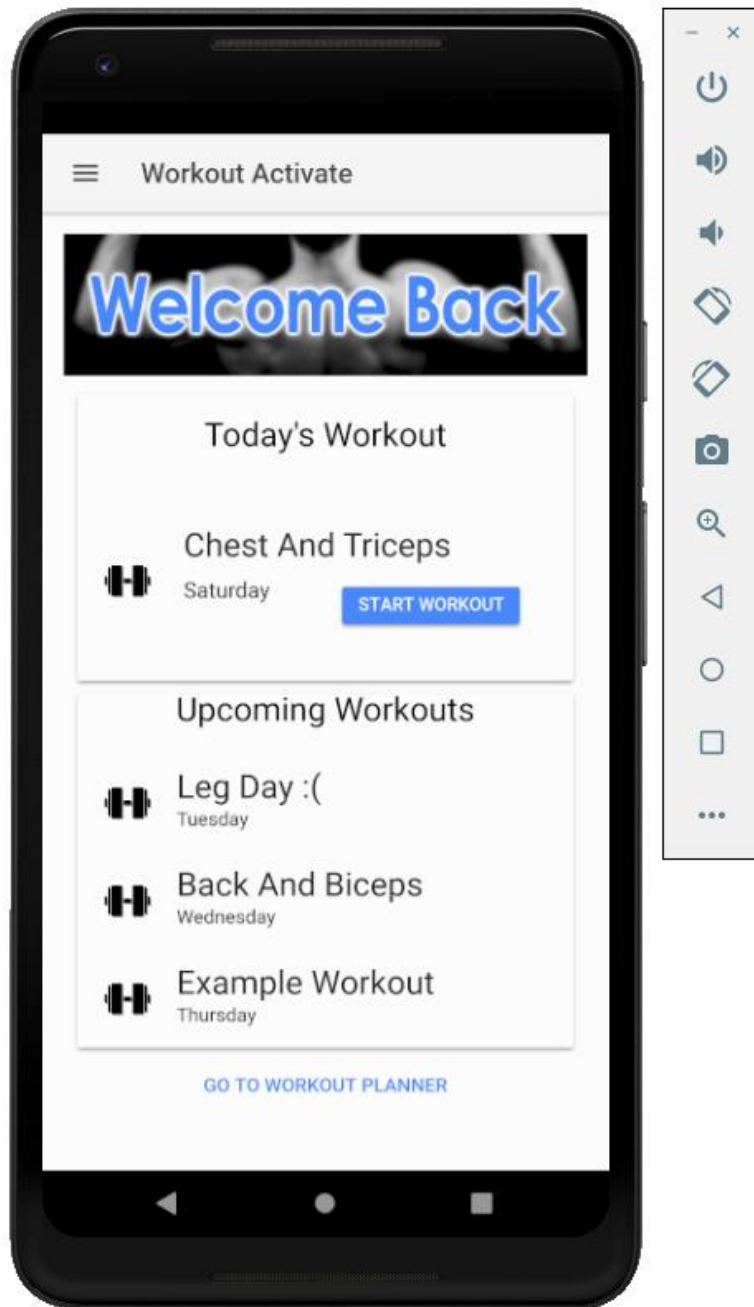
Form validation new workout screen



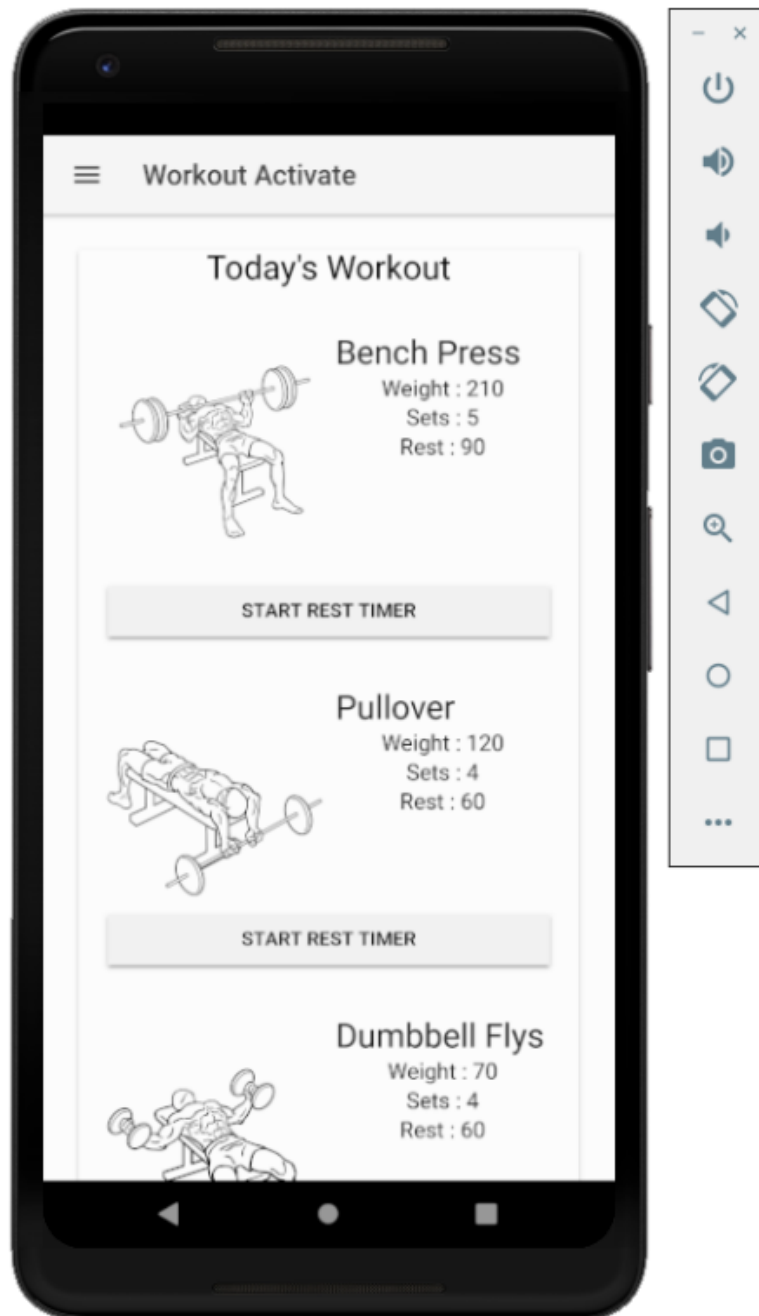
After successful workout addition it will be added to the workout planner page



