

SE 216 – SOFTWARE PROJECT MANAGEMENT
GRAPHICAL USER INTERFACES DOCUMENT

PROJECT NAME: TRUE POSTURE

GROUP NUMBER and MEMBERS: Section 1 Group 8

Hasan Basri Karslıoğlu 20210601033

Mehmet Bora Böcekoğlu 20220601010

Hüseyin Yontar 20210601067

Yekta Kağan Cananoğlu 20210601013

Okan Özyürekli 20220601054

Project GitHub Account



<https://github.com/SE216-8/TruePosture>

Start Application



True Posture

Enter E-mail/Username

Password

Login

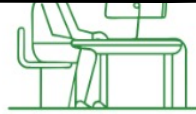
or



Don't have an account? [Register](#)

[Continue without creating account](#)

Username and Password can not be empty!



True Posture

Enter E-mail/Username

Password

Login

or



Don't have an account? [Register](#)

[Continue without creating account](#)



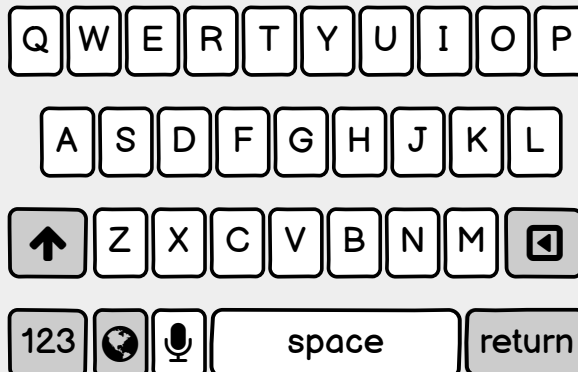
True Posture

I

Password

Login

or





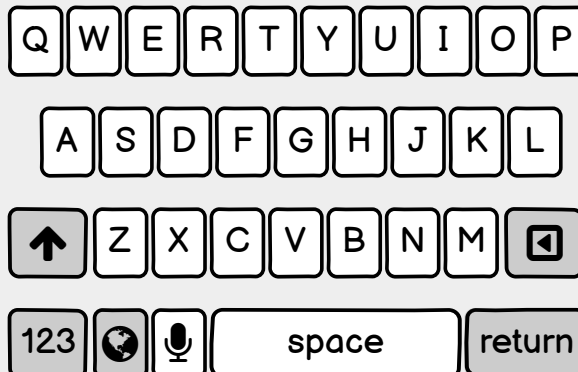
True Posture

Enter E-mail/Username

|

Login

or



09:52 AM

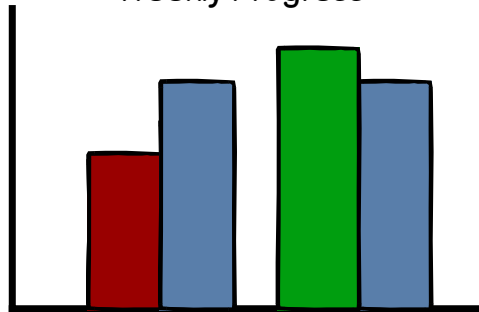


TRUE POSTURE



Summary

Weekly Progress



You haven't reached your daily goal yet!

