**SETSTATS**

A picture containing antenna

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Mark Byrne Richard Collins Liam Denning Florian Scheunert

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**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.

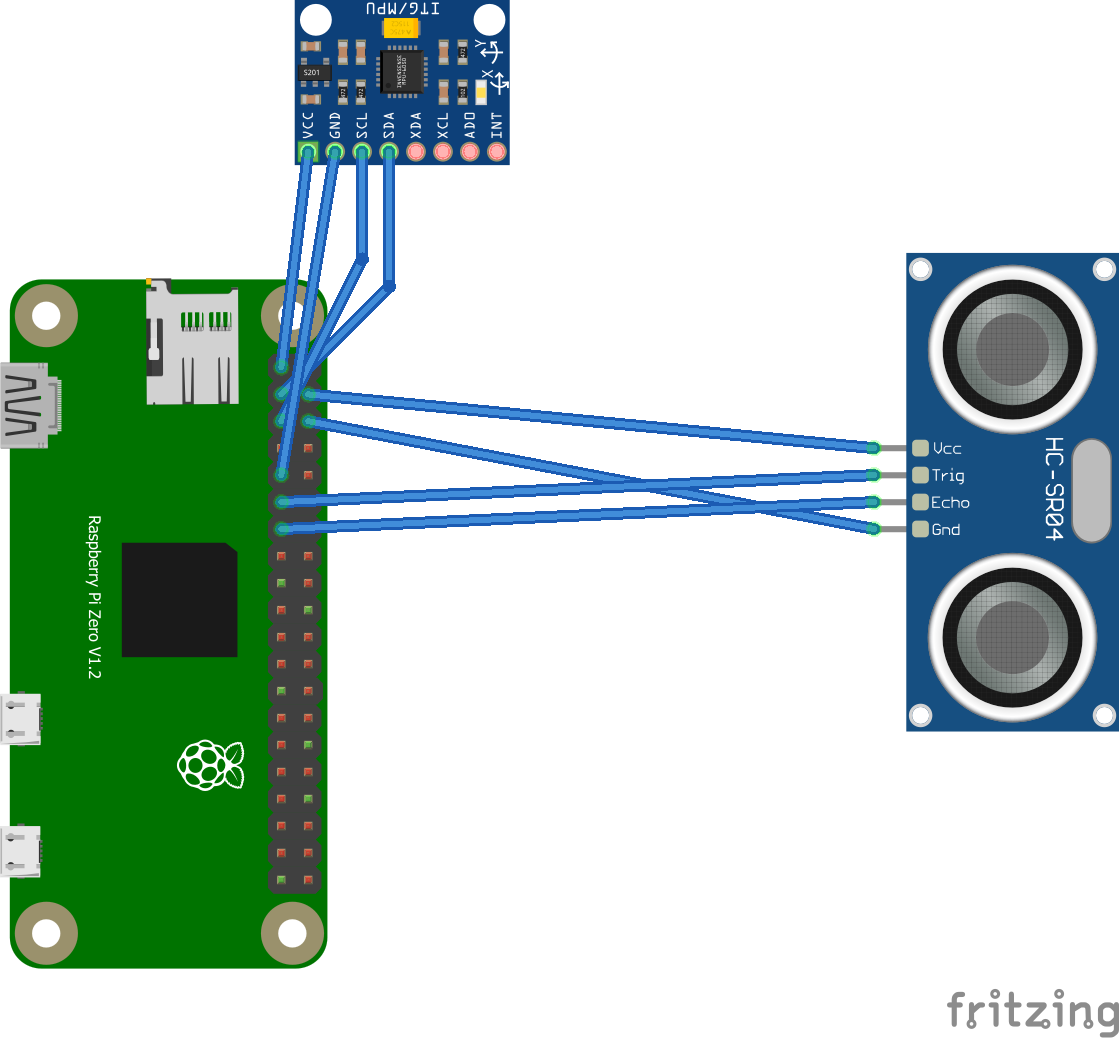
# What are our goals?

* We want to create a platform where you can track progress and 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

**Hardware**

# Hardware Required

1. R**aspberry 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.



Detail 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.

**Data**

# Data the device will be collecting:

* Height of the bar (z 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.

# 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.

# How cron will be used to process the data, listing the cron jobs that will be run

Detail security, how will we ensure that the data is secure (data transferred between the device and a server and while in storage)

**Database**

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**User Interface**

# Paper Prototype

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Graphical user interface, text, application

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Graphical user interface

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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.

What data is available to the users

What functionality they have to view and interrogate the data

**Users**

Use case etc (have at least one solid use case)

End users, who are our users? How will they use what we develop (app and device (device setup?))

Create user personas and user stories (have 4? One of each category: new, experienced, pro, injured)

# User Profiles

Graphical user interface, text

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Graphical user interface

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**Testing**

Test is going to be divided in two parts.

First the code and the hardware need to be tested individually and secondly the actual usage and functionality of the measurement needs to be tested as well.

The code of the application can and will be tested by JUnit-Tests to make sure the functions work as intended and to make resolving problems as easy as possible in the future

Testing the functionality of the app is done by people in the gym trying out the application. We ask strangers or friends to take a part in our testing program and let them use the application on their own. This not only helps to test the functionality, but it also helps to figure out if the layout and design of the app is easy to understand for everybody. To test all use-cases of the app we need to have people from different ages and different experience levels in lifting. For example there should be users who have never lifted before, some with a bit experience and some professionals.

The users are asked to give feedback regarding everything related to the usage and functionality of the application. It helps to find bugs, missing features we might have not considered and the overall user experience. The collected data from the sensors helps to improve the measurements and to make sure our data is not too far off from the actual values.

**Our Tasks**

Give tasks to each of us and detail what each of us will be doing