Assignment 1: Draft Project Proposal

# Application goal

Going to the gym to improve physical fitness is a hobby that many people over the latest decades have taken up. When in the gym, especially when lifting heavy weights, it is crucial to make proper use of the time spent there: That is, the trainee wants to ensure that they spend the optimal amount of time resting in between exercises. Furthermore, it is also important to keep track of reps, sets and weight load over time. Tracking these numbers over time allows the trainee to plan out future workouts according to the principle of progressive overload (the gradual increase in weight, sets and reps over long periods of time), which allows optimal muscular gains to be made. This is where out app comes in. Our app has a built-in function that allows the user to save the exact exercises, reps, sets and weights used in the workout. If the same exercise has been done in multiple workouts, the app is also capable of plotting the user’s development in the exercise over time.

The app idea is relatively simple, and not at all computationally expensive, which means that speed optimization is not important. On the other hand, an extremely simple and intuitive user interface is key, since, ideally, the user should be able to go to the gym, start their workout, and effortlessly save their progress in the app. The user should not spend ages trying to figure out how to navigate around the app. The app should be as intuitive as possible, to create as small a learning curve as possible, and therefore the rate of retention is not very important, as there is not much to remember. These factors combined should create a high level of subjective satisfaction.

**Usage scenarios**

The primary scenario in which we intend users to use our app, is during their regular workout. Whether that be at the gym, outside or in the comfort of their own home, is up to them. The point is that the app should be used as the central guidance for the workout. The user can look to the app to see what weight they should lift and how many reps and sets they should do. Once the user is done with a set, they log their performance and press the timer button, so that they know when they should start the next set. Note that what is imperative to this goal, is that the user interface be as simple and fast to use as possible. Using the app this way allows for precisely timed and planned workouts.

# Target users of our app

The primary target of our app is gym goers who wish a better workout experience with better results.

Hej rastmus

Second edit