**SETSTATS**

A picture containing antenna

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Mark Byrne Richard Collins Liam Denning Florian Scheunert

**Table of Contents**

Contents

[Team Members 3](#_Toc85745699)

[What is SetStats? 3](#_Toc85745700)

[What are our goals? 3](#_Toc85745701)

[Github Link: 3](#_Toc85745702)

[Hardware Required 4](#_Toc85745703)

[What we did - 5](#_Toc85745704)

[Data the device will be collecting: 6](#_Toc85745705)

[How the data will be gathered: 6](#_Toc85745706)

[How we are going to be processing the data collected: 6](#_Toc85745707)

[How the device and data are going to be secured: 6](#_Toc85745708)

[Frequency with which each sensor can record a value and how the sensors work: 6](#_Toc85745709)

[ER Diagram 8](#_Toc85745710)

[Paper Prototype 9](#_Toc85745711)

[Paper prototype page descriptions: 11](#_Toc85745712)

[Connection: 12](#_Toc85745713)

[User Profiles 13](#_Toc85745714)

[Software-Testing 16](#_Toc85745715)

[Hardware-Testing 16](#_Toc85745716)

[User-Testing 16](#_Toc85745717)

**About Us**

# Team Members

**Mark Byrne: Liam Denning:**

A picture containing person, person, male

Description automatically generatedA person in a yellow shirt

Description automatically generated with low confidence**Role:** Database developer **Role:** Web Developer

**Richard Collins Florian Scheunert**

**Role:** IoT Developer **Role:** Tester/ Designer

A person in a suit and tie

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# What is SetStats?

SetStats is an application created to help everybody improve their form in the gym. Whether you are a new user or a 20-year veteran, SetStats will surely help you. Trainers can use it to see how their trainees are doing and trainees can use it to find a trainer to watch them.

# What are our goals?

* We want to create a platform where you can track progress and improve your form.
* Beginners will have a platform to watch and learn from more experienced lifters through our tutorial section.
* SetStats hope to avoid injury by making sure lifters are not lifting too heavy or with incorrect form.
* Trainers should be able to see all of their trainees’ stats and with the help of SetStats they will have a better idea of how the trainee can improve their training

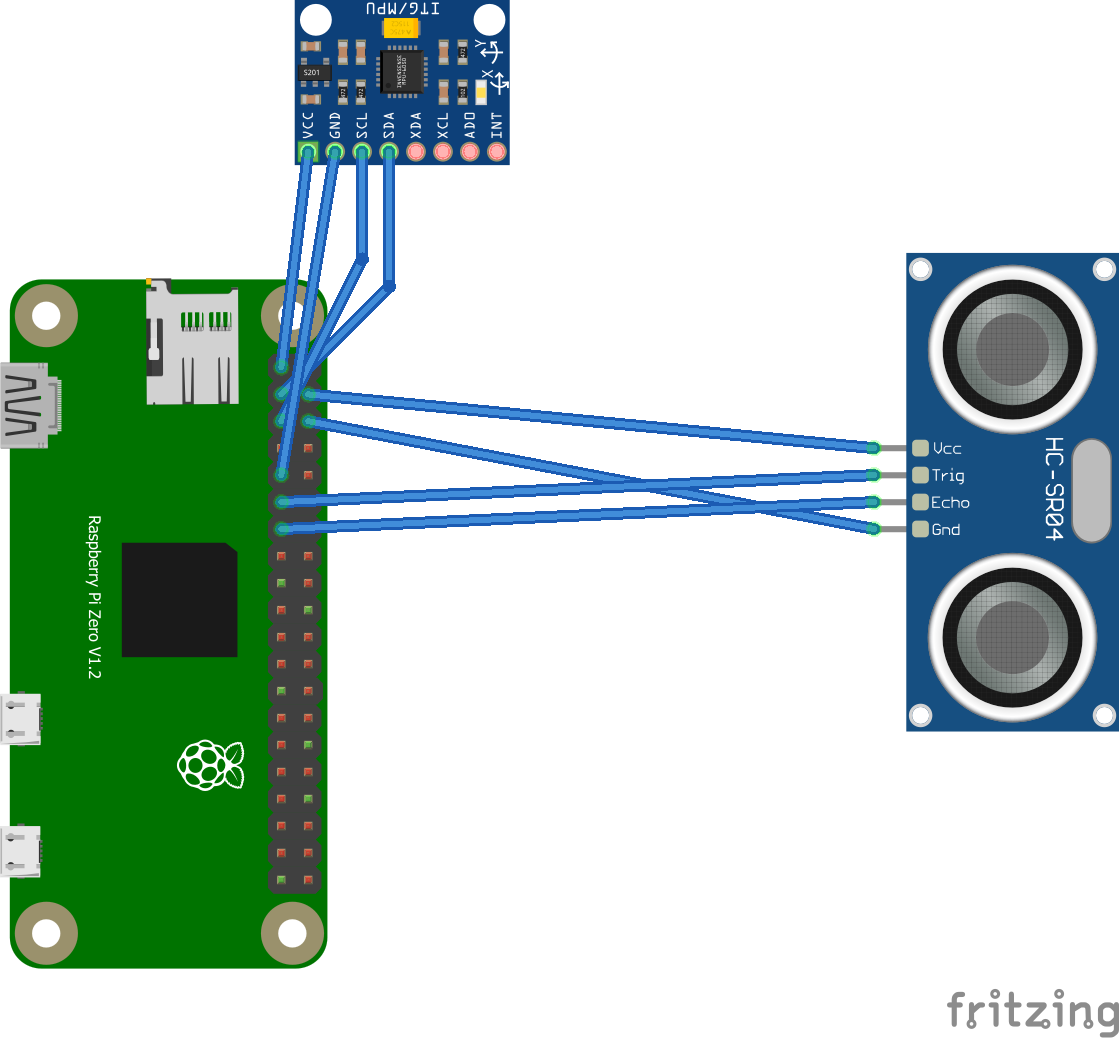
## Github Link:

