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
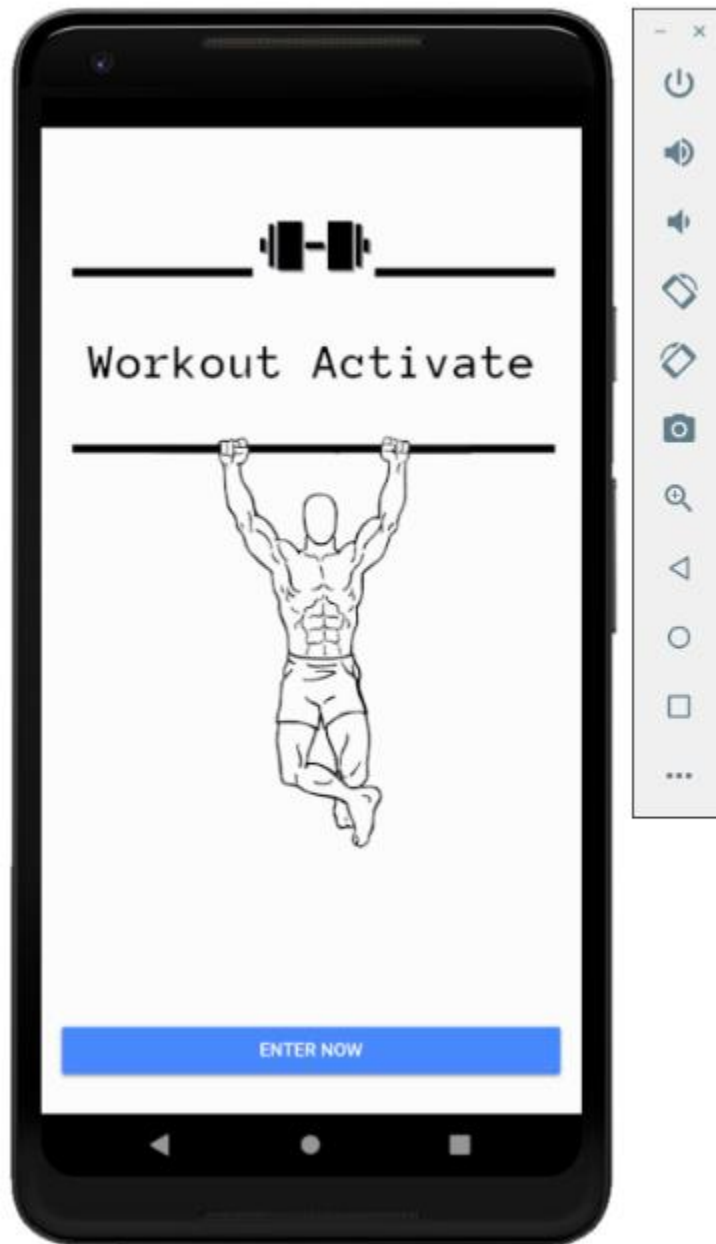
Sign in page
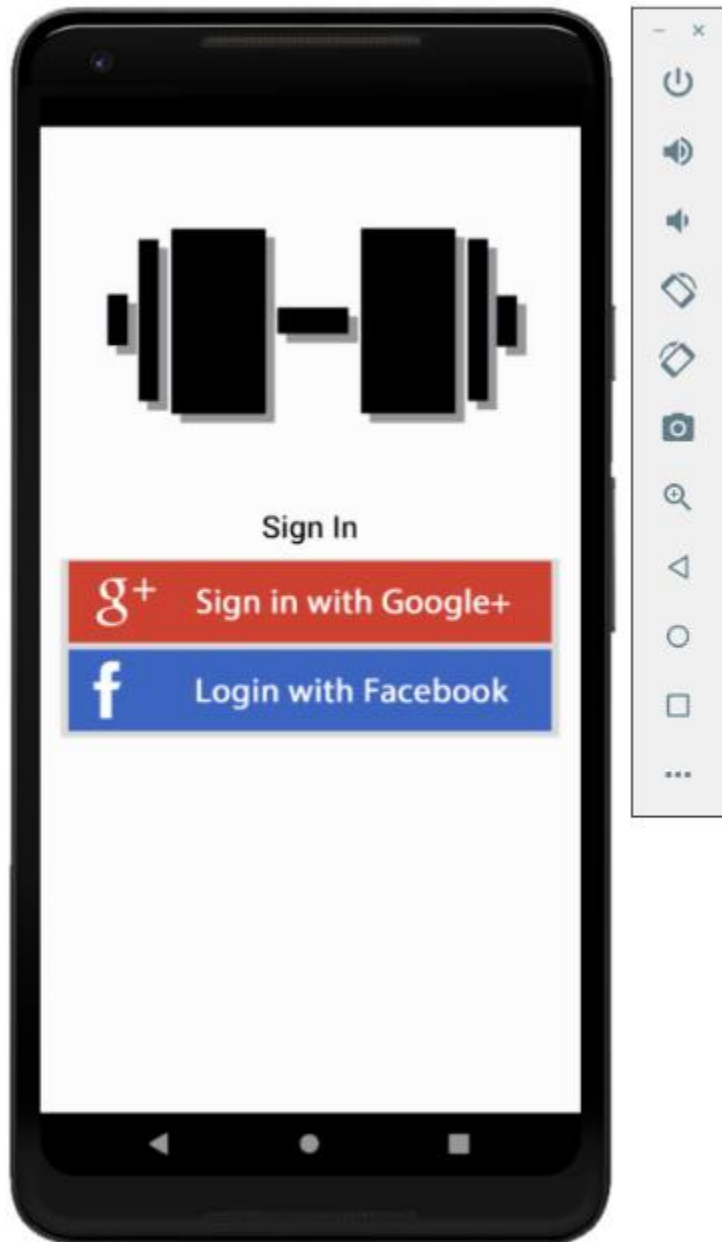
Facebook Login Web-redirect