Start new exercise

Start new training set

UPGRADE TO PREMIUM

09:52 AM



TRUE POSTURE



Main Menu

Weekly Progress

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About Us

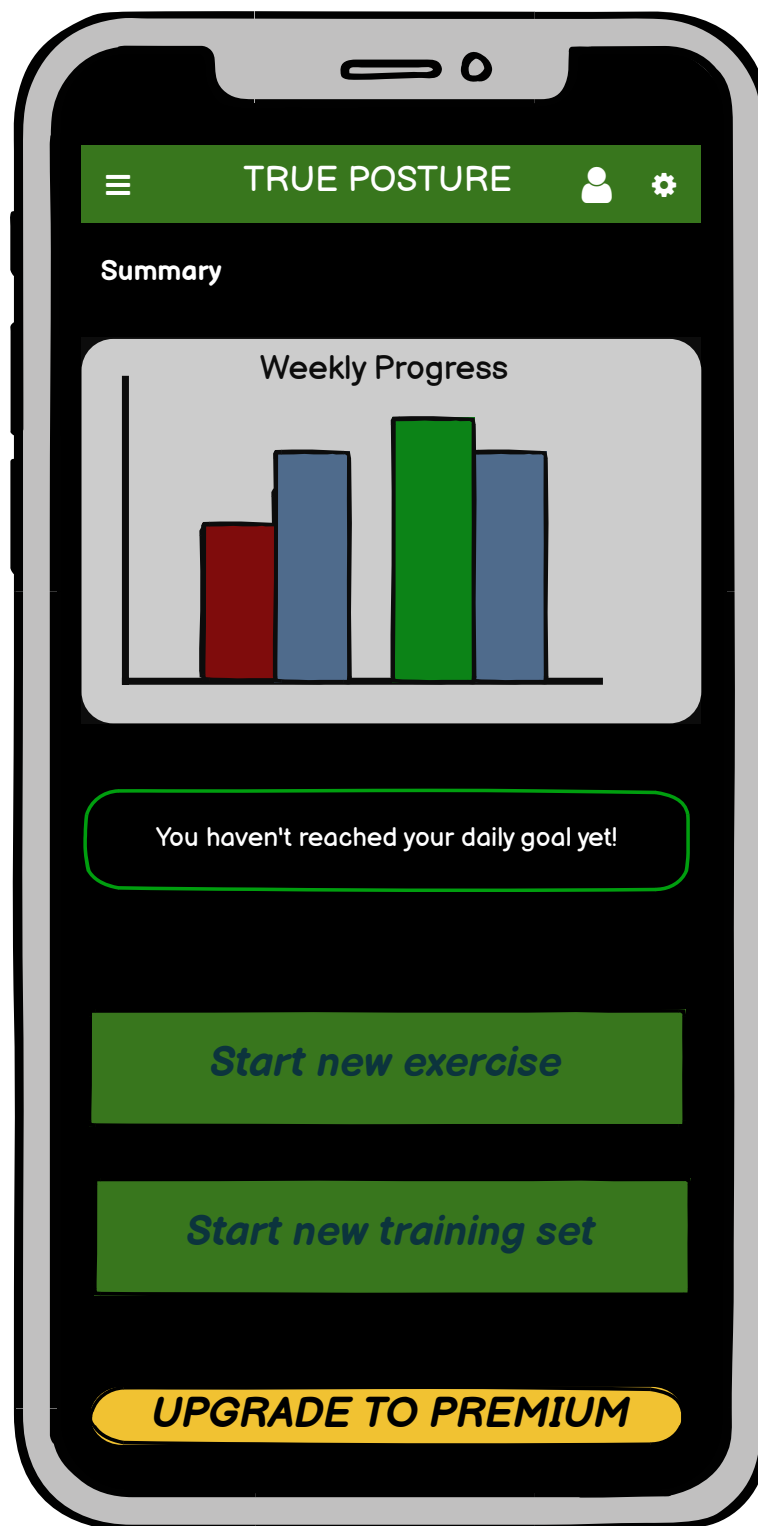


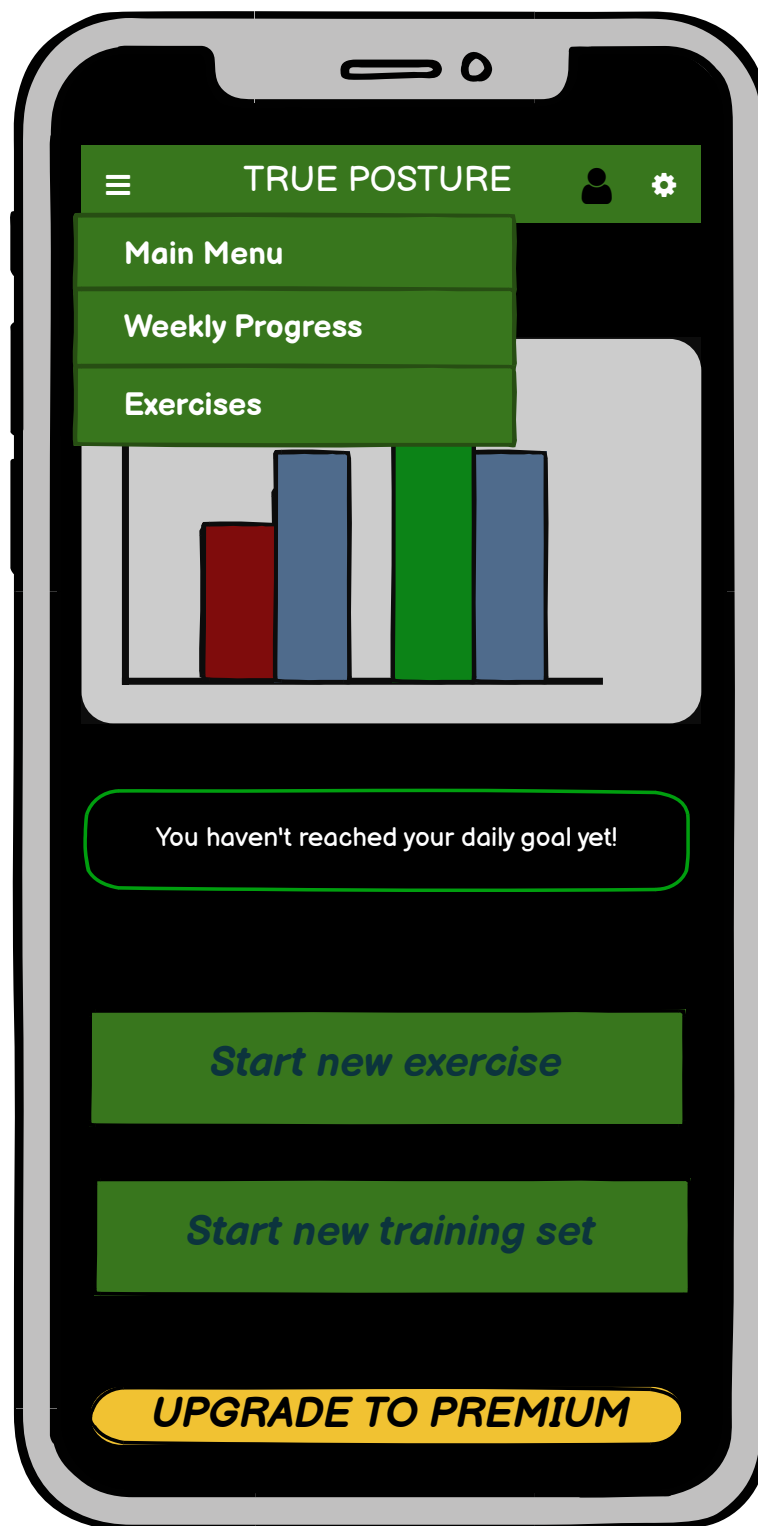
You haven't reached your daily goal yet!

