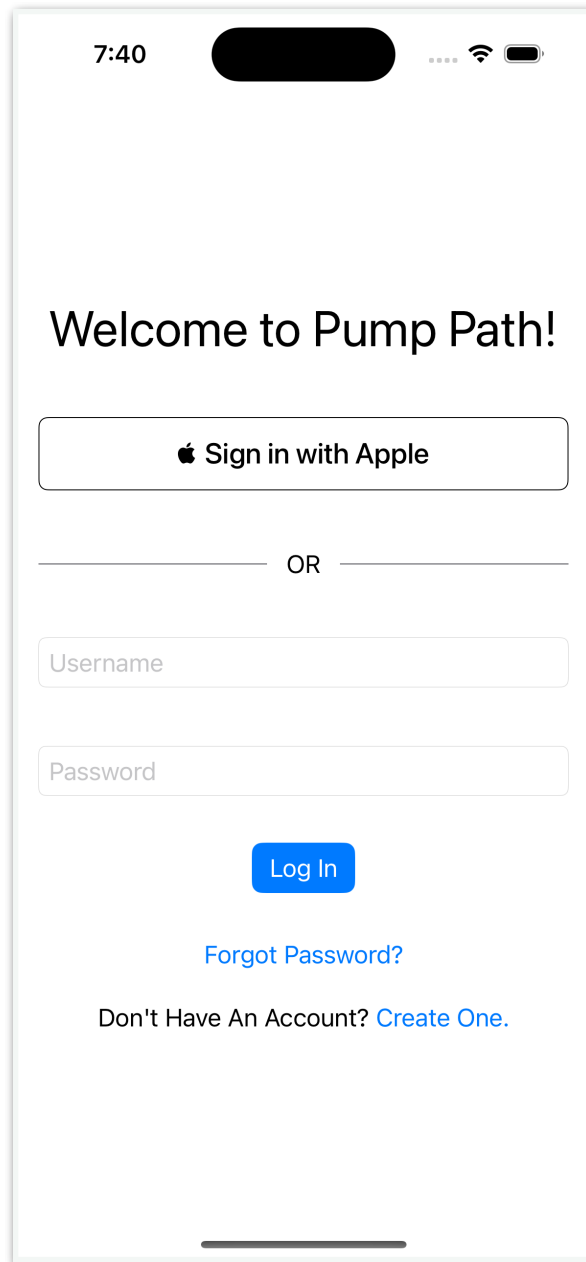


Pump Path User Manual

Neil Kalanish and Joe Melito

Signing In	3
Creating an Account	4
Main Dashboard	7
My Profile	8
New Workout	10
View Past Workout	11
531 Workout Plan	12
1RM	13
Lifting Buddy	14


Signing In



A mobile app login screen for 'Pump Path'. At the top, the status bar shows the time 7:40, a black pill-shaped notch, and icons for cellular signal, Wi-Fi, and battery. The main heading is 'Welcome to Pump Path!'. Below it is a button with the Apple logo and the text 'Sign in with Apple'. A horizontal line with 'OR' in the center separates this from the next section. This section contains two text input fields: 'Username' and 'Password'. Below the password field is a blue 'Log In' button. Further down are two links: 'Forgot Password?' and 'Don't Have An Account? Create One.'.

7:40

Welcome to Pump Path!

 Sign in with Apple

OR

Username

Password

Log In

[Forgot Password?](#)

Don't Have An Account? [Create One.](#)

The main screen allows the user to sign in with Apple, sign in with username and password, reset password or create account.