Google login – Web re-direct
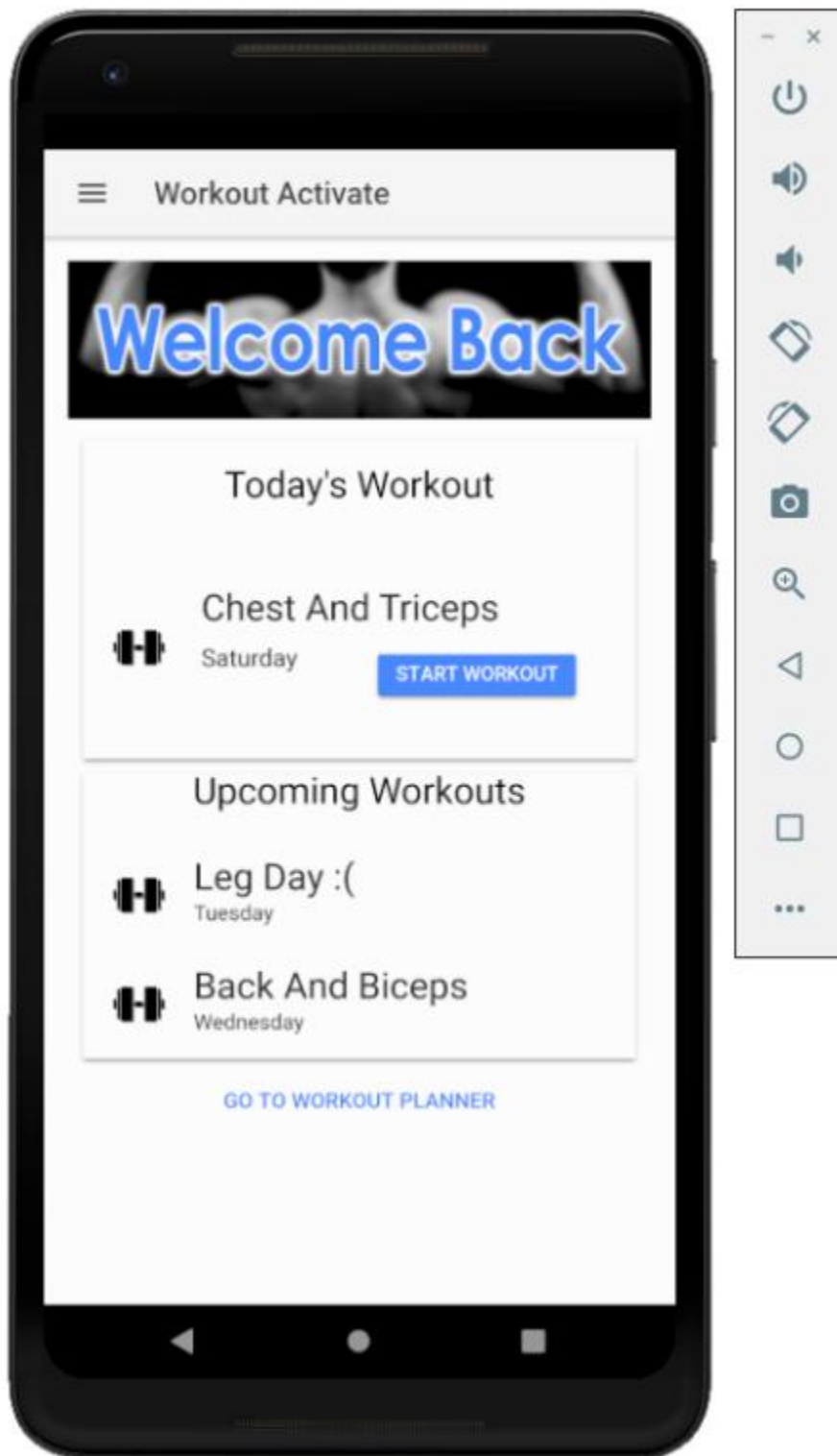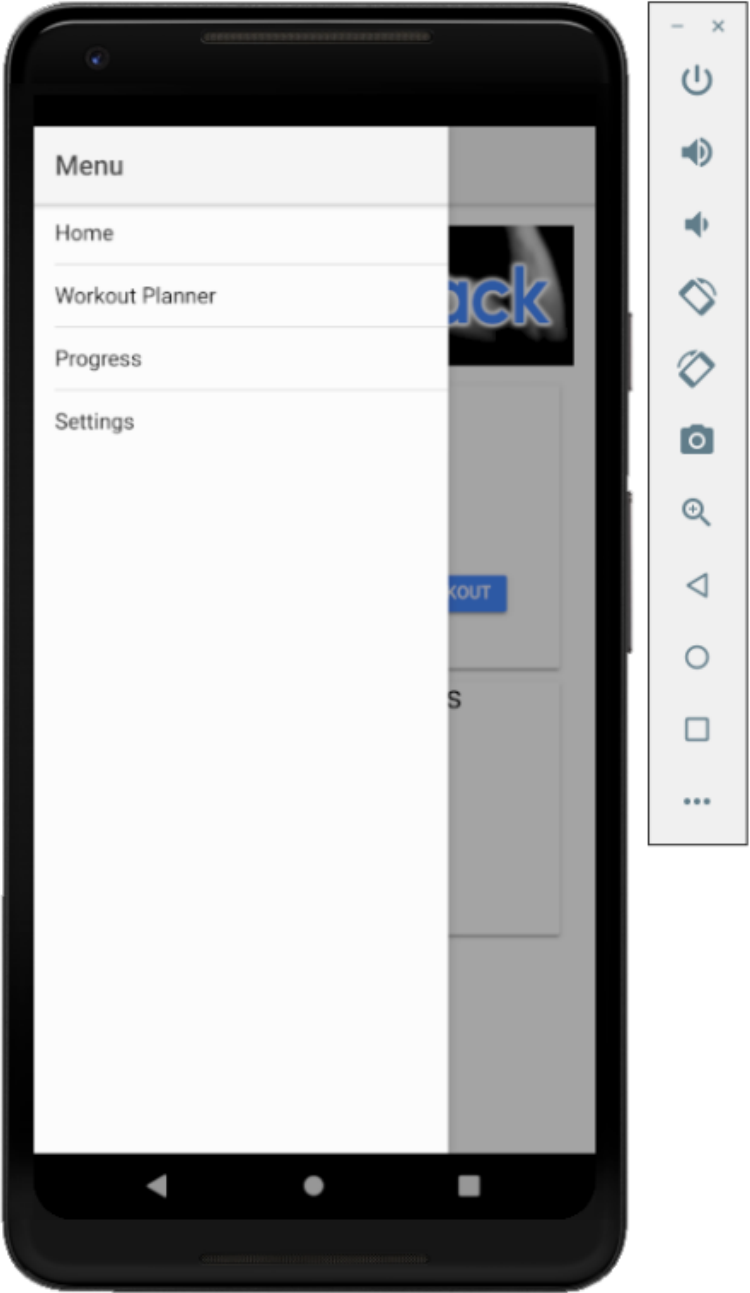
Landing Page (With No Workouts)
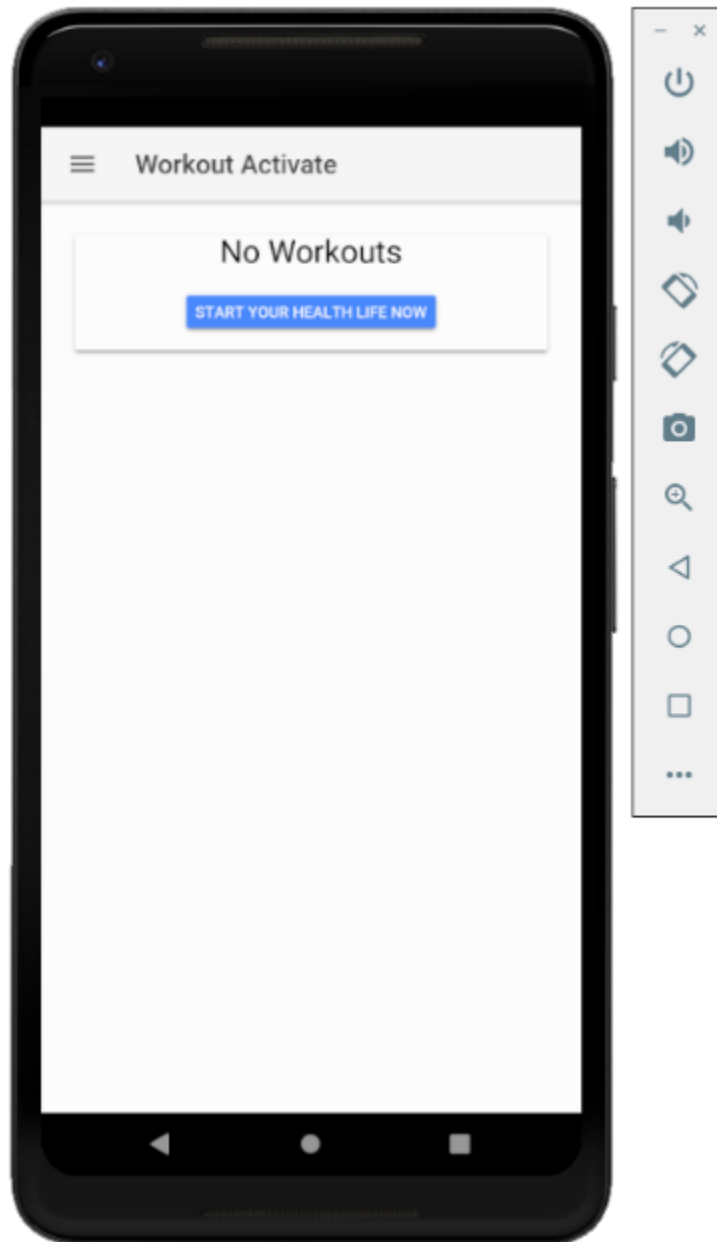
