TrackIT

user
guide
overview

This paper seeks to provide a user guide for the fitness application TrackIT.

contents

Abstract

This paper proposes to provide a user guide for the app "TrackIT". This paper seeks to give the user enough information to understand how to use the app. It will contain the entire lifecycle of the app and contents of each fragment.

Goal

"If you aren't testing you're just guessing."

The goal of the app is to serve the users with a simple way to track their progress towards their fitness/strength goals. The tracker provides tools from which the users can visualize their weaknesses and improve their overall performance.

It is crucial in fitness and strength training to track progress because it provides a way to visualize progressive overload.

The principle of progressive overload suggests that the continual increase in the total workload during training sessions will stimulate muscle growth and strength gain.

Progressive overload not only stimulates muscle hypertrophy, but it also stimulates the development of stronger and denser bones, ligaments, tendons and cartilage.

Progressive overload also incrementally increases blood flow to regions of the body exercised and stimulates more responsive nerve connections between the brain and the muscles involved. In fact, studies suggest that the increase in muscle contraction force, caused by resistance training, happens partially due to an increase in the responsiveness and efficacy of the neural system.

Getting started

First, download the provided APK and install it on your mobile phone. On application launch, the program fragment will be firstly shown with an existing workout program called "Upper/Lower Program".

Features & Fragments

The app provides a prepopulated database with over 300 exercises from which you can choose from and incorporate in your workouts. As specified in the fragments description, you can add your own exercises, programs and workouts.

Program fragment

All programs will be shown here. A new program can be added from the + button on the top right corner. Accessing the workout programs can be done by tapping on the program.
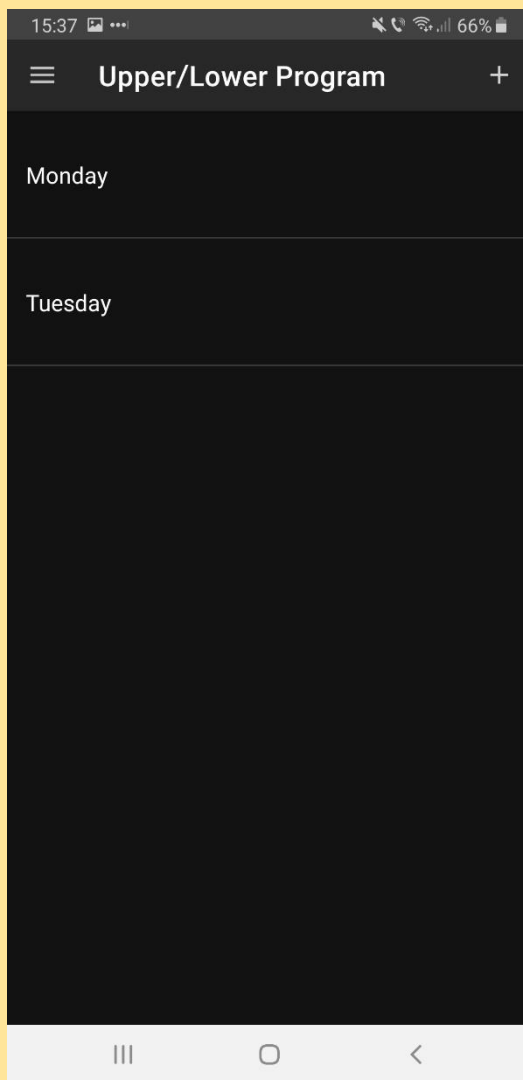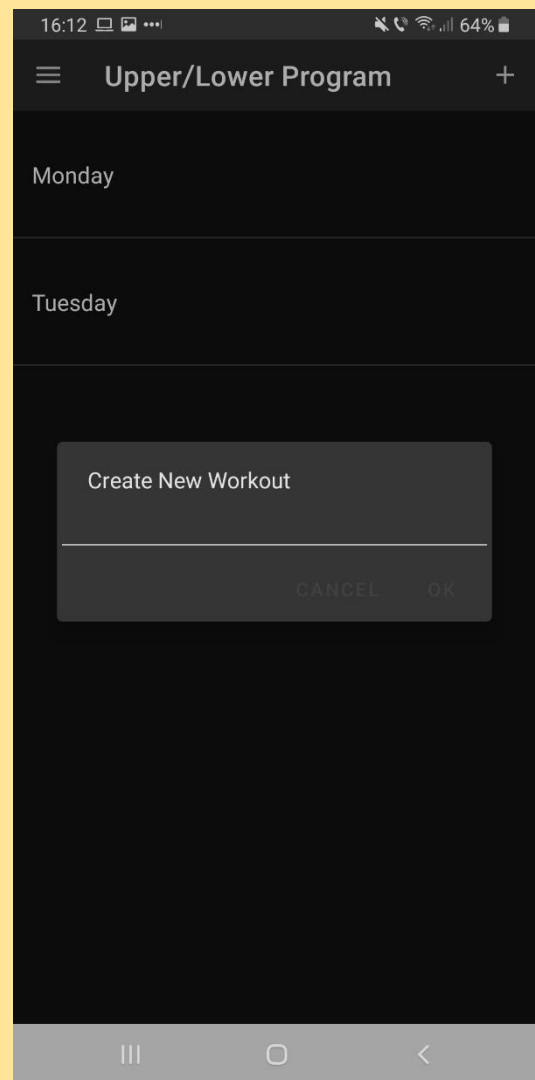