<https://github.com/MarkByrneDKIT/SETSTATS->

**Hardware**

# Hardware Required

1. **Raspberry Pi Zero** – this is being used as it is the more compact option whilst also having low power consumption.
2. **Accelerometer (MPU-6050)** – used to measure the displacement on the x-axis.
3. **Ultrasonic Sensor (HC-SR04)** – is being used to measure the distance from the ground, very accurately.
4. **Power Bank (5000 mAh)** – the power source which will be connected via micro-USB.



**How we will power it and how we will connect it to the internet Is it mobile?**

The system will be connected to an external rechargeable battery source (Power Bank), which will give long lasting life due to the low power consumption of the Pi. It will be connected to the gym’s Wi-Fi or your phone’s hotspot. It would be mobile as long as you’re connected to a phone’s hotspot.

# What we did -

**Florian** Researched what modules would best suit our needs for the project, and found that an accelerometer would do the job.

**Mark** bought the accelerometer off Amazon and tested it out. He ran into a problem that we wouldn’t be able to track the movement of the bar on the x-axis(sway).

**Richard** found an alternative option, which would be by using an ultrasonic distance sensor in tandem with the accelerometer.

**Liam** then bought ultrasonic sensor to make sure it works by testing code from the internet.

**Richard** wrote code to collect data from both sensors at the same time and to display it for a prototype.

**Data**

# Data the device will be collecting:

* Height of the bar (y co-ordinate)
* Sway of the bar (x co-ordinate)
* Time
* Number of reps and sets
* Highest point (in which bar was lifted)

# How the data will be gathered:

The data will be sent from the device to a database hosted on a server. Every 0.75 seconds the sensor picks up a change in distance/sway etc the data will be sent to the database and stored in a table for that lift.

# How we are going to be processing the data collected:

The data collected will be send to a database and then further pulled/displayed onto a website using chart.js. The data will be shown as a line graph.

# How the device and data are going to be secured:

Certain data will be encrypted such as user’s login information when sent to the database. The login page will help secure each users account from unwanted access. The passwords will be hashed and there will be SSL certificate with cloud flare.

# Frequency with which each sensor can record a value and how the sensors work:

Both sensors will collect data every 0.75 seconds.

**Accelerometer (MPU-6050) –** converts mechanical energy into electrical energy, it measures change in motion(acceleration)

**Ultrasonic Sensor (HC-SR04) –** Sends out a soundwave at a frequency of 40KHz and it travels through the air and if there is an object it will bounce back to the sensor.

**Database**

Table

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Table

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Table

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**Trainee Table:**

The trainee table contains all the information of the regular user who uses the application. They have their own id and linked to them is a trainer id, but they don’t necessarily have to have a trainer. Their password will be hashed for security.

**Trainer Table:**

The trainer table contains all of the data of a trainer who uses the app. The trainer can have multiple trainees and we can use sql to grab them uses the foreign trainer\_id in the trainee table.