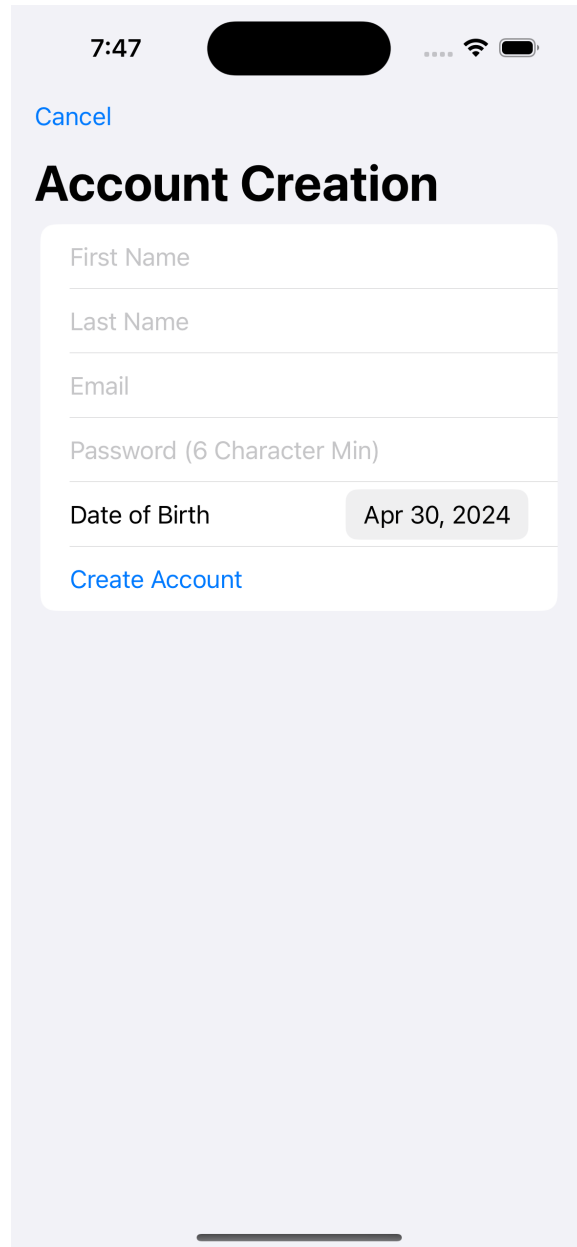
AppleID

If you tap “Sign in with Apple” you will be asked to provide your apple id details and the app will sign you in. If you have touchid or faceid setup on your face you will be able to log in with those options.

Email

Entering a valid username and password will sign you in with that user account. There is an option to reset your password by clicking “Forgot Password?”. It will ask you for your email and if the email is valid it will send you instructions to reset your password. As a safety feature if you enter an invalid email you will not be informed if it is invalid.

Creating an Account

A mobile app interface for account creation. At the top, the status bar shows the time 7:47, a black pill-shaped notch, and icons for cellular signal, Wi-Fi, and battery. Below the status bar is a blue 'Cancel' link. The main title 'Account Creation' is in bold black text. Below the title is a white rounded rectangle containing five input fields: 'First Name', 'Last Name', 'Email', 'Password (6 Character Min)', and 'Date of Birth'. The 'Date of Birth' field has a date picker showing 'Apr 30, 2024'. At the bottom of the white rectangle is a blue 'Create Account' link. The background is a light gray gradient with a thin horizontal line at the very bottom.

7:47

[Cancel](#)

Account Creation

First Name

Last Name

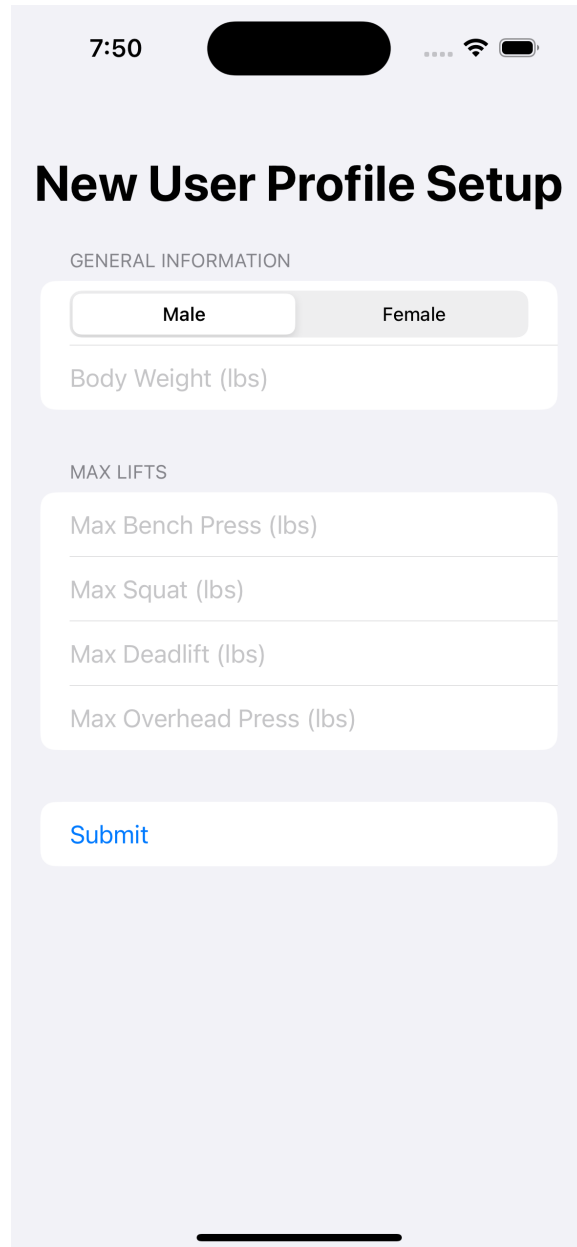
Email

Password (6 Character Min)

Date of Birth Apr 30, 2024

[Create Account](#)

The user creation screen will ask you for your first name, last name, email, password and birthday. Your password must be at least six characters long and it is recommended to use a valid email address so you can reset your password if you need to.