Workout planner page (No workouts)
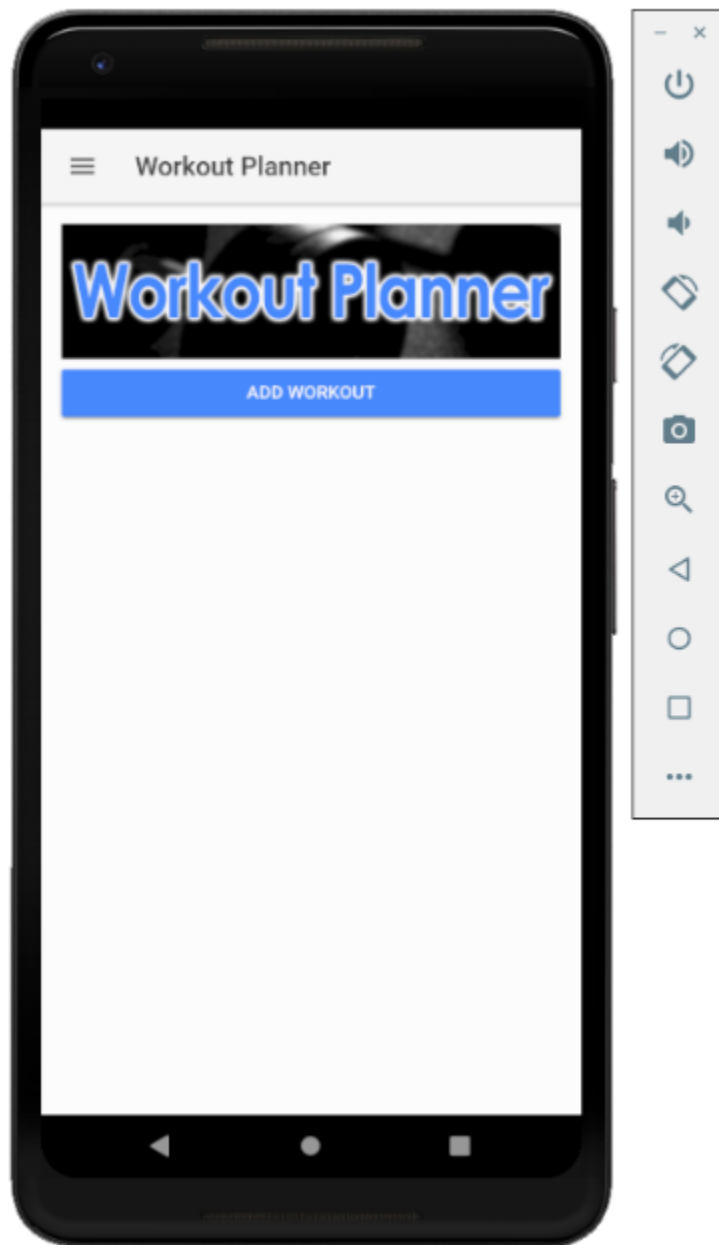
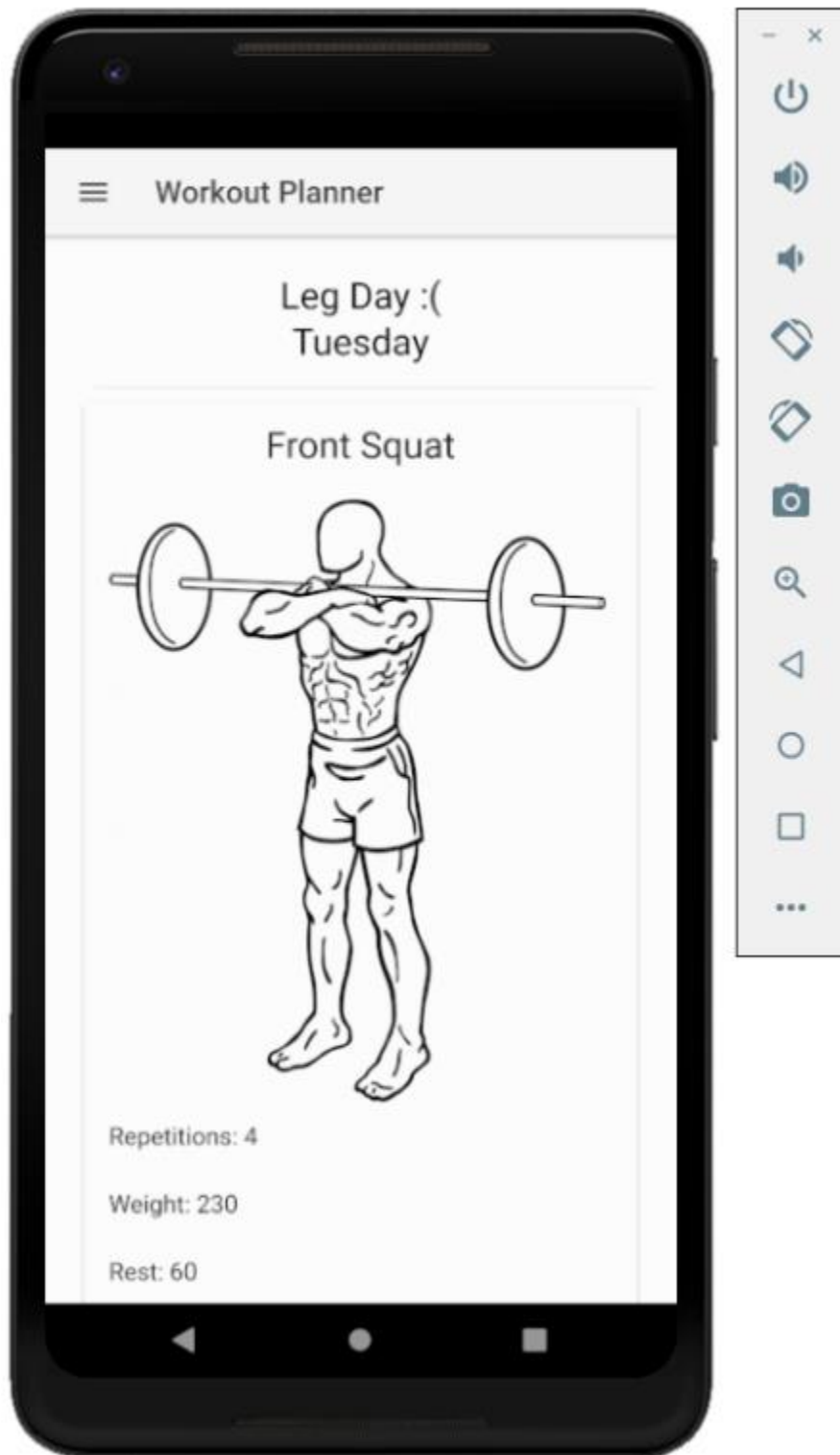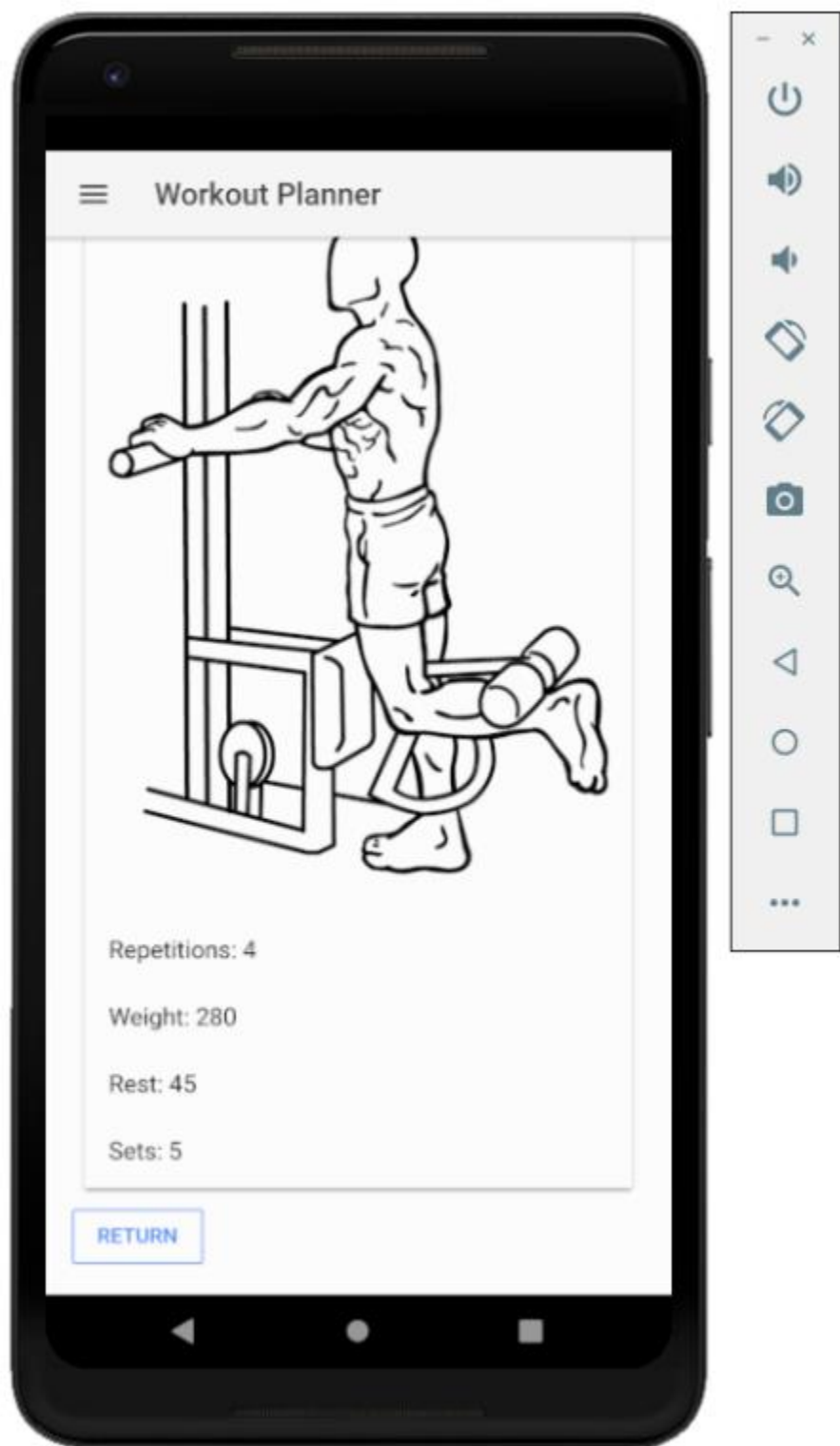# Landing Page (Home) with list of workouts