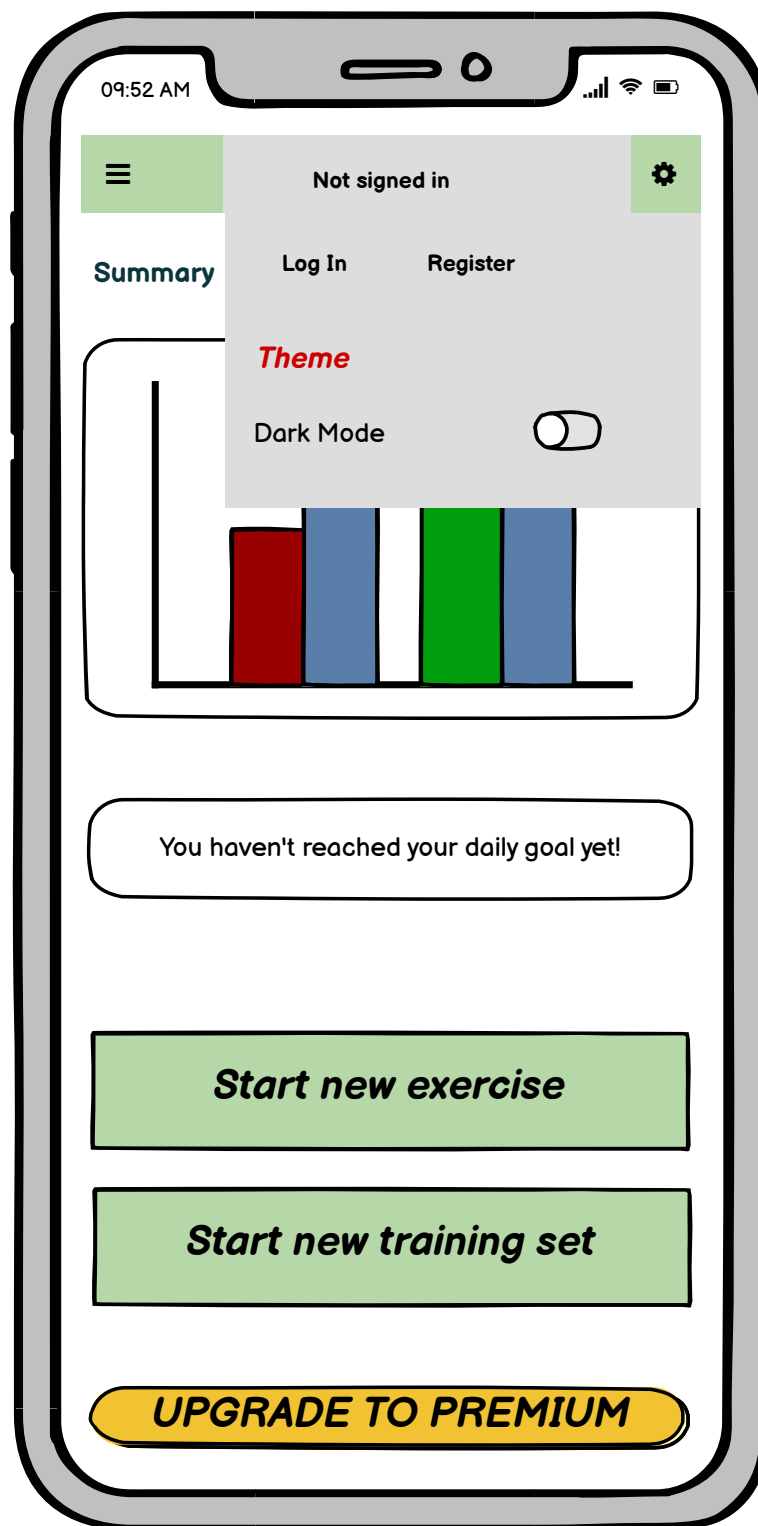
Start new exercise

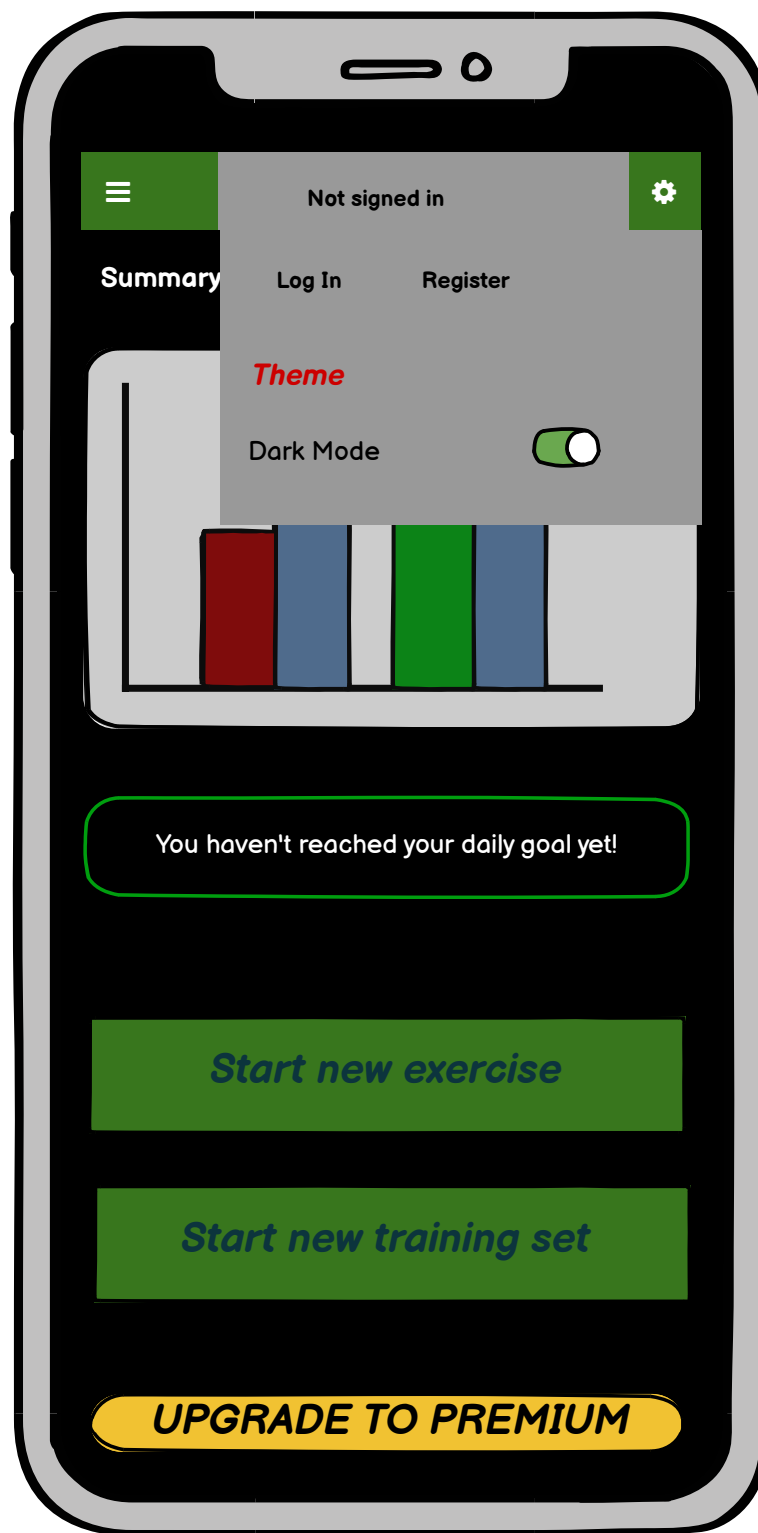
Start new training set

UPGRADE TO PREMIUM









09:52 AM



TRUE POSTURE



This Week



mon



tue



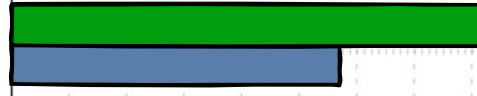
wed



thu



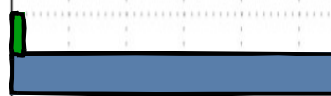
fri



sat



sun



You haven't reached your
daily goal yet!

Let's get started!

09:52 AM



TRUE POSTURE



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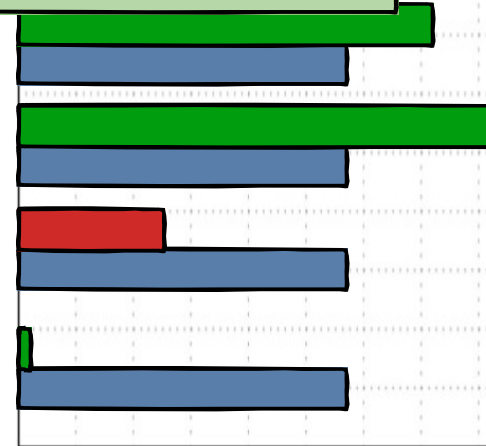
About Us

thu

fri

sat

sun



You haven't reached your daily goal yet!

Let's get started!