(main program fragment)
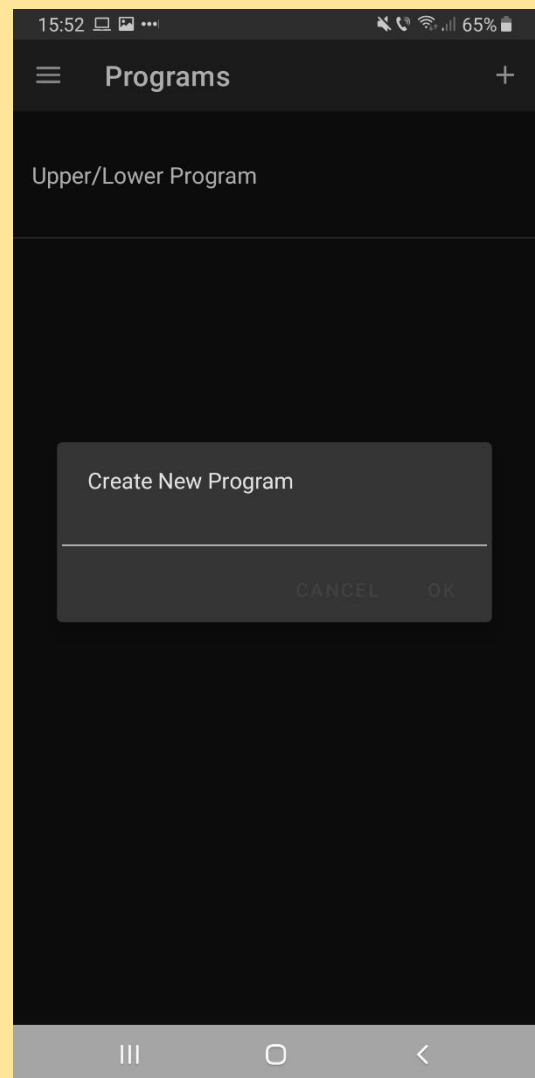
(after pressing + button)

Workout programs fragment

All workout programs from the selected program will be shown here. A new workout program can be added by tapping on the + from the top right corner. To access the exercises from the workout, tap on the desired workout.
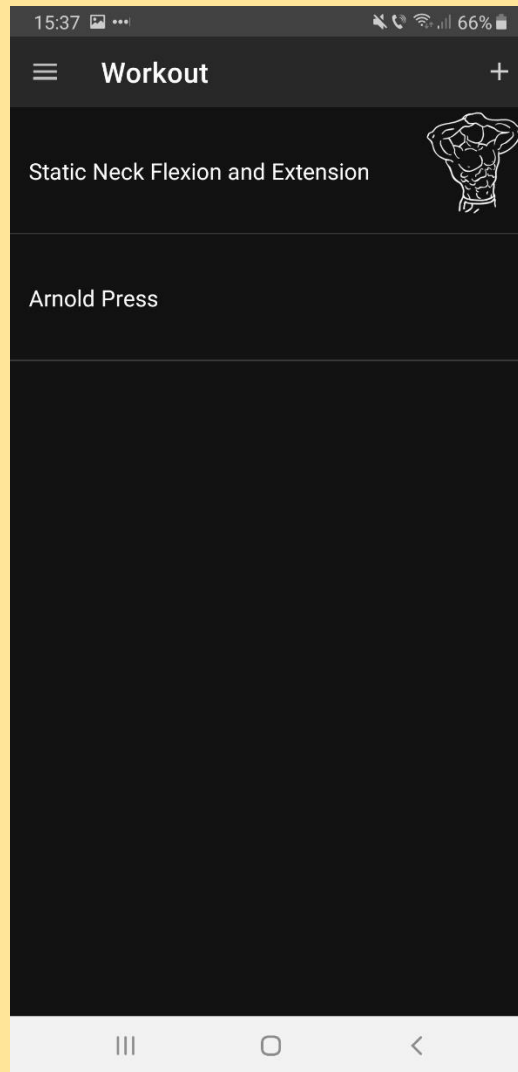