Side Menu

Menu

Home

Workout Planner

Progress

Settings

Settings

Settings

Weight Display   Pounds ▾

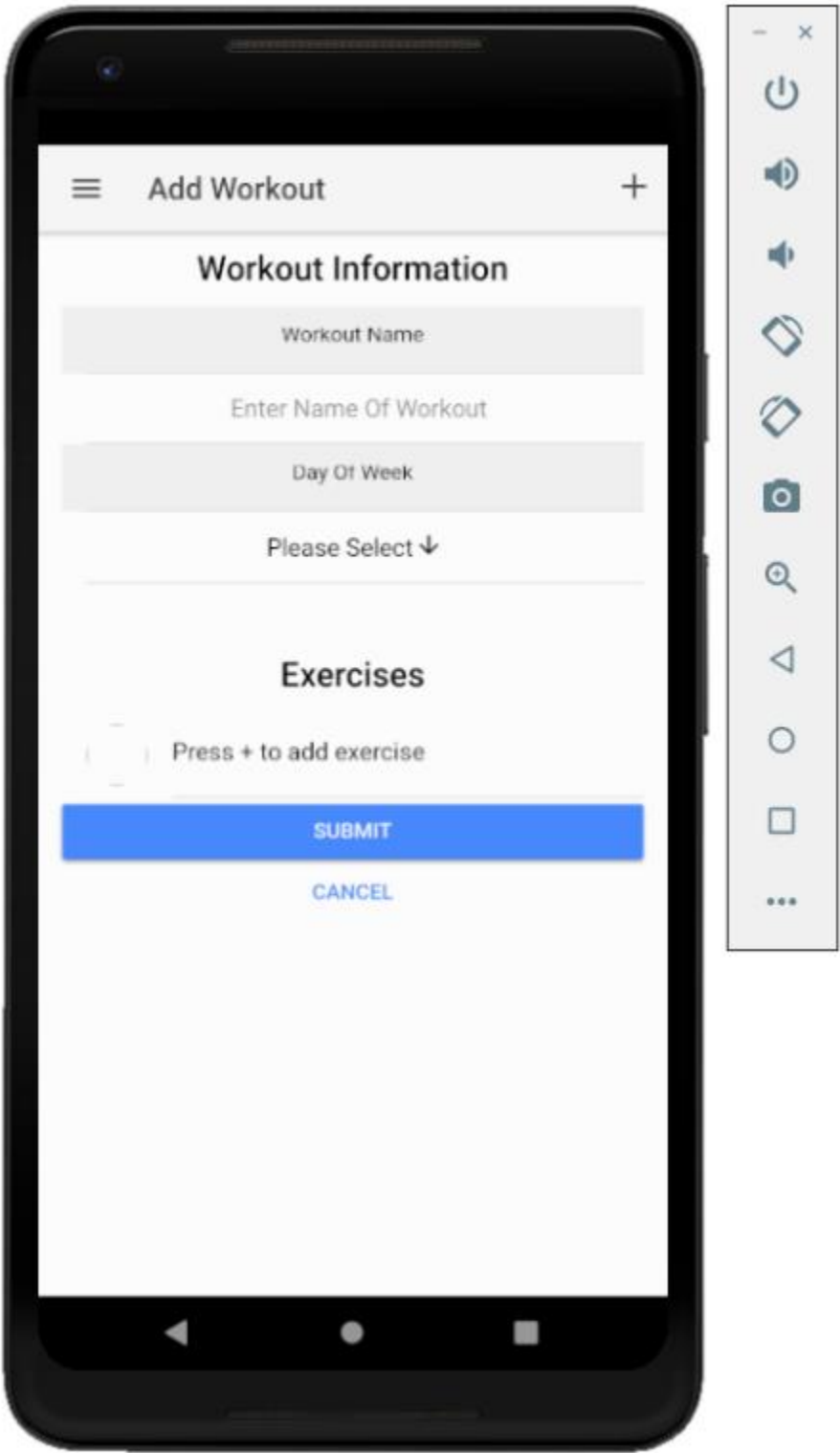Display Welcoming Message   ⬤
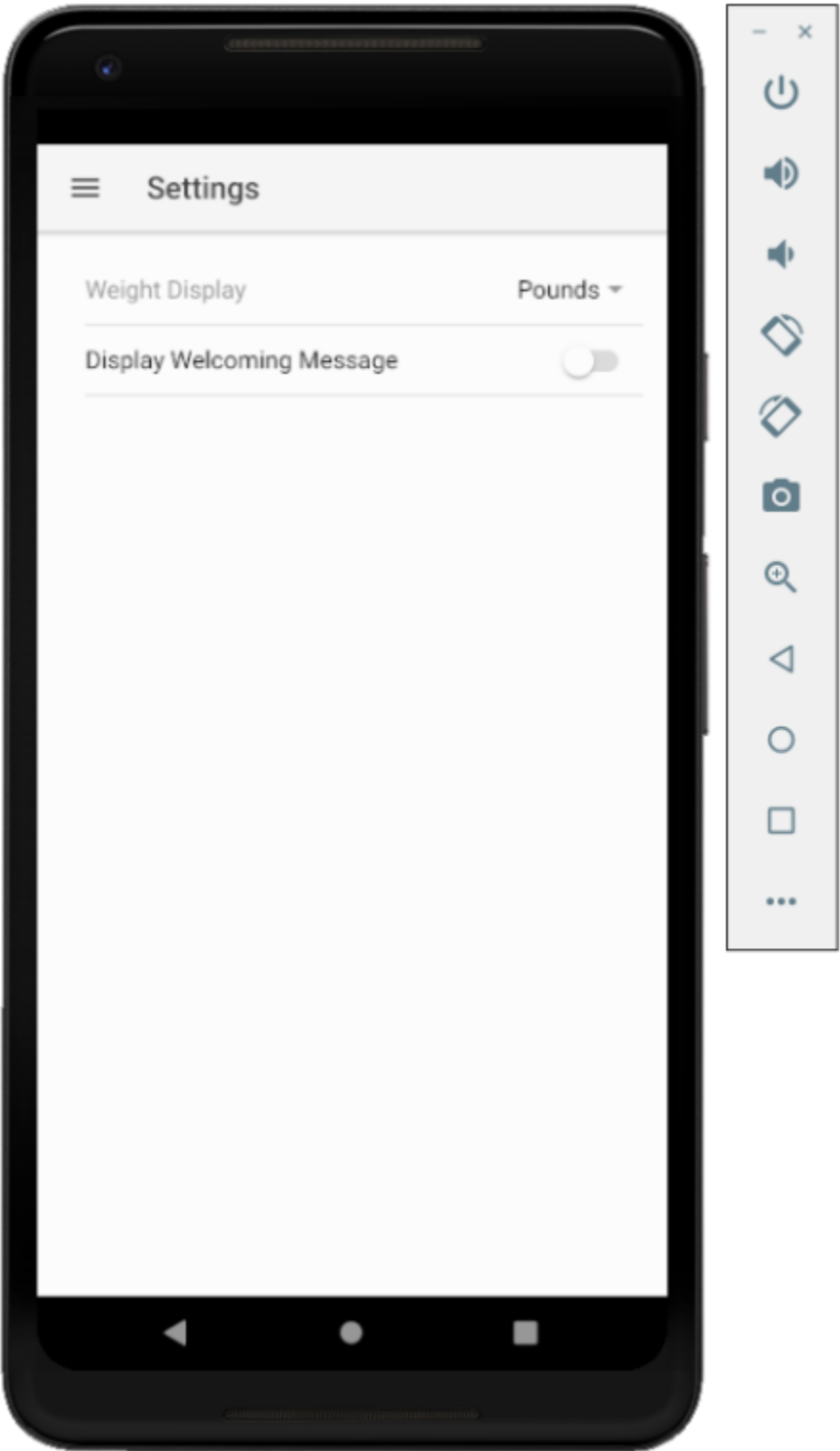
Workout Planner
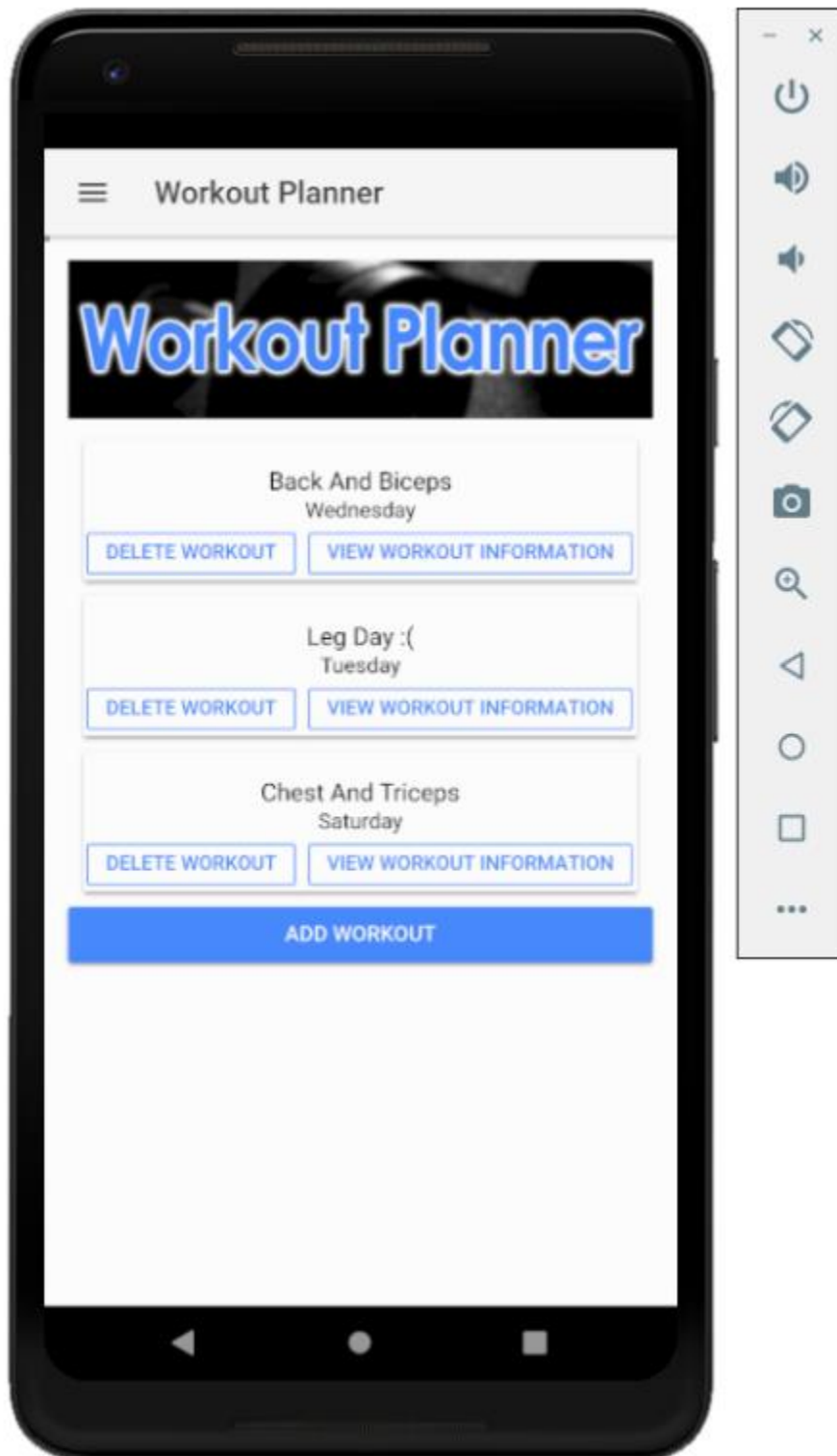
View Workout Information Screen