09:52 AM



Not signed in



Log In

Register

Theme

Dark Mode



mon

tue

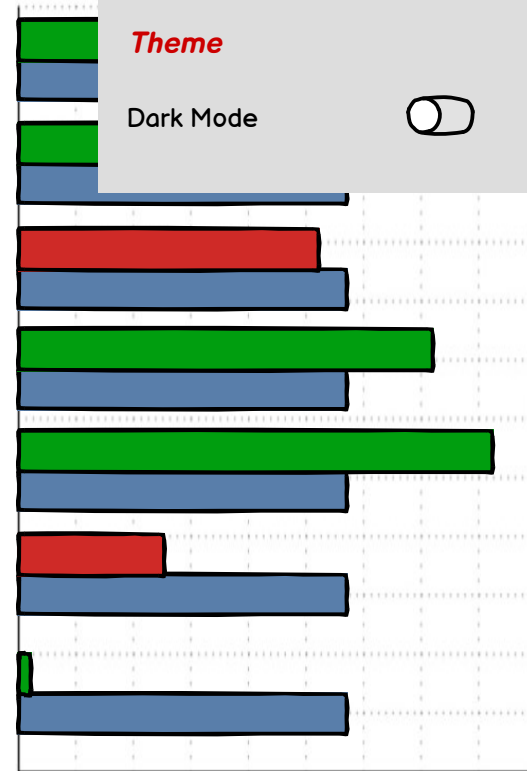
wed

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fri

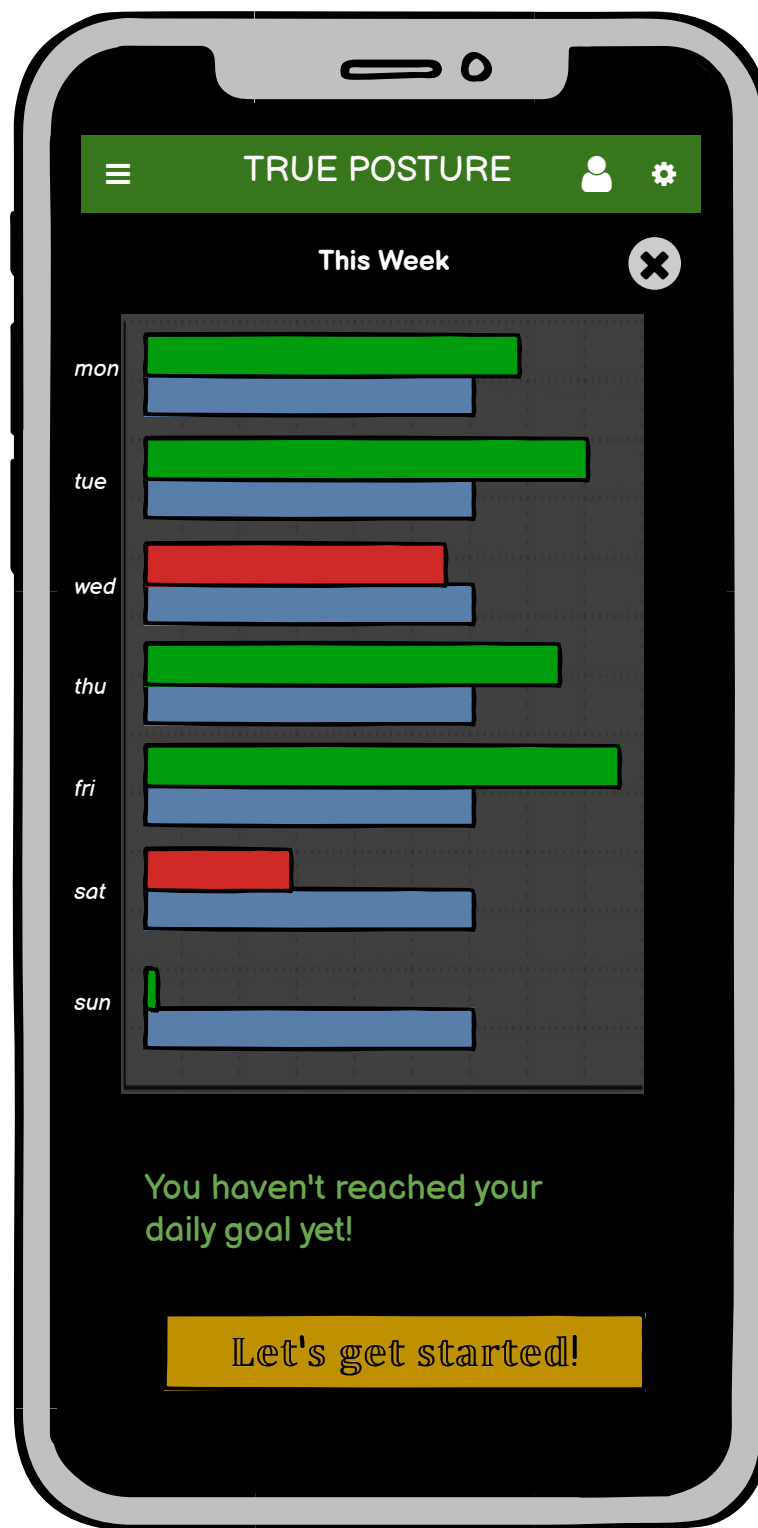
sat

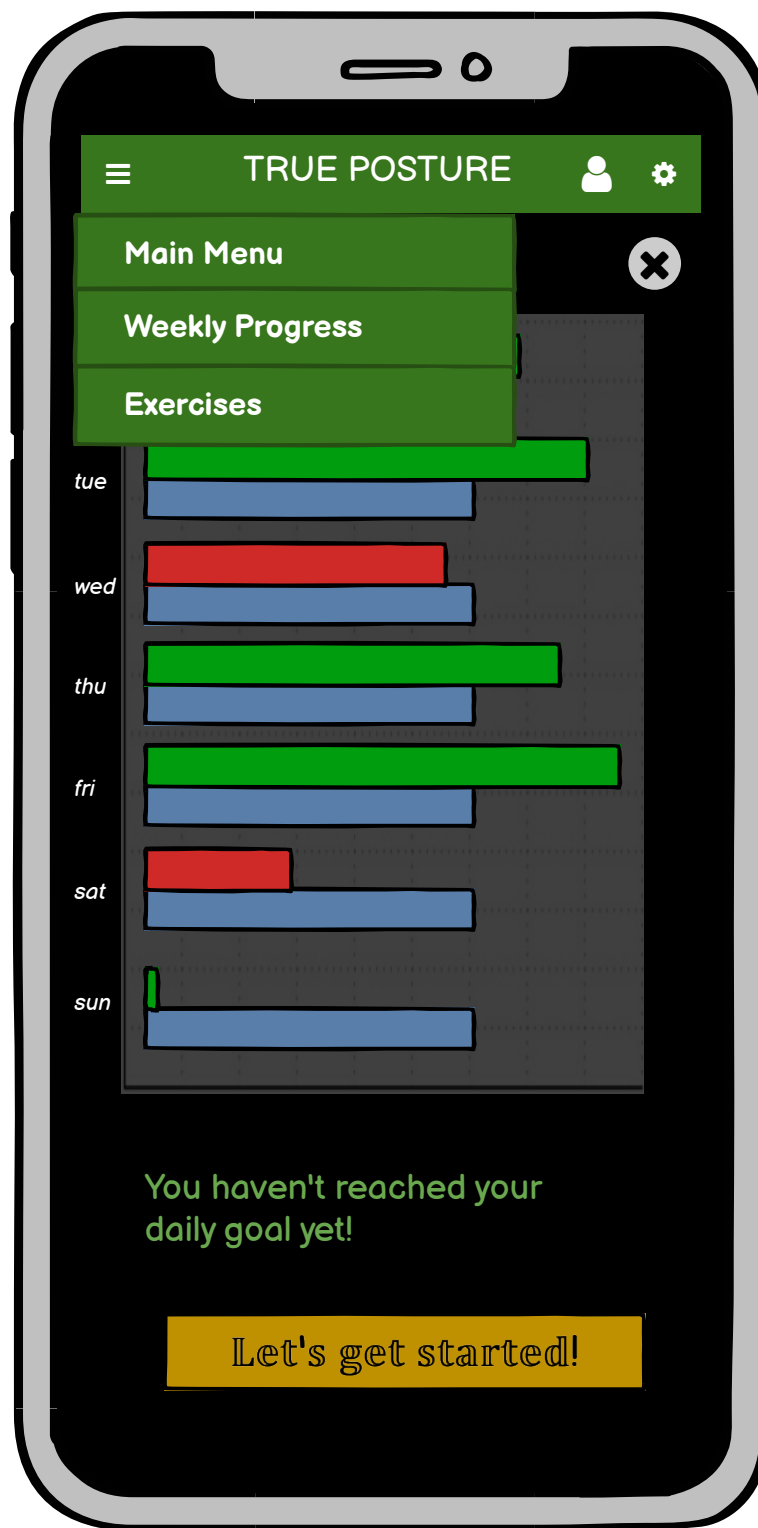
sun

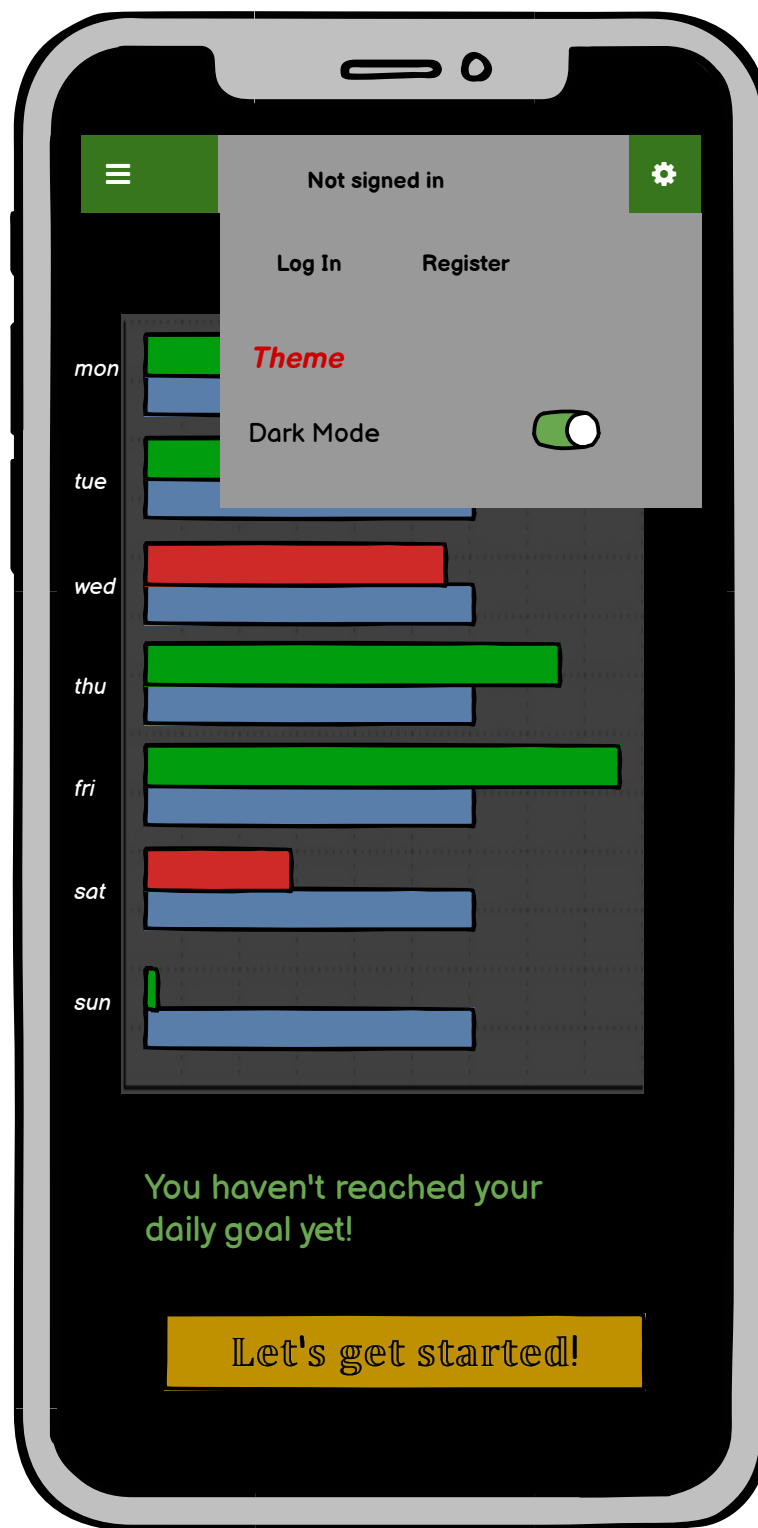


You haven't reached your daily goal yet!

Let's get started!







09:52 AM



TRUE POSTURE

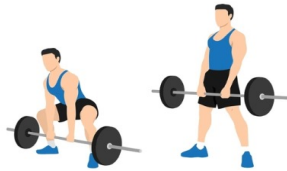
Choose an Exercise



Squat-Jumps



Pushups



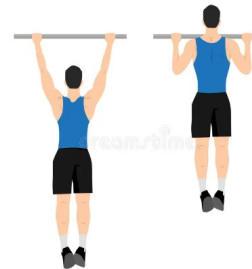
Deadlift



Lunges



Plank



Pull-Ups