(main fragment)


(after pressing on the +)

Workout exercise fragment

All exercises from the clicked workout will be shown here and new exercises can be added to it from the + button.
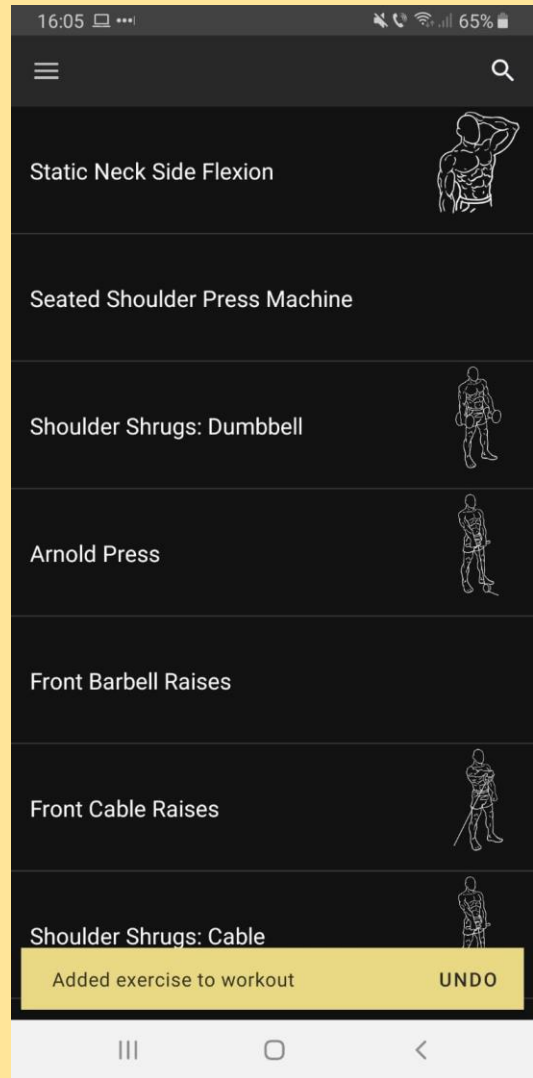
Add exercise to workout program fragment

This is what is shown after clicking on the + button from the Workout exercise fragment.
You can add an exercise to the workout by sliding left on it.
The list can be filtered by name by clicking on the magnifying glass from the top right corner.
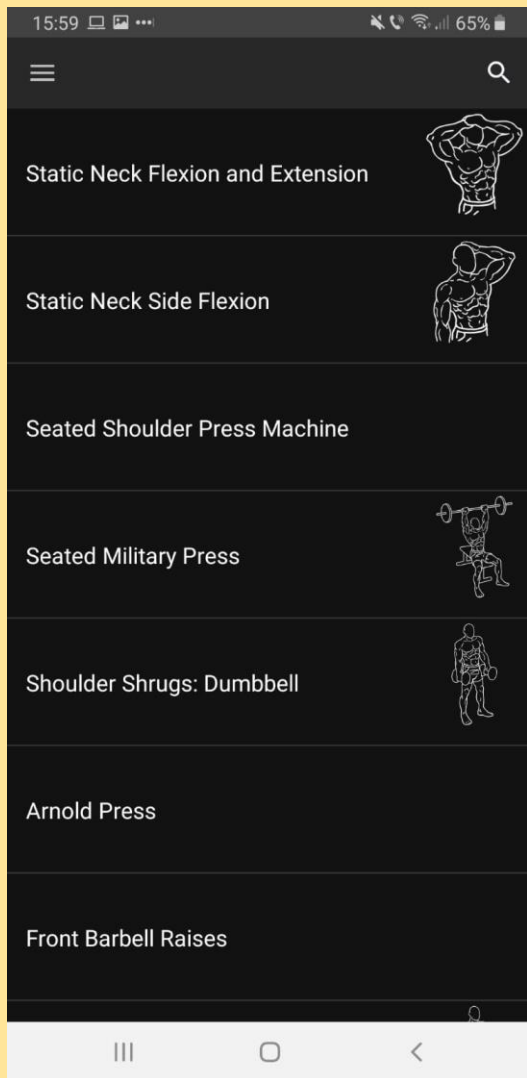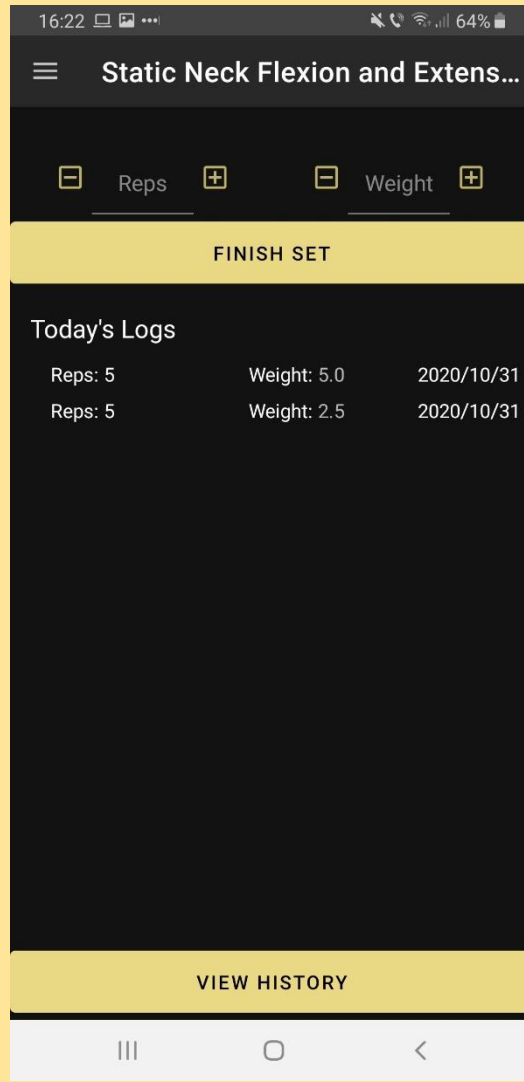
(main fragment)