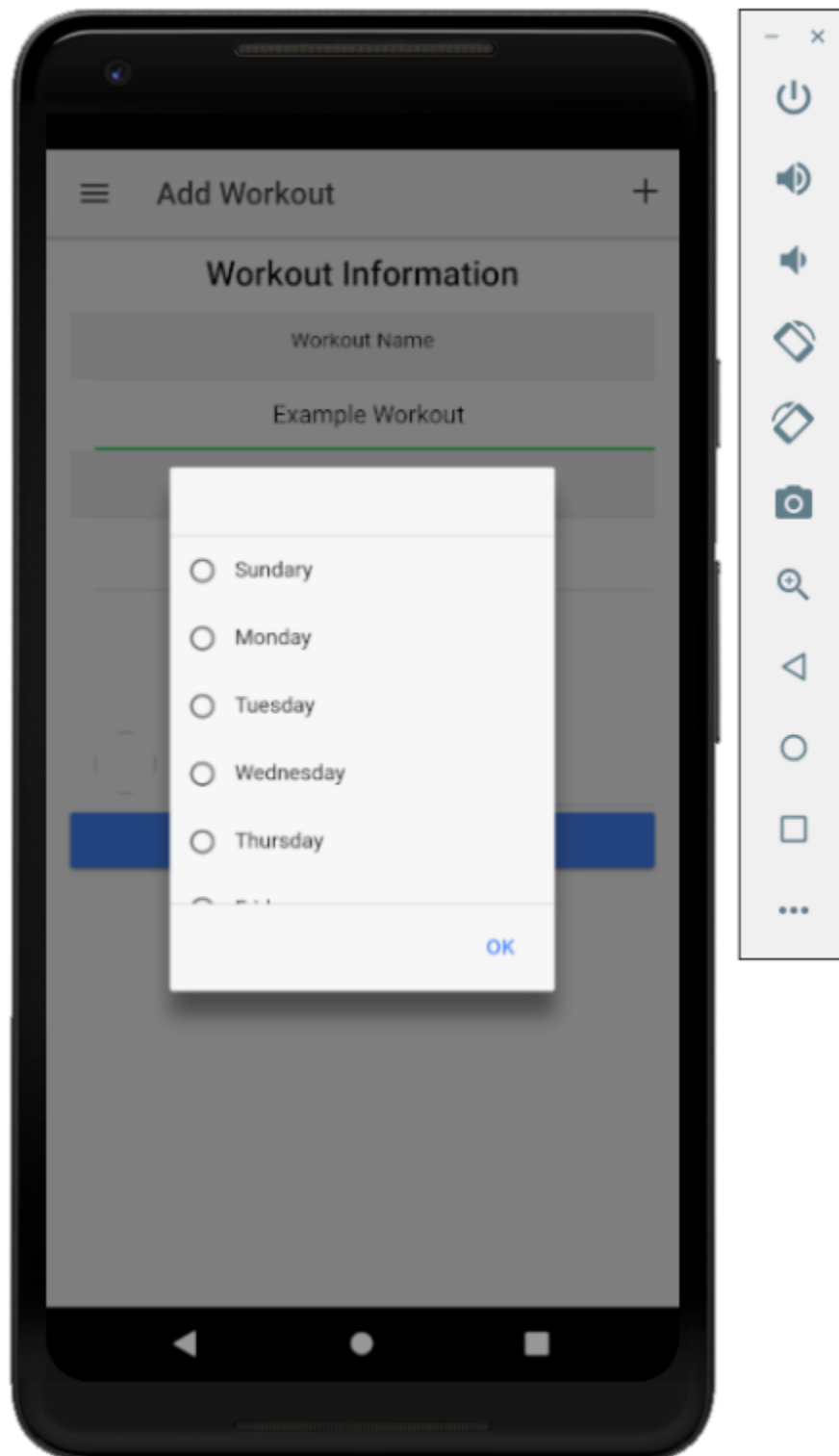# View Workout – Return button at bottom

Add new Workout

Add new workout – Choose day for workout

Adding exercise to the new workout

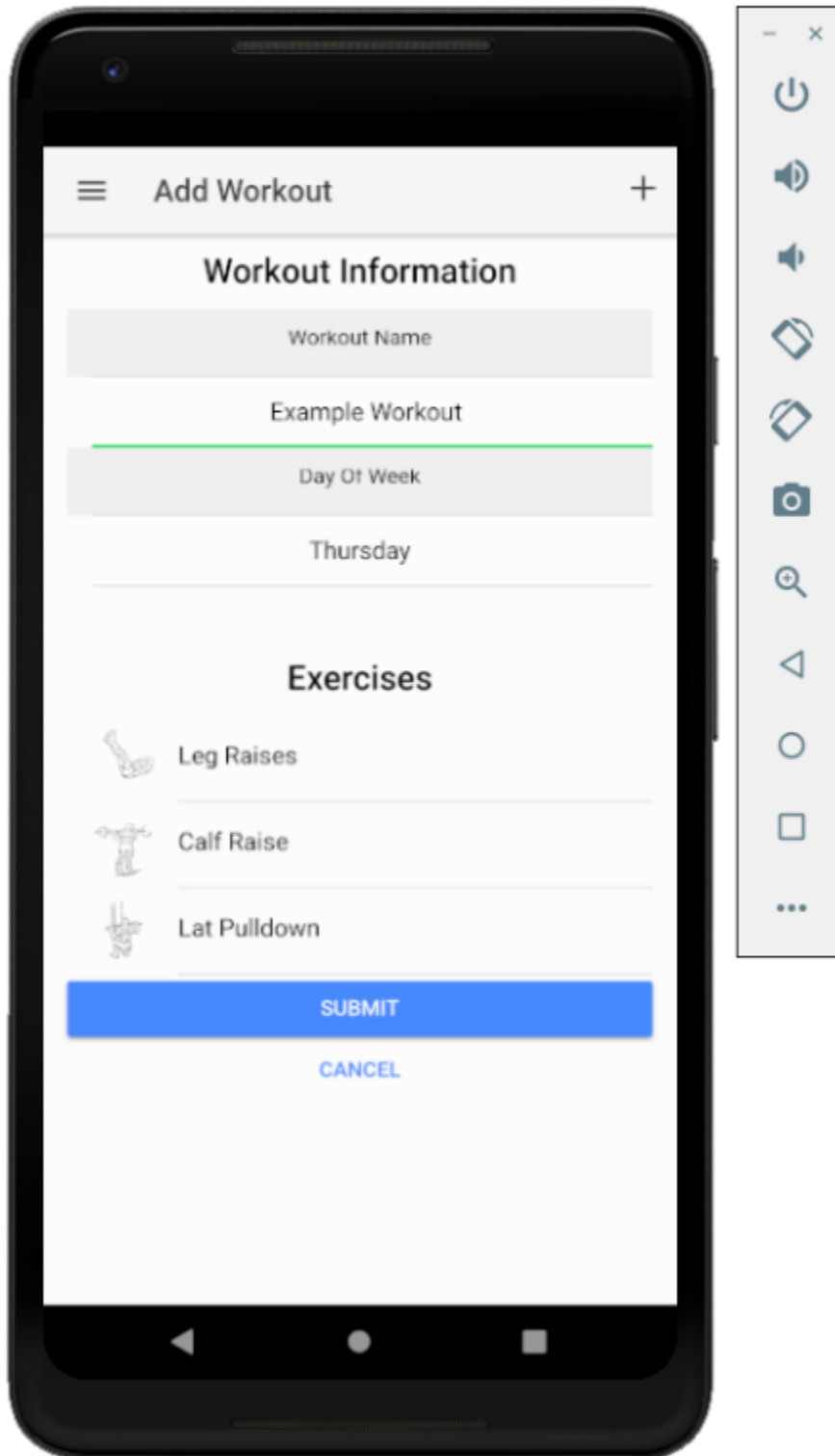# Almost