09:52 AM



TRUE POSTURE

Main Menu

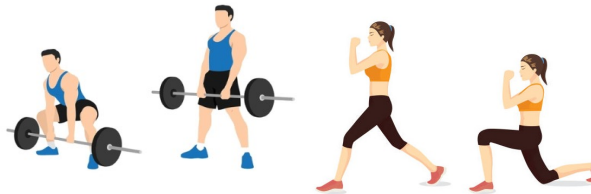
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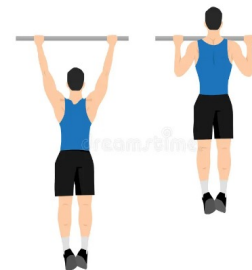


Deadlift

Lunges



Plank



Pull-Ups

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TRUE POSTURE



Choose an Exercise



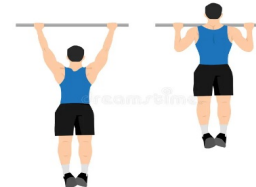
Squat-Jumps

Pushups



Deadlift

Lunges



Plank

Pull-Ups

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TRUE POSTURE



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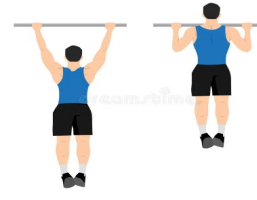
Squat-Jumps