A mobile app screen titled "New User Profile Setup". At the top, the status bar shows the time 7:50, a black pill-shaped notch, and icons for cellular signal, Wi-Fi, and battery. The title "New User Profile Setup" is in bold black text. Below it, the section "GENERAL INFORMATION" is in small gray text. It contains two radio buttons: "Male" (selected) and "Female". Below these is a text input field labeled "Body Weight (lbs)". The next section, "MAX LIFTS", is also in small gray text and contains four stacked text input fields labeled "Max Bench Press (lbs)", "Max Squat (lbs)", "Max Deadlift (lbs)", and "Max Overhead Press (lbs)". At the bottom of the form is a white button with the text "Submit" in blue. The entire form is set against a light gray background.

7:50

New User Profile Setup

GENERAL INFORMATION

☒ Male ☐ Female

Body Weight (lbs)

MAX LIFTS

Max Bench Press (lbs)

Max Squat (lbs)

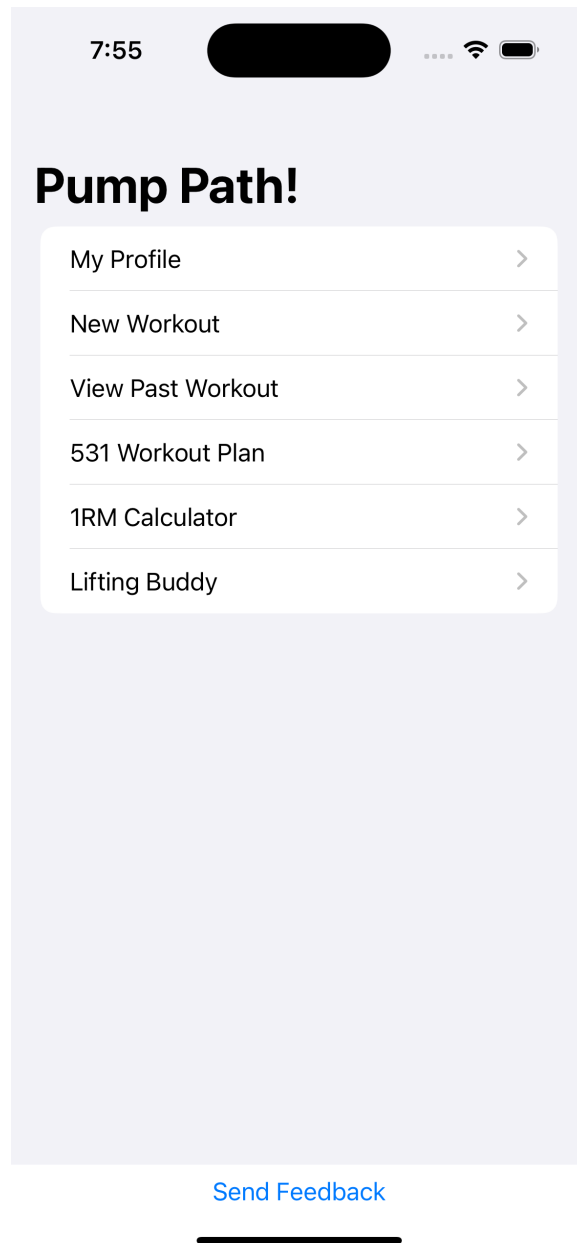
Max Deadlift (lbs)

Max Overhead Press (lbs)

Submit

Once you fill in the account information you will be prompted to setup a profile. A profile is required for the app to work correctly. If you don't know all of the information make your best guess and this information can all be updated once you are in the app. All weights are in pounds. Once clicking "Submit" you will be take back to the main screen to log in like normal.