fully filled out add exercise screen
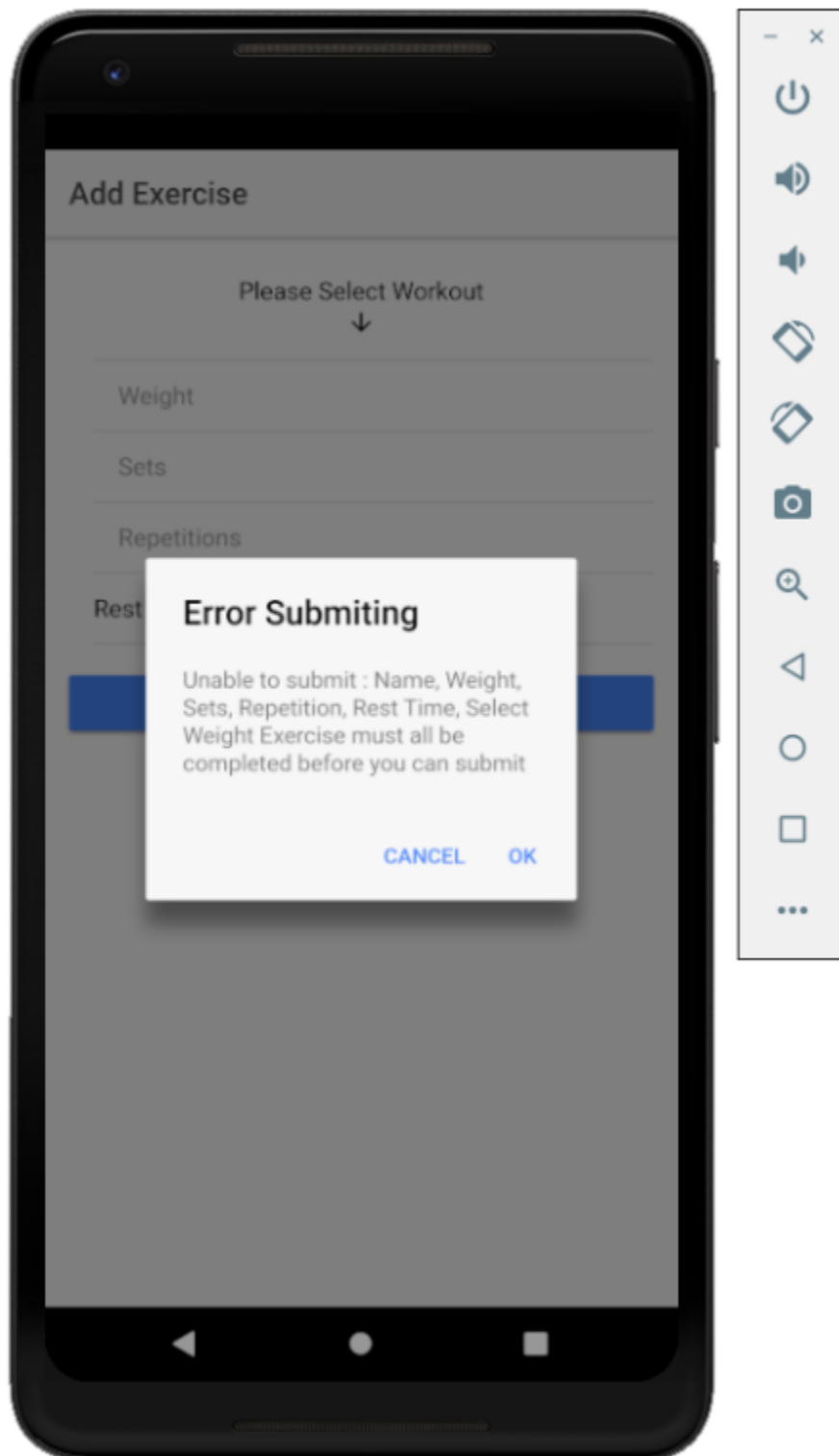
Choose exercise from list of choices.
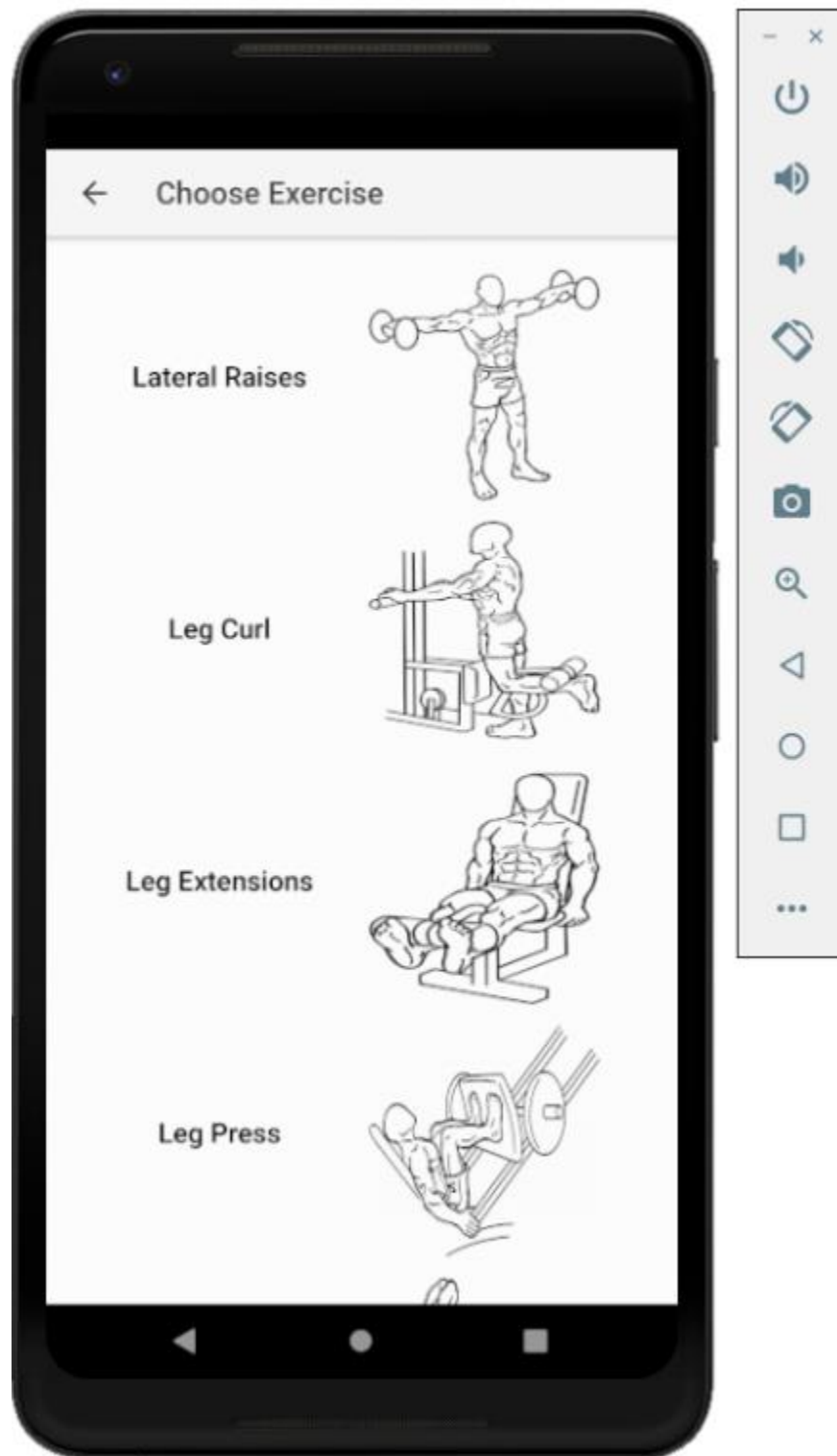
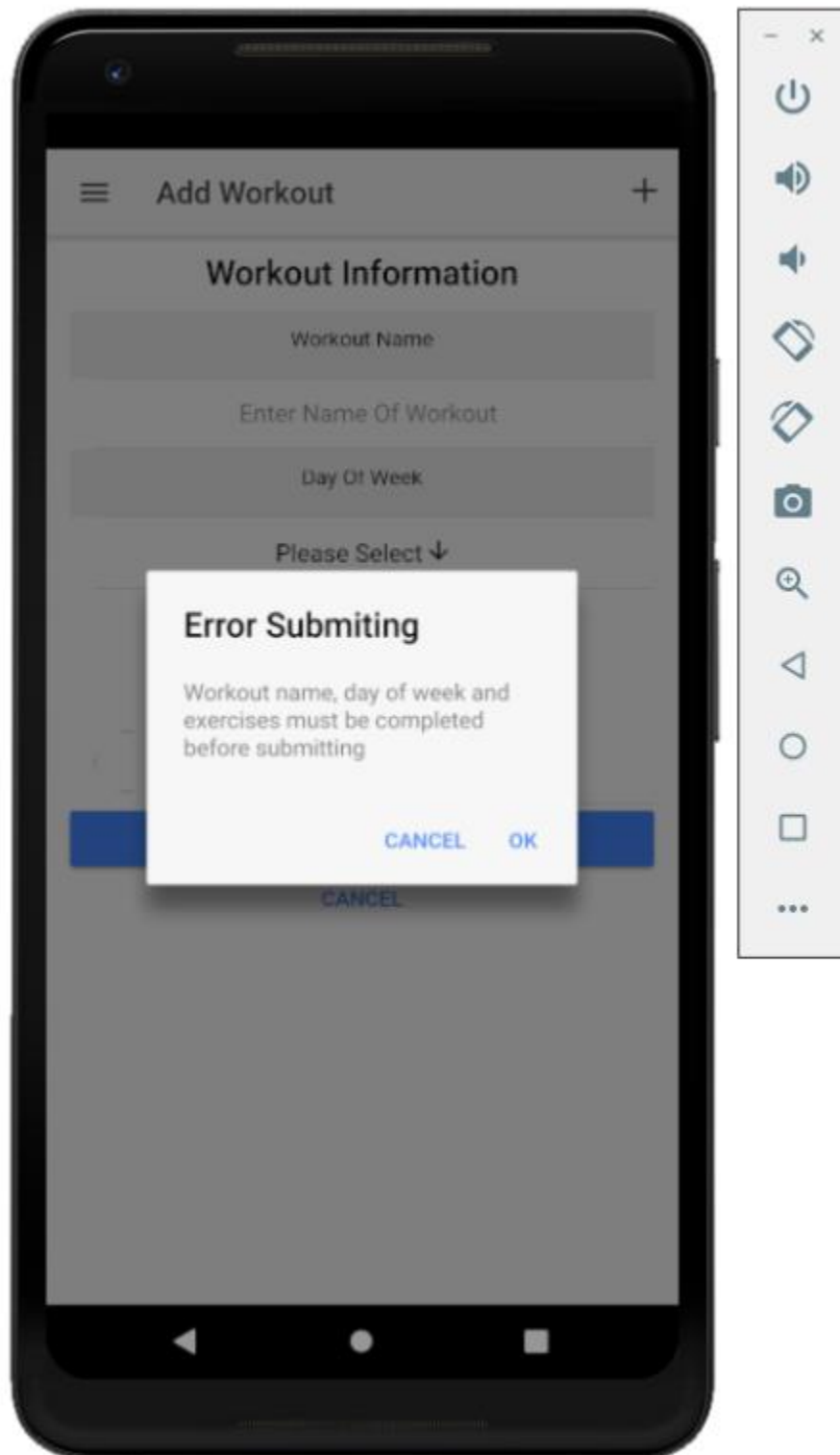# Successful