Final Project Outline

Week 1

* Add Ability To Calculate 1 Rep Max
  + Create View for 1 Rep Max Option
  + 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
  + Display proper weight for sets given max weight and percentage desired

Week 2

* Add a menu system
  + Menu should contain buttons to segue to settings and each of the four lifts: Military Press, Deadlift, Bench Press & Squats
* Add Settings View
  + 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
  + Weights show animate their way into view instead of appearing and disappearing in the same location
  + 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
  + Data should automatically save to the phone when entered in the settings menu and should be loaded without the user prompting
  + Starting weights in calculator values should be the saved weights for the selected lift
* add set timer
* auto layout
* Add ability to record a lift

Week 4

* Add advertisements
  + Add advertisement support in some manor

- Add ability to post to facebook/twitter

* + Provide the option of posting a lift to facebook/twitter when it is a certain amount over their current estimated best
  + Be able to share the app to either site from the main page
* Submit application to marketplace
* Custom Buttons
  + Add custom button to change between pounds and kilos