Final Project Outline

Week 1
- Add Ability To Calculate 1 Rep Max
  o Create View for 1 Rep Max Option
  o Should be able to enter weight in either pounds or kilos and after entering the number of reps have the calculated max output
- Add Ability To Calculate Assistance Work
  o Display proper weight for sets given max weight and percentage desired

Week 2
- Add a menu system
  o Menu should contain buttons to segue to settings and each of the four lifts: Military Press, Deadlift, Bench Press & Squats
- Add Settings View
  o Should be able to set the current cycle number, weight for each lift and how much the increment the lift by in each cycle
- Add efficient transitions between views

Week 3
- Animate the weights displayed
  o Weights show animate their way into view instead of appearing and disappearing in the same location
  o Weights should be displayed in a one to one fashion – each plate in real life (per side) is represented by a plate in the app
- Add Ability To Save Data to the phone
  o Data should automatically save to the phone when entered in the settings menu and should be loaded without the user prompting
  o Starting weights in calculator values should be the saved weights for the selected lift

Week 4
- Add advertisements
  o Add advertisement support in some manor
- Add ability to post to facebook/twitter
  o Provide the option of posting a lift to facebook/twitter when it is a certain amount over their current estimated best
  o Be able to share the app to either site from the main page
- Submit application to marketplace