

# Ripped user stories

## 1. Workouts

### 1.1 Creating and editing workout

- 1.1.1. Create my own workout routines with different exercises.
- 1.1.2. Easily search for an exercise by muscle group when adding exercises to a workout
- 1.1.3. Delete a routine that I have created.
- 1.1.4. Once I have a workout routine, I would like to be able to change this (add and remove exercises) before and during workout.
- 1.1.5. Make a clone of the workout and make changes to this.
- 1.1.6. Create a workout with random exercises.
- 1.1.7. Get a reminder to update/change my workout.

### 1.2 Performing a workout

- 1.2.1. Register my results (results depends on type of exercise) when I am doing the workout.
- 1.2.2. For cardio exercises i want to register minutes, seconds and the distance.
- 1.2.3. For static muscle exercises I would like to register time (minutes and seconds) and the weight (if there is any extra weight used).
- 1.2.4. For exercises with time, a timer would be good.
- 1.2.5. The timer should paus on incoming calls.
- 1.2.6. For dynamic muscle exercises register the number of reps and the weight.
- 1.2.7. For each exercise I would like to see a personal note if there is any (like a little memo for myself so I don't forget anything special about it, i.e. a special way to perform it).
- 1.2.8. For all type of exercises I would like to register as many sets I would like (so it no fixed number of sets).
- 1.2.9. When I register the result I would like to see the results from last time.
- 1.2.10. Make a comment about the current workout.
- 1.2.11. Rate the current workout.

## 2. Exercises

- 2.1. I would like to see all available exercises
- 2.2. I would like to create my own exercise
- 2.3. I would like to remove an exercise
- 2.4. I would like to edit an existing exercise
- 2.5. I would like to rename an exercise
- 2.6. I would like to cancel when adding an exercise
- 2.7. I would like to cancel when editing an exercise without saving
- 2.8. I want a warning to pop-up if I don't enter a name on a exercise
- 2.9. I would like to add an exercise without needing to enter any information

- 2.10. I would like to make my own personal note in an exercise.

### **3. Other**

- 3.1. Personal information with measurements and statistic to see changes.
- 3.2. I would like to see how a friend has been working out and search for this.
- 3.3. Scan workout equipment with NFC and bring up the corresponding exercise when performing a workout (i.e scan the NFC tag by the bench press and the bench press exercise will be opened from the workout).
- 3.4. Export my workout to pdf
- 3.5. Change the color of the GUI