(what is shown after adding
and exercise, you can undo
the action by tapping on
undo)

Exercise track fragment

After tapping on an exercise from the workout exercise fragment, you will be provided with a view in which you can do the tracking on the selected exercise. Specify the reps and weight by tapping on the reps and weight dialogs and input the value. The minus and plus buttons can be used to input the reps/weight more easily. Press on "finish set" after you finished typing in the reps and weight.
Press on the "view history" button to access the sets from previous sessions.

View exercise history fragment
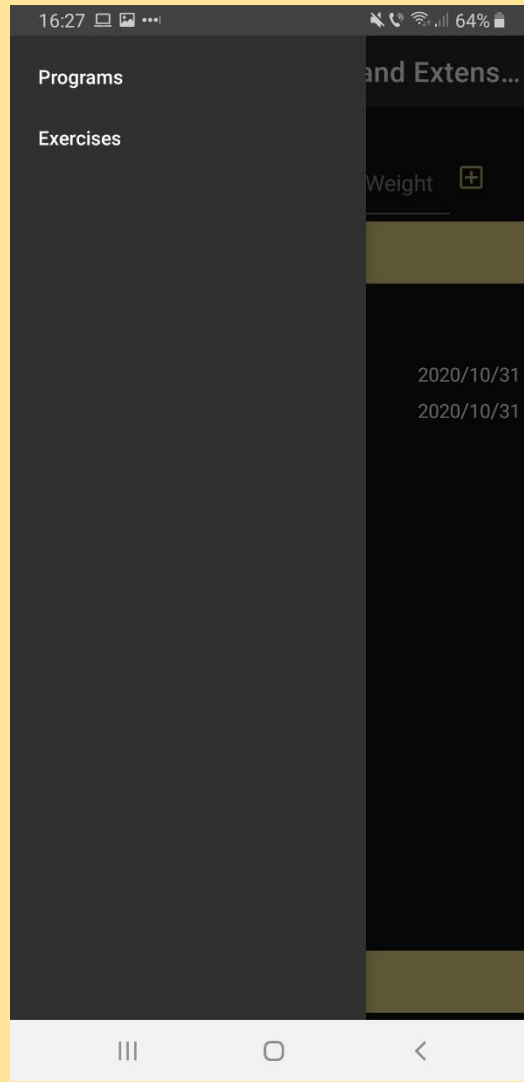
All sets from previous sessions will be shown here.

Sidebar menu

You can also access the sidebar menu by sliding right on any fragment.

bibliography

https://en.wikipedia.org/wiki/Progressive_overload
https://www.atlassian.com/blog/add-ons/5-real-life-examples-beautiful-technical-documentation