Use Case Title: Observing Health Concerns during Exercise

Primary Actor: User (such as Alex, John, Sarah)

Secondary Actors:

1. Optimal Workout Band (both hardware sensors and mobile app)

Preconditions:

1. The user has personalized the Optimal Workout Band.
2. A reliable Bluetooth link.
3. The band is wrapped around the user's wrist and is adequately charged.

Postconditions:

1. The user finishes their exercise, and the user has detailed health related insights.
2. The user gets relevant notifications about their health issues.
3. All the health metrics are securely stored for later access.

Main Flow:

1. The user activates the band and chooses the preferred exercise mode.
2. The band gets into action, tracking essential health metrics such as heart rhythm and oxygen concentration.
3. Throughout the exercise, the band matches the data to the health details provided by the user.
4. If the recorded metrics stay within safe parameters, the exercise progresses smoothly.
5. At the conclusion of the exercise, the band delivers a recap, emphasizing health statistics.

Alternate Flows:

1. Exercise Modification Tips: Should the band pick up minor errors, it offers on-the-go feedback, suggesting possible changes in exercise intensity.

Exception Flows:

1. Urgent Health Warning: In case of significant abnormal readings, the band instantly signals the user to halt the exercise and take appropriate measures.
2. Link Disruption: If there's a disconnection between the band and its paired gadget, the user gets notified. However, the band keeps recording health metrics and saves them in its local storage.