Main Dashboard



The main screen ,shown above, is how you navigate the app. It displays all of the available options to you. You can view and edit your profile that was originally setup in the “My Profile View”. The “New Workout” tab will allow you to create a new working. “View Past Workout” is where you can view all of your previous workouts. If

you are following a 5,3,1 workout plan all of your lifts will be populated in the “531 Workout Plan” view. The “1RM Calculator” is a useful calculator to take a guess at what your one rep max could be based off of previous lifts. The last option “Lifting Buddy” isn’t implemented yet, but will be a chat bot that can generate personalized workout plans. Lastly there is an option at the bottom to send any feedback to the developers.

My Profile

8:08

< Pump Path! Logout

My Profile

PERSONAL INFORMATION

Male

Female

Bodyweight: 250

MAX LIFTS (LBS.)

Max Bench Press: 900

Max Squat: 545

Max Deadlift: 615

Max Overhead Press: 235

[Update Profile](#)

WILKS NUMBER

Wilks Score:

648.84

TOTAL LIFTED WIGHT

Pounds:

2,060.00

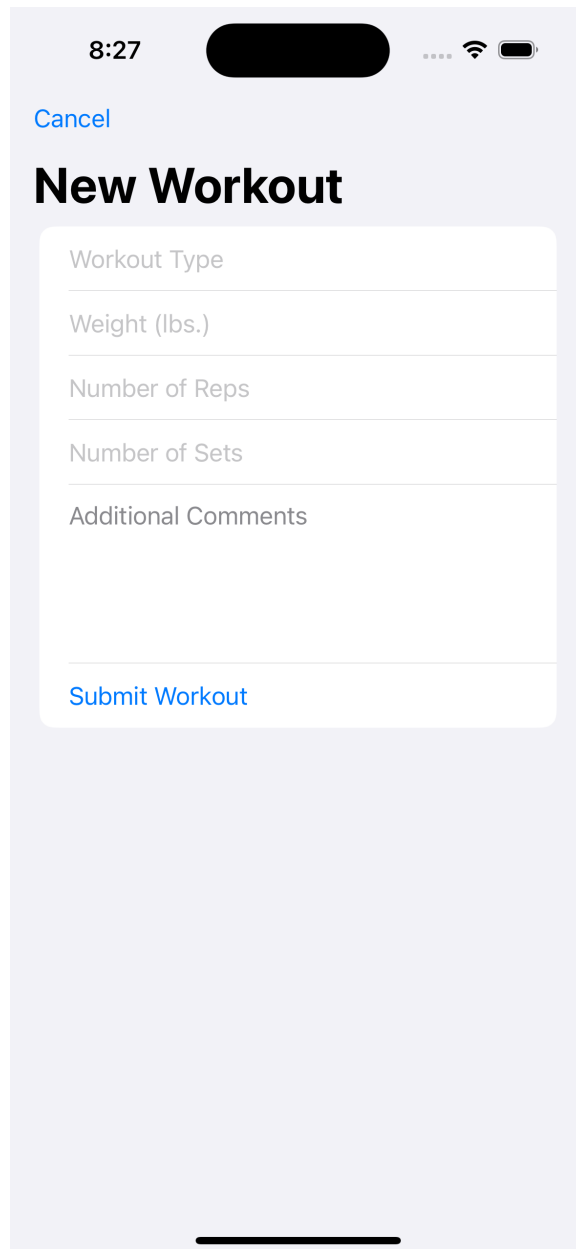
Kilograms:

934.40

My Profile displays all of your information and can be easily updated as you lift heavier and your weight changes. At the bottom of the screen your wilks number is automatically calculated based off your lifts. Your total weight lifted also is calculated based off your deadlift, bench press and squat.

