Userguide Ripped

What is Ripped?

Ripped are the new Training diary. In Ripped a user can:

- Doing a routine/Workout
- Create an own routines and exercises
- See all workouts that has been completed
- Be able to see statistics over progress

This guide will explain how Ripped works step by step and all of its features.

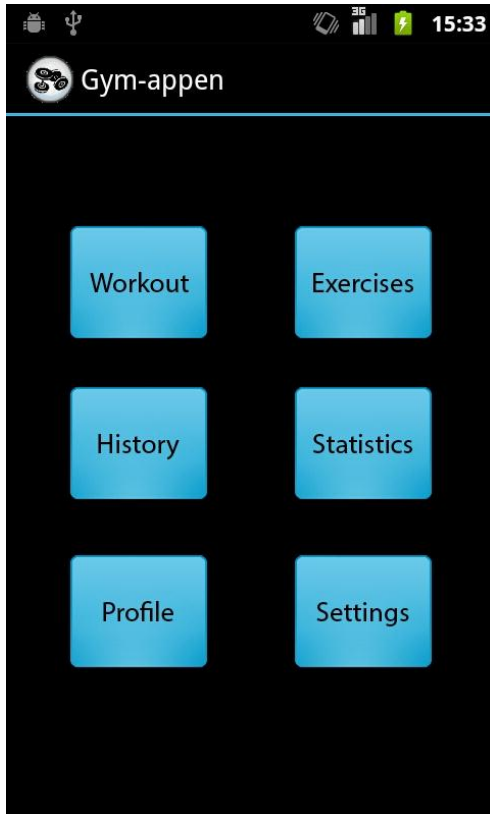# Innehåll

Introduction

Start menu:

**Figure 1 when you start Ripped, it will look like this**

A short explanation on what will happen when pressing the buttons in the figure above:

- The Ripped icon in the top left corner takes the user back to the start menu(back to Figure 1)
- Workout: See all routines that has been added
- Exercises: See all exercises that is available.
- History: See all routines that has been completed
- Statistics: See statistics about over its training
- Profile: Fill in information about itself
- Settings: Change settings for Ripped

Exercise

Add an exercise

1. From the start menu, press the "exercise"-icon and a list will appear with the exercises that are available.
2. Push the icon "Add Exercise" at the right top and a dialog will be shown.
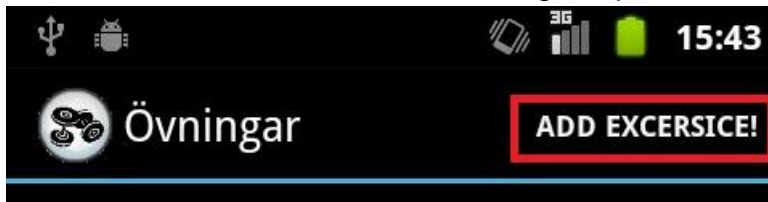
3. Write the name for the exercise and then press the button "add"

4. Now, let's put in some attributes for the exercise. Choose what type of training it is. Choose between: Cardio, Static or a dynamic exercise
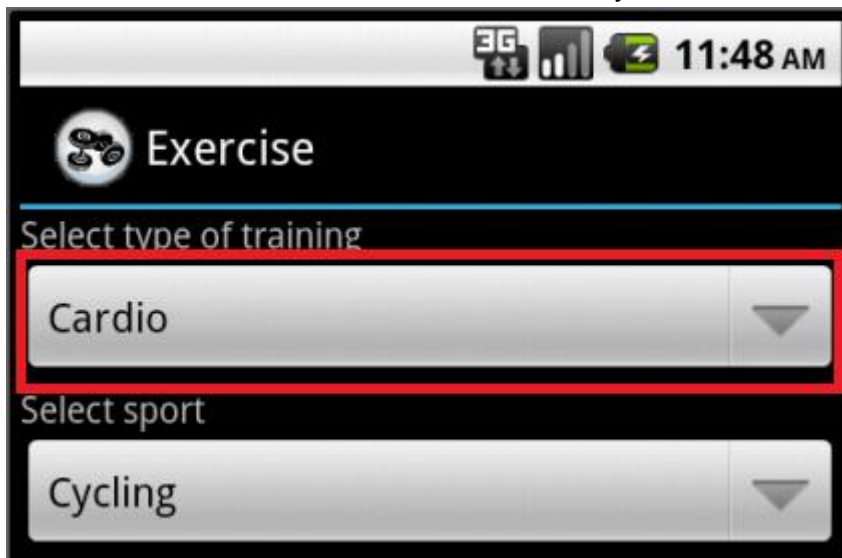
5. **For cardio:**