Pushups



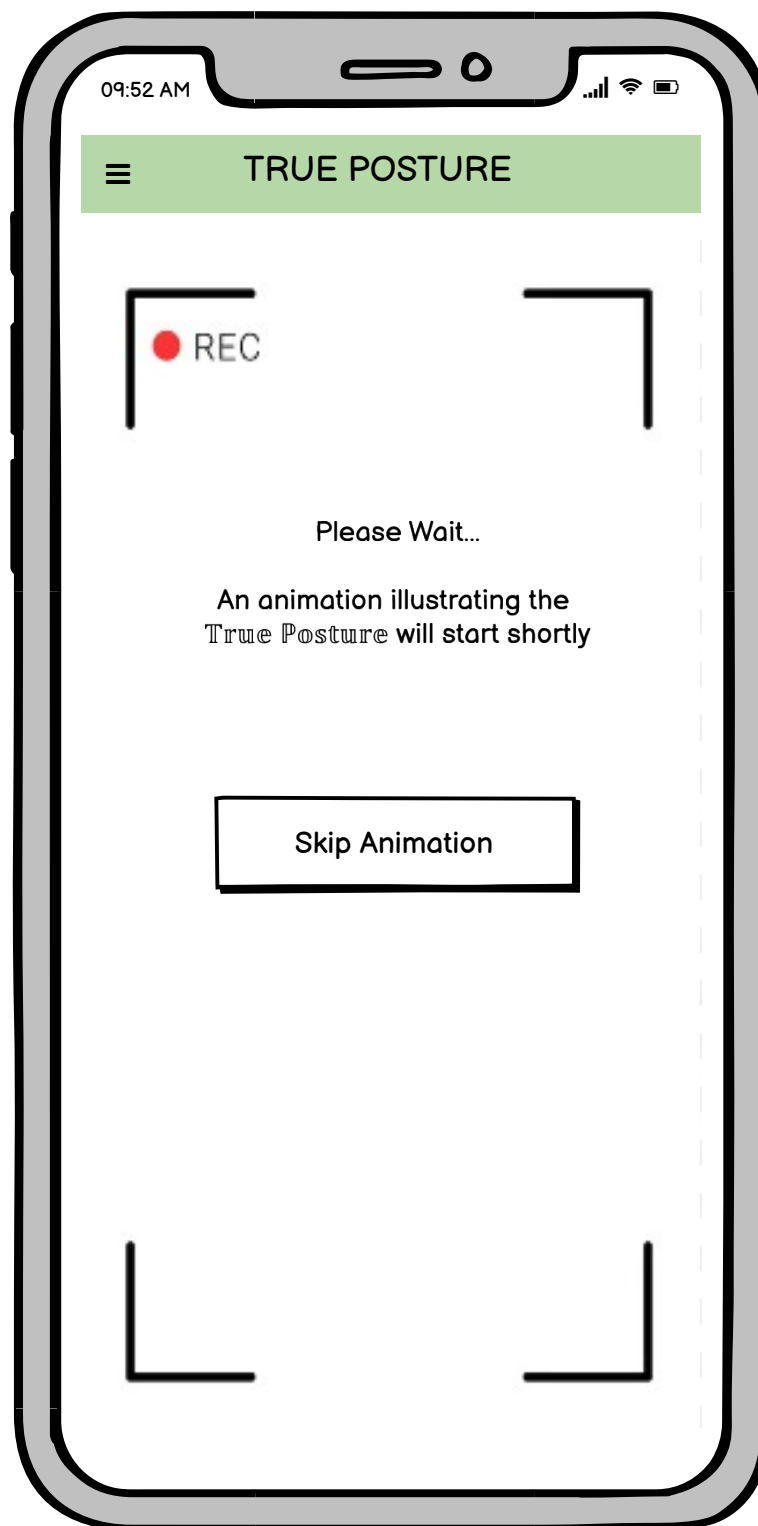
Deadlift

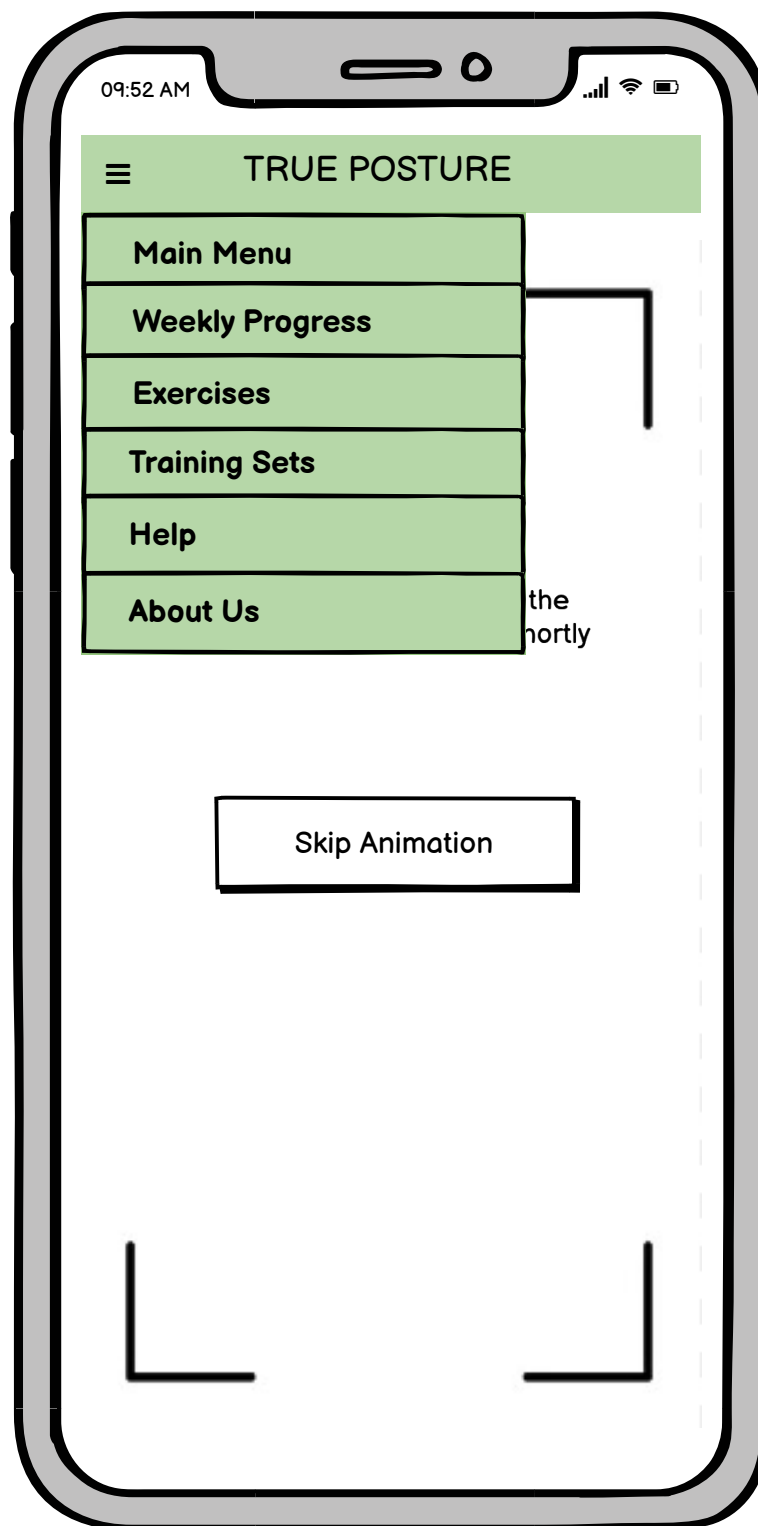
Lunges

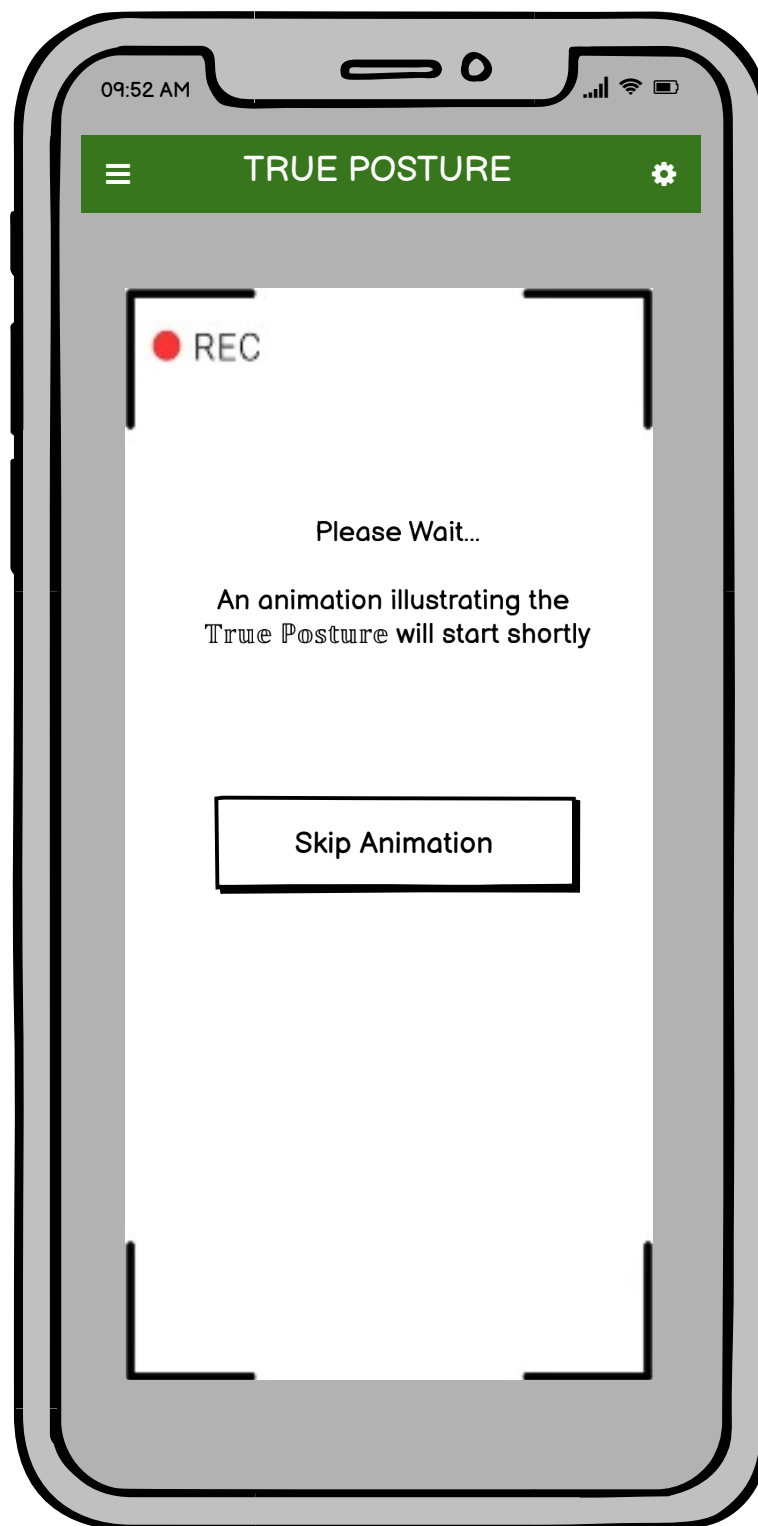


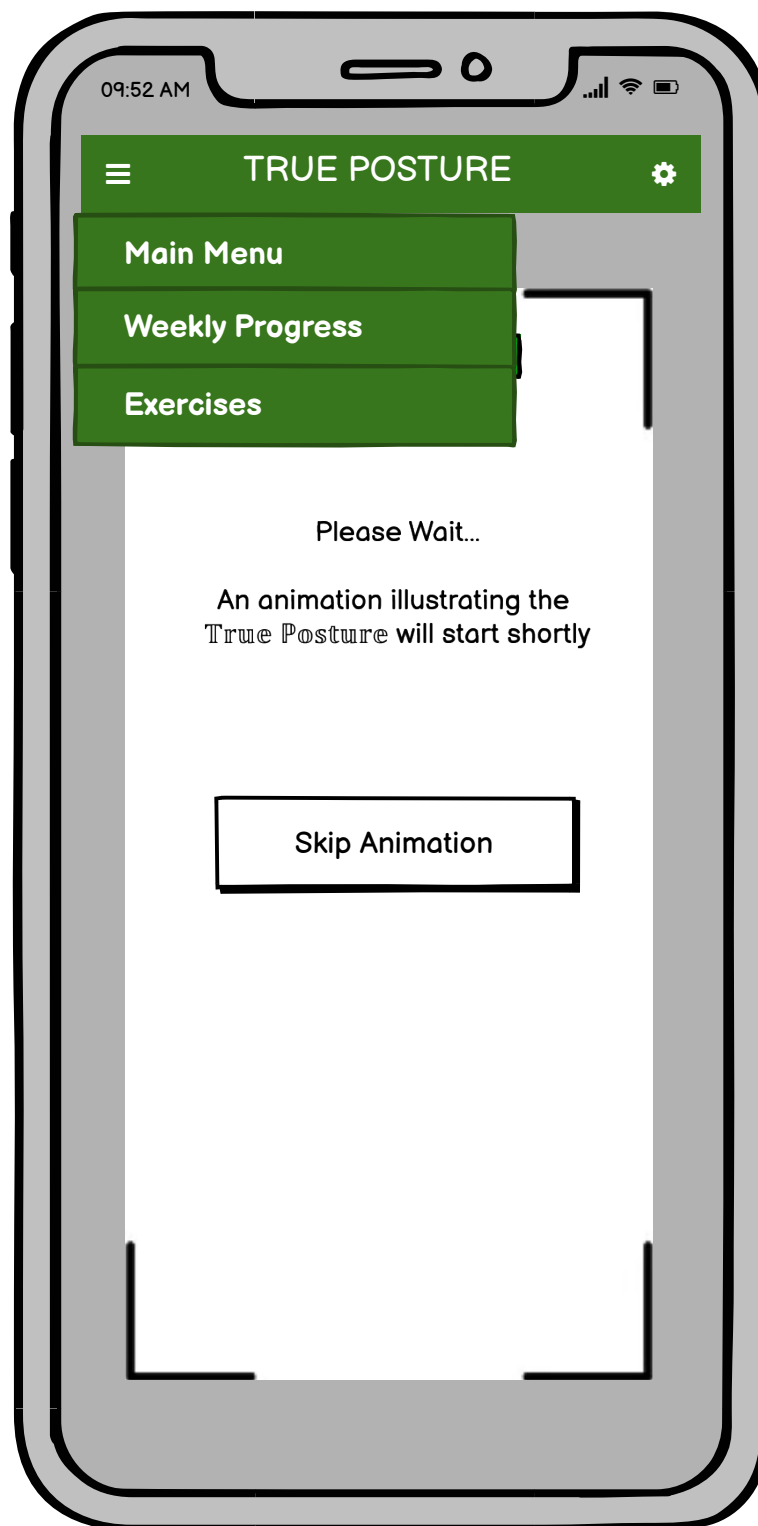
Plank

Pull-Ups