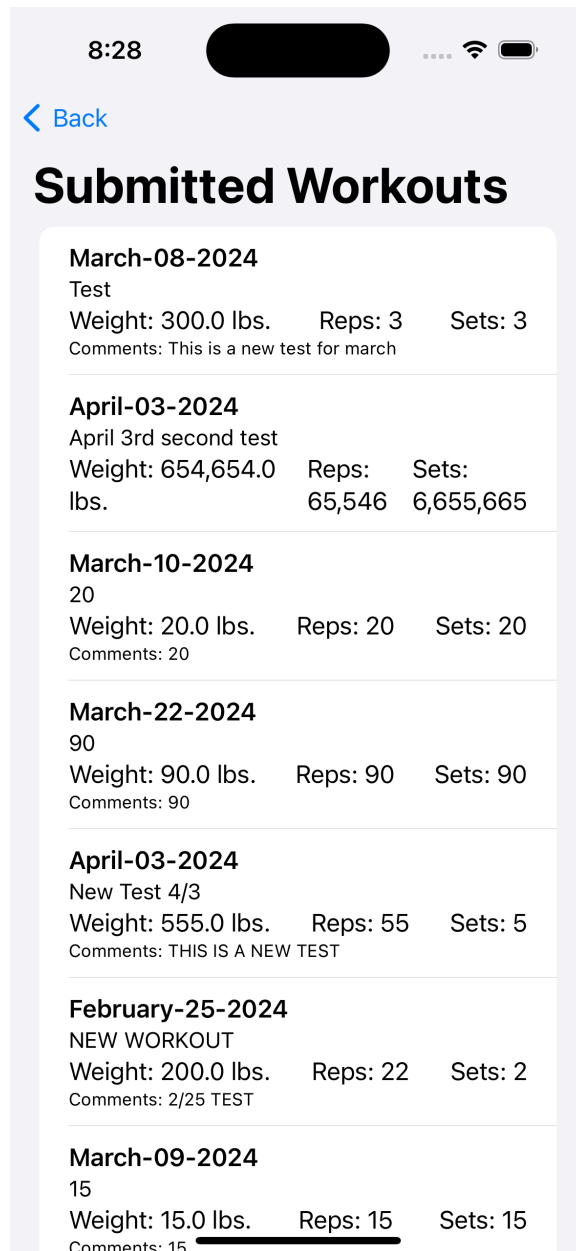
Along the top right is the option to log out of the app.

New Workout

A mobile application interface for creating a new workout. The screen has a light gray background. At the top, there is a status bar with the time '8:27', a black pill-shaped notch, and icons for cellular signal, Wi-Fi, and battery. Below the status bar, the word 'Cancel' is written in blue. The main title 'New Workout' is in bold black text. Below the title is a white rounded rectangle containing five input fields: 'Workout Type', 'Weight (lbs.)', 'Number of Reps', 'Number of Sets', and 'Additional Comments'. The 'Additional Comments' field is a larger text area. At the bottom of the white rectangle is a blue button labeled 'Submit Workout'. A black horizontal line at the very bottom represents the home indicator bar.

The new workout view allows you to enter your workouts. All of the fields are required except the comments section. You will be presented with an error if you try to submit a workout without all of the information filled in.

View Past Workout



The submitted workout view displays all of the previous workouts you have submitted. You can scroll this display to view all past workouts.

531 Workout Plan

8:30



[← Pump Path!](#)

Warmup Weights

Warmup

Squat

Bench

Deadlift

Press

SQUAT WARMUP WEIGHTS (LB)

5 Reps: 220

5 Reps: 275

3 Reps: 325

BENCH WARMUP WEIGHTS (LB)

5 Reps: 360

5 Reps: 450

3 Reps: 540

DEADLIFT WARMUP WEIGHTS (LB)

