

Project Plan – Ripped

Description

Ripped is supposed to work as a training log, where you can create exercises, add them to a workout. When you do a workout they will be registered so that you later can see what and when you trained.

License

We have chosen to use GPL v3 due to the following reasons

- GPL is compatible with the Apache-license, giving us the opportunity to work with both Apache and GPL-licensed code
- We like GPL as a license because it guarantees open source

Features

- Possibility to create workouts (set, rep, time, button for time taking)
- Add exercise to a workout while doing the workout
- Possibility to add exercise
- Possibility to see all performed workouts
- Possibility to see which exercises performed in a workout
- Different statistics for workouts
- See your personal maximum lifting capacity
- Pre-made workouts
- Possibility to share workouts with other users
- Add workouts to your calendar
- Statistics over body mass
- See muscle status (eg. if over trained)

Responsibilities

- Anders – Project manager, Scrum master, databases, programming
- Carl-Johan – Programming
- Erik – Programming
- Joel – GUI-design, Statistics, Communication, programming
- Robert – Research, GUI-design, presentation, documentation
- Tobias – Database, GIT, License, Communication