Test Segues

1. User should be able to go from Main Menu to…
   1. Settings
   2. One Rep Max Calculator
   3. Military Press, Dead Lift, Bench Press, Squat
2. User should be able to go from any of Military Press, Dead Lift, Bench Press, Squat to Assistance Calculator
3. User should be able to go backwards in all of the same pairs of views

Test Settings

1. Test that the user can input an integer value into any of the 5 inputs
2. User should be able to switch back and fourth between incrementing by 5 and by 10 for any lift
3. Hitting increment cycle should add 1 to the cycle number and should add the desired increment amount to each of the individual lifts
4. Hitting the 5/3/1 button on top should clear all the maxes for the lifts and the cycle number and reset the increment amounts to +5

Test Saving To The Phone

1. The Users maxes entered in the settings should be displayed in the “One Rep Max” input in the main lift view after that lift is picked in the main menu
2. The User should be able to enter any combination of information in any view, leave that view and have that information be loaded into those inputs when they come back to that view
3. The Max for a given day should be loaded into the assistance calculator when first visiting that calculator
4. After selecting a lift, the next in the rotation should be highlighted the next time the user comes back