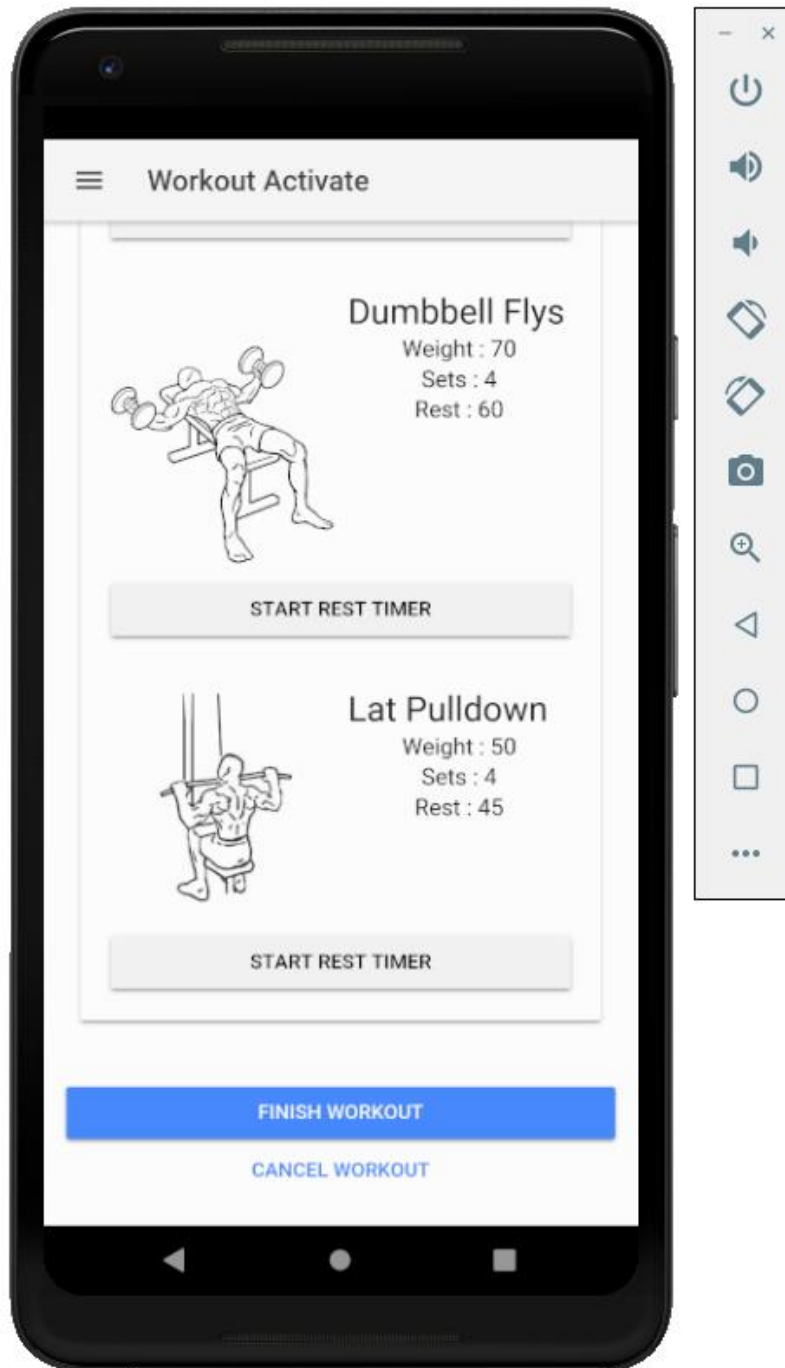
Our new workout is shown on the home page



After pressing “Start Workout” You get this page. It has a rest timer that you can start. Also it displays all the information about the workout



Finish workout button at bottom



Once complete workout you can adjust everything for next time. The weight you just completed will be added to the progress page.

Workout Activate

Change workout

Bench Press		
Weight:	Sets:	Rest:
210	5	90

Pullover		
Weight:	Sets:	Rest:
120	4	60

Dumbbell Flys		
Weight:	Sets:	Rest:
70	4	60

Lat Pulldown		
Weight:	Sets:	Rest:
50	4	45

SUBMIT

Vertical toolbar icons: Power, Volume, Speaker, Document, Camera, Search, Triangle, Circle, Square, Ellipsis

Progress page that has all of your past workout's information.