5 Reps: 245

5 Reps: 310

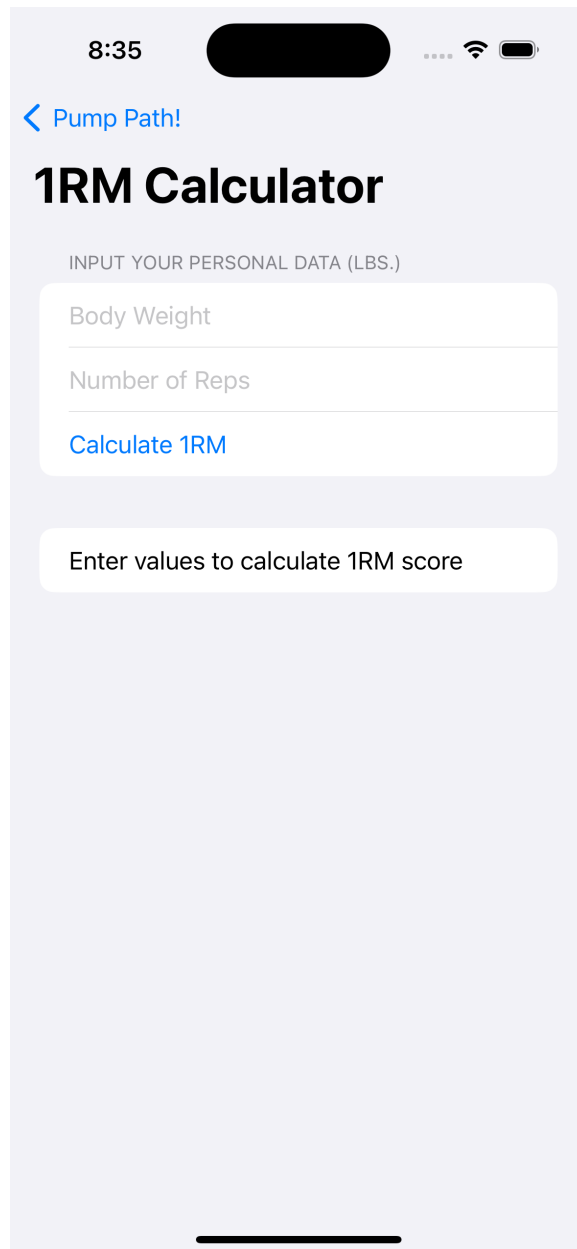
3 Reps: 370

PRESS WARMUP WEIGHTS (LB)

5 Reps: 95

If you are following a 5,3,1 workout plan view displays all of your information. All of the numbers are calculated based off your profile numbers. Along the top you can select what you are lifting that day with Squat, Bench, Deadlift or Over head press. It will calculate your 5+, 3+, 1+ days. There is even a tab to display all of your warmups for each workout.

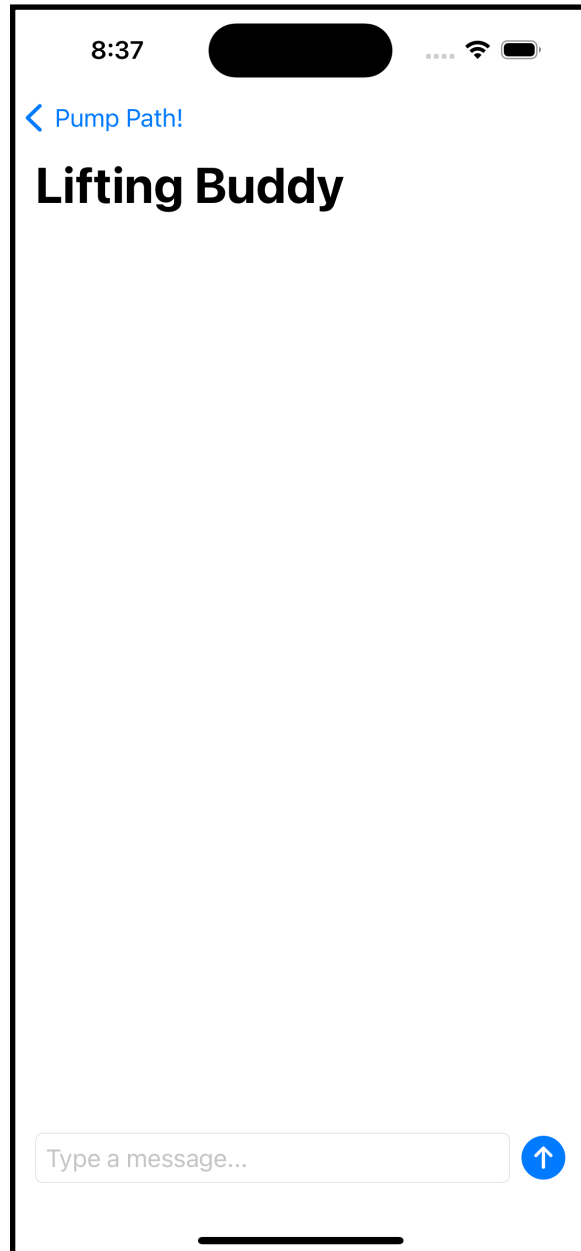
1RM



The screenshot shows a mobile application interface for a "1RM Calculator". At the top, the status bar displays the time "8:35", a black pill-shaped notch, and icons for cellular signal, Wi-Fi, and battery. Below the status bar is a blue back arrow and the text "Pump Path!". The main title "1RM Calculator" is in large, bold black font. Underneath is the instruction "INPUT YOUR PERSONAL DATA (LBS.)". There are two input fields: "Body Weight" and "Number of Reps", both with light gray placeholder text. Below these fields is a blue button labeled "Calculate 1RM". At the bottom of the form area is a white rounded rectangle containing the text "Enter values to calculate 1RM score". The entire app interface is set against a light purple background.

The 1RM view is an easy way to quickly calculate a potential one rep max based off a previous lift. You enter the weight you lifted and the number of reps you did and it will give you an estimate on a one rep max.

Lifting Buddy



This feature isn't enabled it but it will eventually be a chat bot that will create custom workouts for you on the fly.