add of exercise to new workout
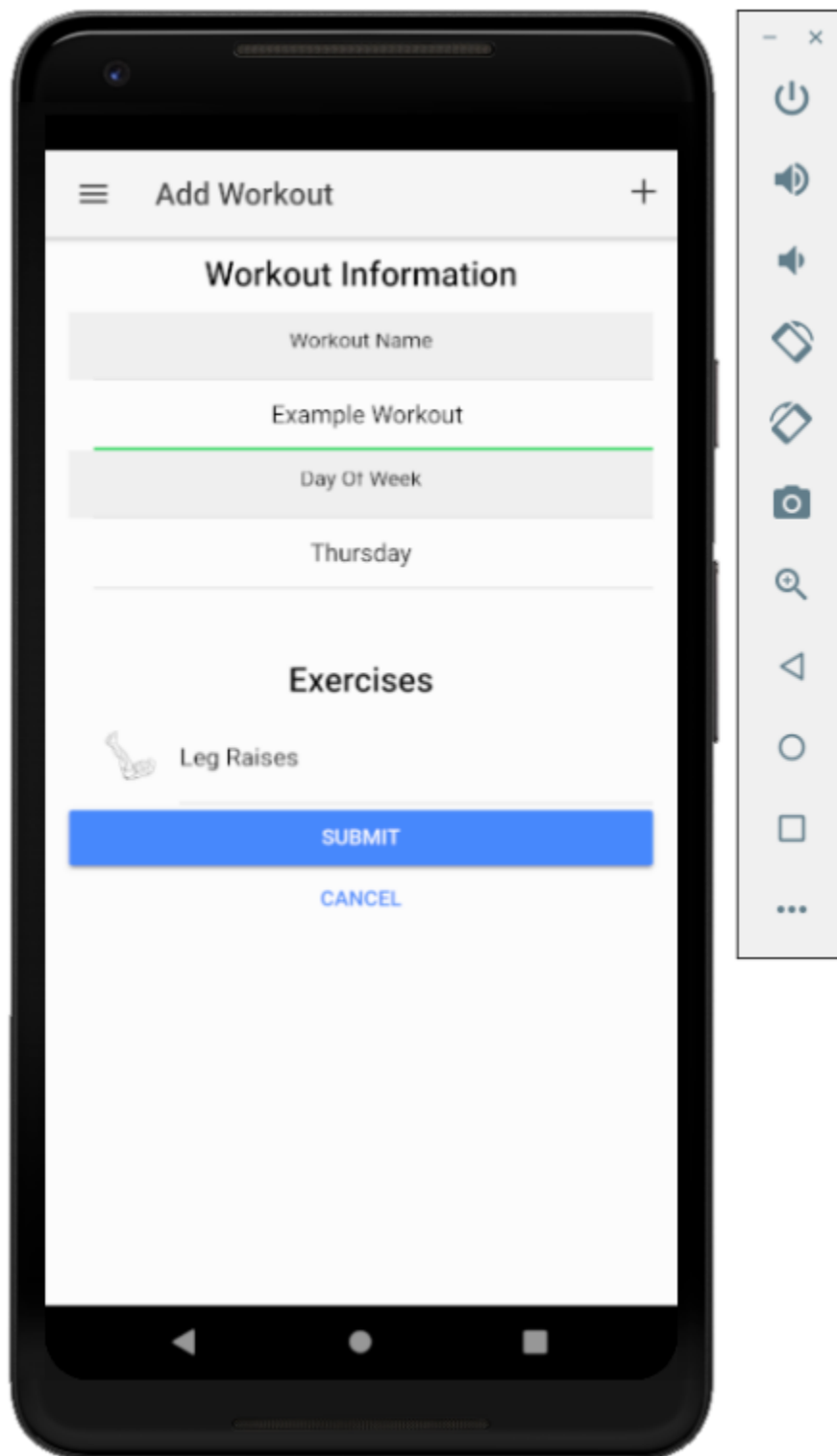
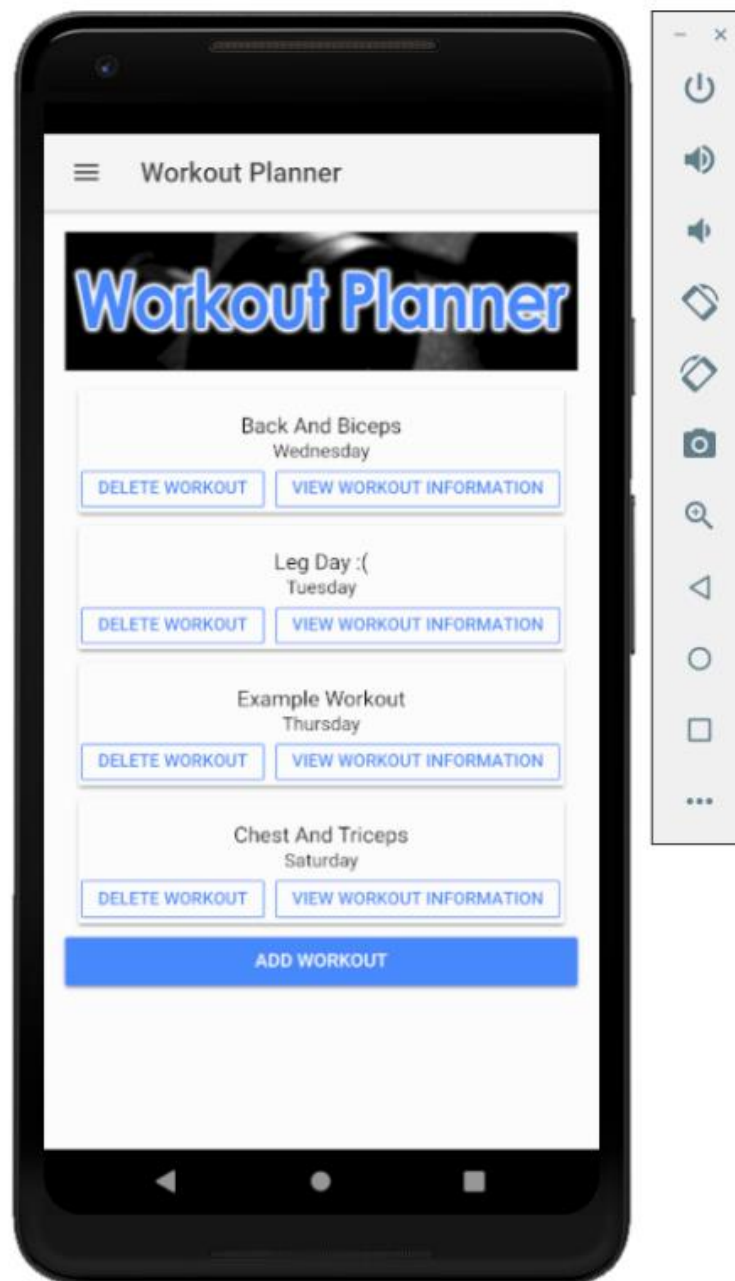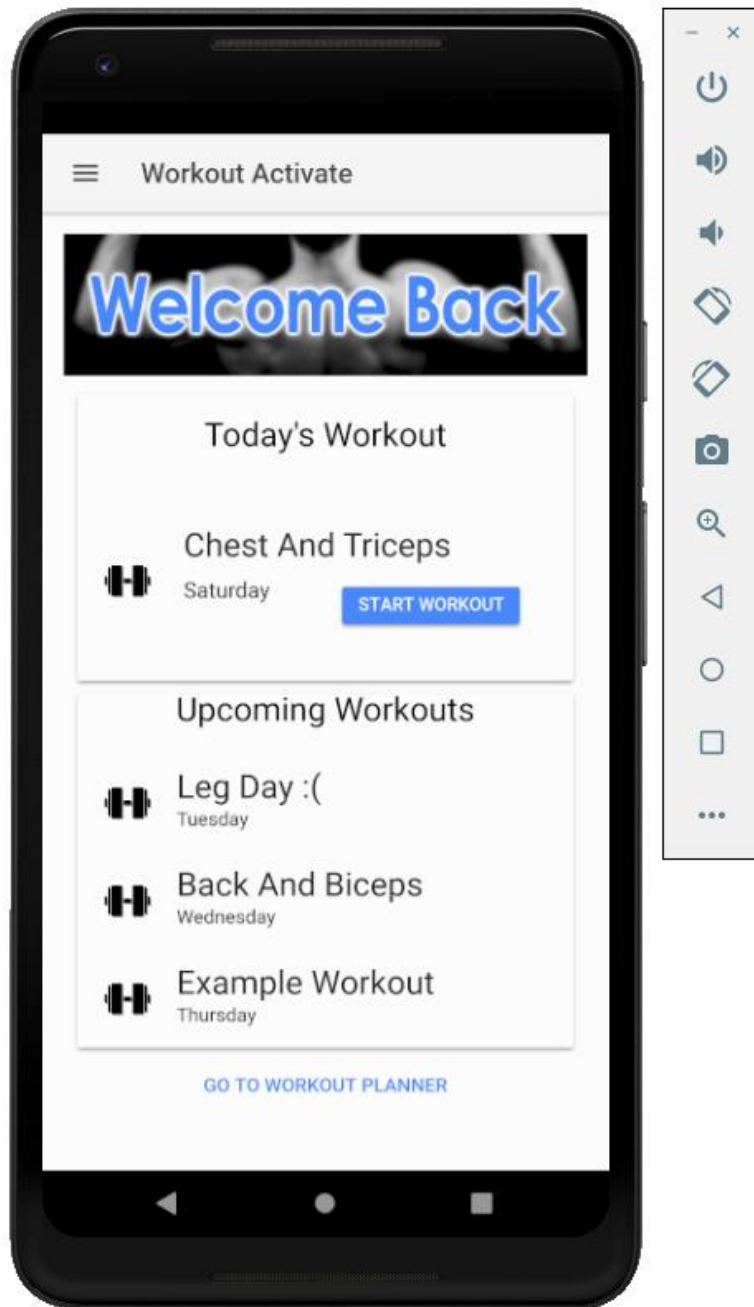# Multiple new exercises being added