**Lift Details Table:**

The lift details table will contain the data for a specific trainees current lift, the x and y will be updated a lot as the user moves the bar, while the rep, set and time will change on a slower pace but still quickly enough. The data will help us for the history page of the trainee so they can see when they trained.

**History Table:**

The history table will be used for the trainee to be able to look at their progress overtime by looking at previous sessions. This will be able to grab the users best lift of the session and the rest of the data like reps and sets and how long the session was. The trainer can use this data also to be able to observe their trainee’s improvements.

# ER Diagram

Diagram

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**User Interface**

# Paper Prototype

Graphical user interface, text, application, chat or text message

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Description automatically generated

Text

Description automatically generated

Graphical user interface, text, application

Description automatically generatedGraphical user interface, text, application, chat or text message

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Diagram

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Graphical user interface

Description automatically generated with medium confidence

# Paper prototype page descriptions:

**1. Login Page**

User uses this page to login by entering their username and password that they registered with.

**2. Register Page 1**

User will use this page to begin their registration by entering their details like their username, password, and email. They will use these details to log into their account.

**3. Register Page 2 (About You)**

The second register page is to get the users physical details such as their height, weight and age. This data can be used for trainers and for the user to track their progress.

**4. Main Menu Page**

The main menu page contains the links to most of the applications pages, this is where the user will be able to navigate the app.

**5. Before Lift Page**

This screen is where the user has setup the device and is getting ready to lift, the user can click the start button to begin the session.

**6. During Lift Page**

This is what the user see’s while they are lifting, the graph displays the position of the bar compared to the optimal form line, the user can also see details such as the time of the session, what rep they are on and what set they are on.

**7. Lift Summary Page**

This is what the user can see after their session is finished or when they click on this session from their history. The summary page shows the users best lift of the session, their max weight lifted and time of session, along with the reps they done and sets.

**8. Session History Page**

This is where the user and their trainer can see the trainee’s session history, click one of the days and you will be linked to the lift summary page of that session.

**9. Side Bar Menu**

This is where the user can sign out and view other links to parts of the application which are not displayed on the main men u page and this side bar can be accessed from any page on the app.

**10. Trainees Page**

This is the page where the trainer can see their trainees and once they click on their name, they can see the trainee’s session history page.

# Connection:

Connection to the device and app is through a Wi-Fi connection where the device is connected either to your hotspot/gym Wi-Fi. If there is no connection, a message should be displayed on the app telling the user that there is no solid connection and that they need to setup the device correctly.

**Users**

# User Profiles

Graphical user interface, text

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Graphical user interface

Description automatically generatedGraphical user interface, text

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Diagram

Description automatically generated**Use Case Diagram**

**Testing**

# Software-Testing

The software can be tested with suitable Unit tests. There are test frameworks for Python as well as JavaScript which covers all our used languages. The unit tests can be used to ensure all coded methods work as intended and help by finding bugs or improve the ability to add new features later more simply.

# Hardware-Testing

Once we have a running prototype the accuracy and measurements of the sensors need to be checked. In order to do that we track the data provided by the sensors and check whether the data is plausible. For example, someone can test lift with the prototype and someone else will measure the lifted height by hand and compare the results to the measurements of the ultra-sonic sensor.

We should also test the actual battery capability. How long it will last, how durable the setup is and how the sensors react do different unpredicted movements. For example, dropping the handle, carrying the handle sideways, spinning it etc. We need to make sure that the system does not break when doing unexpected things.

In order to get a good overview, it is necessary to work on a decent test concept which tracks all information and the results of the tests for further improvements and easy access.

# User-Testing

When the initial testing is done, and we have a running prototype we need to make sure to let other people from our different target groups test our app in a real scenario.

We could ask friends or just people and trainers in the gym to try out our app. This not only helps to resolve problems me might not have noticed yet, but it also makes gathering feedback to the overall usage of our app way easier. Everyone should be given a decent questionnaire to give feedback about the usage, design, and functionality of our app. This helps to get a real user perspective from all target groups on our app. Only through the perspective of different users we can spot missing features we did not think about and find problems we on our own had never seen.

People that should test our app in this state are experienced lifters, casual gym users, people who never lifted before and trainers.

**MoSCoW**

* **Must** - Accelerometer and Ultrasonic sensor data i.e., time, x and y co-ordinates. Feedback on lift
* **Should** - Drawing a live graph with data, saving after each rep. Use accelerometer to calculate tilt on bar.
* **Could** - Use heartbeat sensor to track heartrate/pulse during rep. Have a real-time graph from data. Have screen display in front of the user wirelessly.
* **Would** - Make mobile app. co2 sensor to measure air quality.