   What sport to be added. The two text fields that follow after are optional and will contain a description about the exercise and some extra note to the user itself.

For Static and dynamic:
Choose primary(the first item) and secondary(the second item) muscle group.
The two text fields that follow after are optional and will contain a description
about the exercise and some extra note to the user itself.

6. Then press done and now the exercise has been added

Edit a exercise

1. From the start menu, press the "exercise"-icon and a list will appear with the exercises that are available.
2. Press the exercise that shall be edited.
3. Then do step 4-6 in "Add an Exercise".

Workout

Create a new workout

1. Press the "Workout"-icon from the start menu.
2. Thereafter press the icon "Add Workout" that is placed on the top left corner. Redirects to a dialog.
3. Thereafter, write the name that the workout shall have.
4. A list will be displayed with all the exercises. Pick the exercise by clicking it and the checkbox to the right of the exercise will be "checked"(see picture bellow)
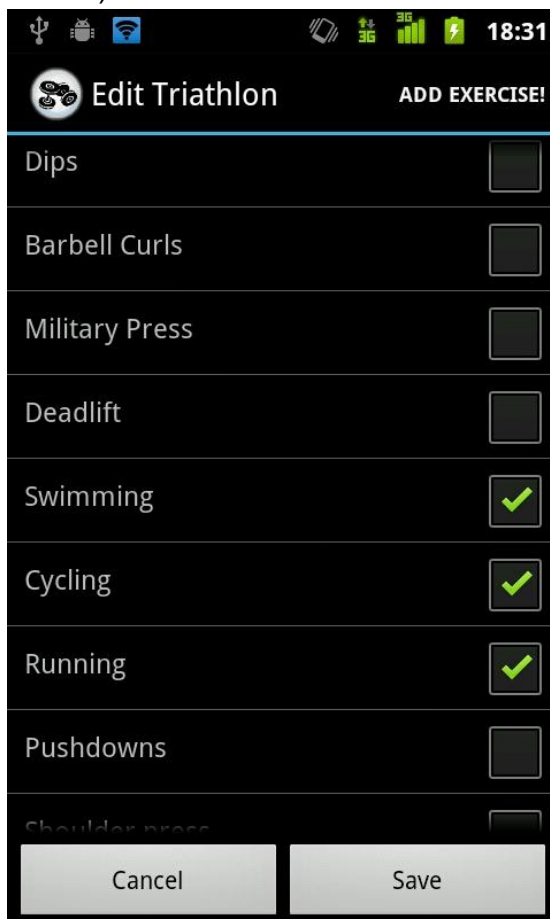
5. Press save and all of the exercises that has been pressed are now saved in the workout.