Form validation – Add exercise

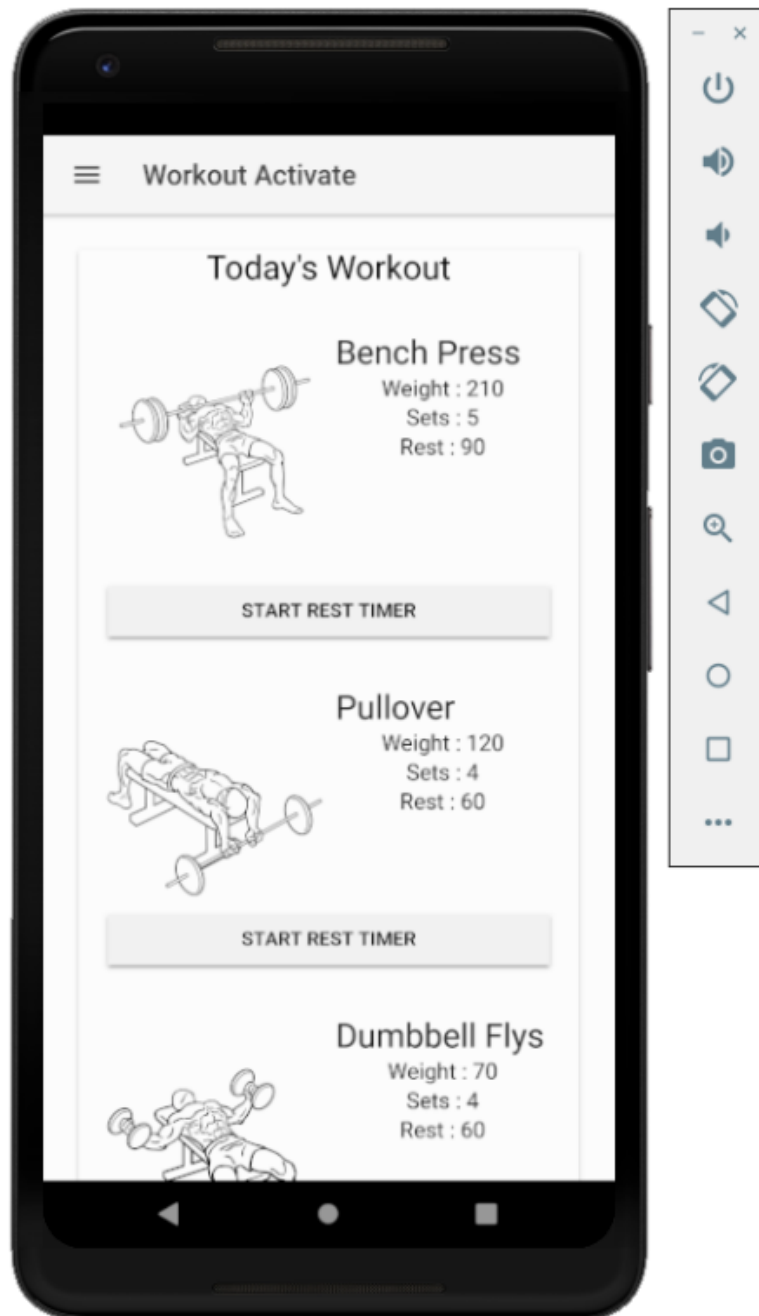# Form validation new workout screen

After successful workout addition it will be added to the workout planner page
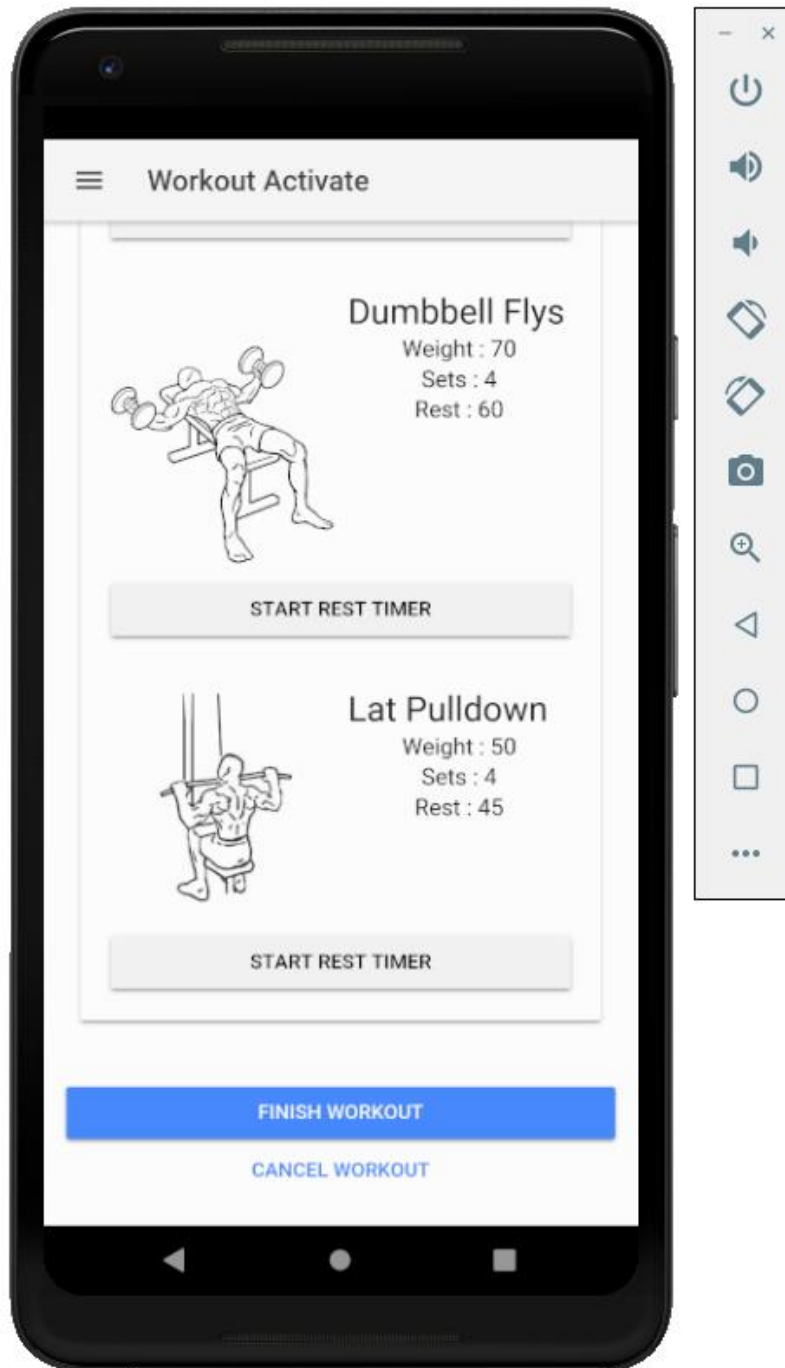
Our new workout is shown on the home page

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

Workout Activate

Dumbbell Flys
Weight : 70
Sets : 4
Rest : 60

START REST TIMER

Lat Pulldown
Weight : 50
Sets : 4
Rest : 45

START REST TIMER

FINISH WORKOUT

CANCEL WORKOUT

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

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