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TRUE POSTURE



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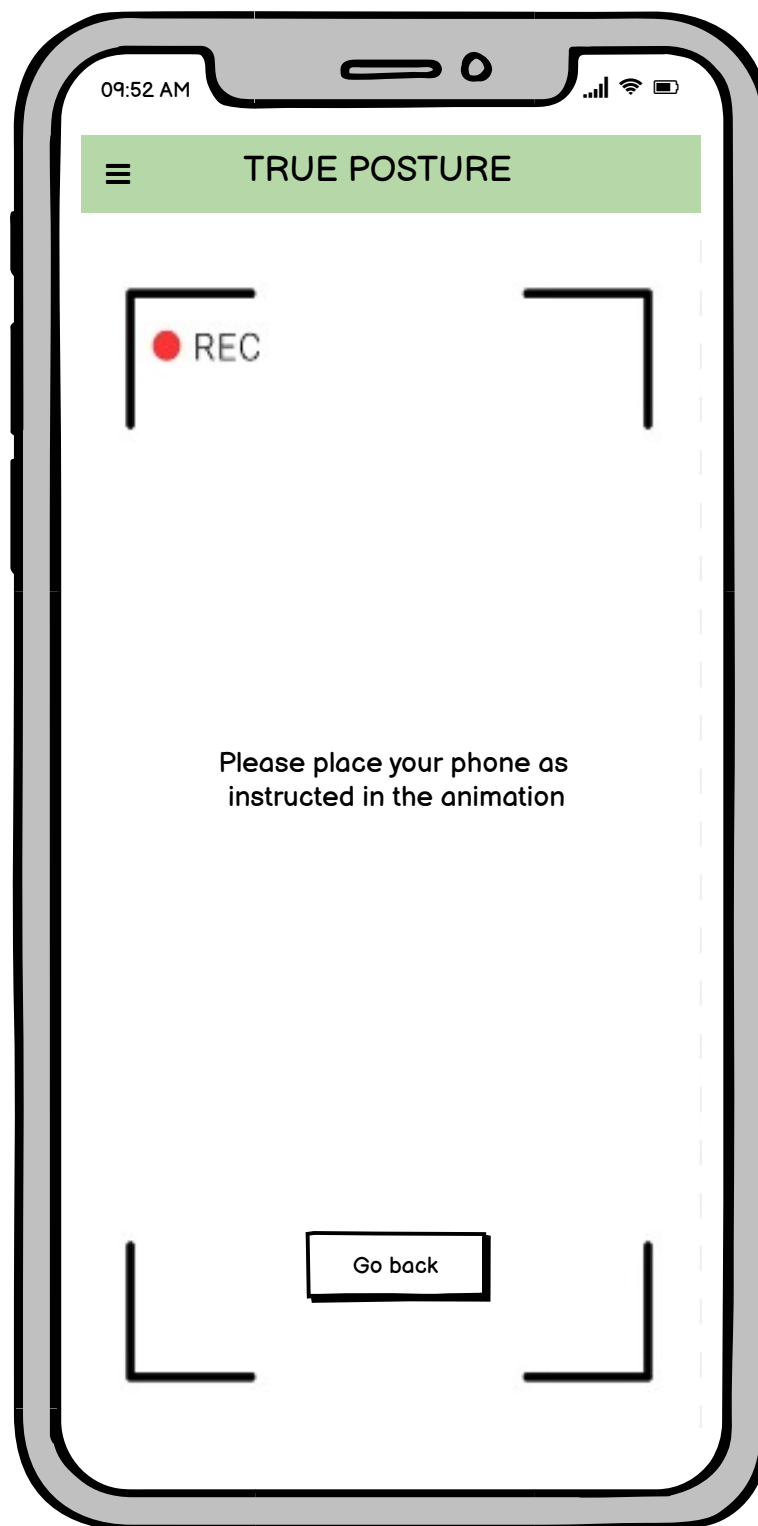
Weekly Progress

Exercises

Please Wait...

An animation illustrating the
True Posture will start shortly