Edit a workout

1. Press the Workout-icon from the start menu.
2. Press the workout that shall be edited.
3. Press "Edit Workout"-icon that are placed in the top left corner.
4. Do step 4 and 5 in "Create a new workout"

Alternative option

1. Press the Workout-icon from the start menu.
2. Longclick the workout that shall be edited.
3. Press edit on the pop-up dialog
4. Do step 4 and 5 in "Create a new workout"

Delete a workout

1. Press the Workout-icon from the start menu.
2. Longclick the workout that shall be edited.
3. Press delete on the pop-up dialog.
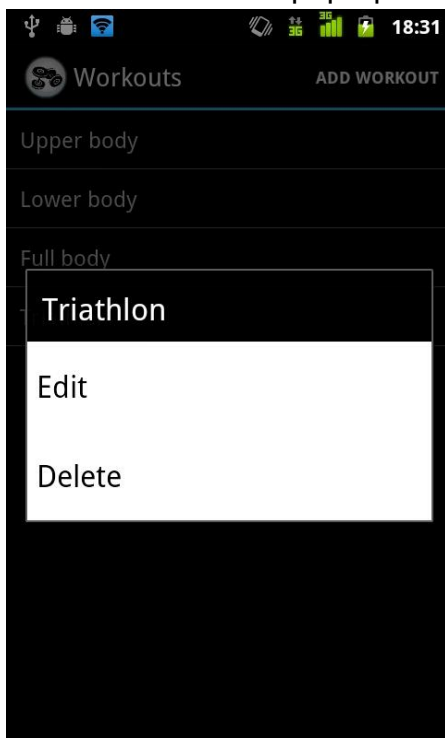
4. Press yes to confirm the deletion.

Do a workout

1. From the start menu press the workout-icon.
2. Press the workout that shall be used
3. Press the start button that is placed on the bottom screen.
4. Now click the exercise that shall be done.

   At the top of every exercise there will be listed a "last time" text field. This place will list how many reps and how much weight that was lifted or for how long the exercise was done and the distance.

   ### The dynamic-exercise
   Fill in how many repetitions that was done and how much weight that were used. Do this for every set that are done.

   ### The static-exericse
   Fill in how long time the exercise were done in minutes and seconds and also fill in the weight amount that were added(if no extra weight, write zero).

   ### The cardio-exercise
   Fill in for how long time the exercise were done in minutes and seconds and also write the distance.

   If the set were wrong that recently were added, just press the button "Remove set" and the last added set will be removed.
   When finished the exercise, press done.

5. When finished with a workout, press done and the workout will be added in history.
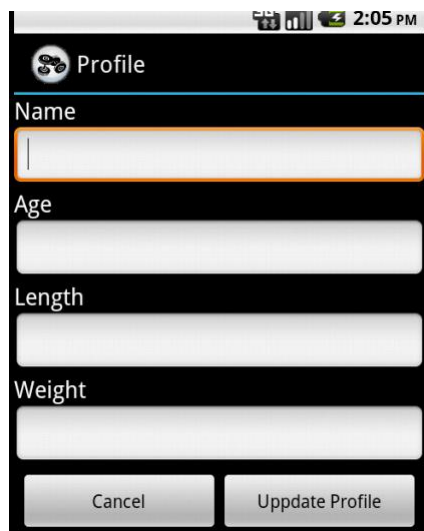
History

See all performed workouts

1. From the start menu press the history-icon.
2. You now see a list with all workouts that have been performed
   The big text is the name of that workout and the text under the name is the date of the last time the workout was performed.

3. Push the workout that the history should be listed for. A list with all the exercises with the weight and reps will be shown.

Profile

Enter profile

1. Enter name

2. Enter age

3. Enter length

4. Enter weight

5. Press the "Update Profile"-button

Settings

Change language

1. Press the item that is called "Language"

2. From there choose either, English or Svenska.

3. The pop-up screen is automatically shut down.

4. Now the chosen language is the current one.

Change units

Change distance

1. Press the item that is called "Distance"

2. From there, choose either, Kilometers or Miles.

3. The pop-up screen is automatically shut down.

4. Now the chosen unit is the current one.

Change weight
1. Press the item that is called "Weight"

2. From there, choose either, Kilogram or Pounds.

3. The pop-up screen is automatically shut down.

4. Now the chosen unit is the current one.

The about button
When clicking this button a dialog will pop-up with some information about the project.