Skip Animation



09:52 AM



TRUE POSTURE

REC

Please place your phone as
instructed in the animation

Go back

09:52 AM



TRUE POSTURE

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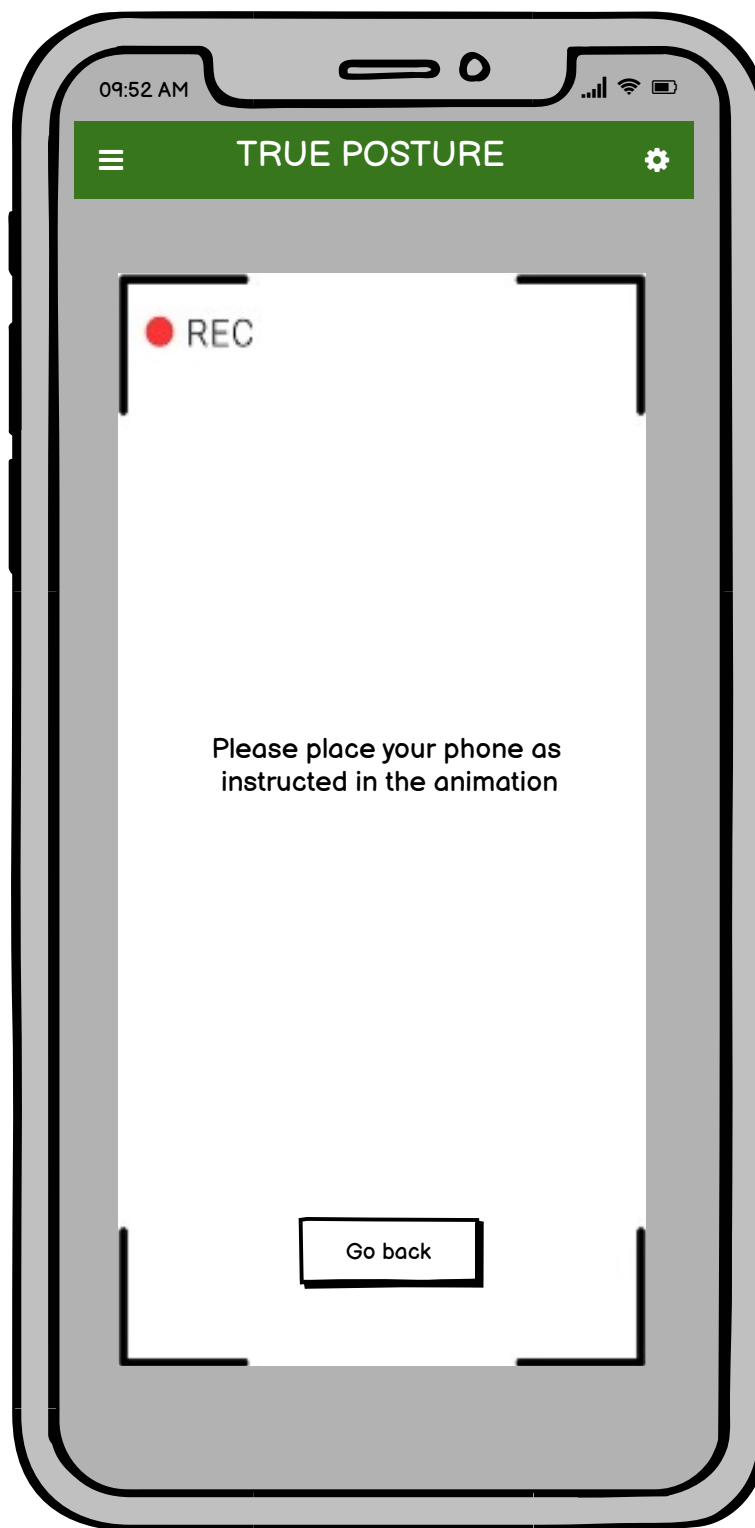
Training Sets

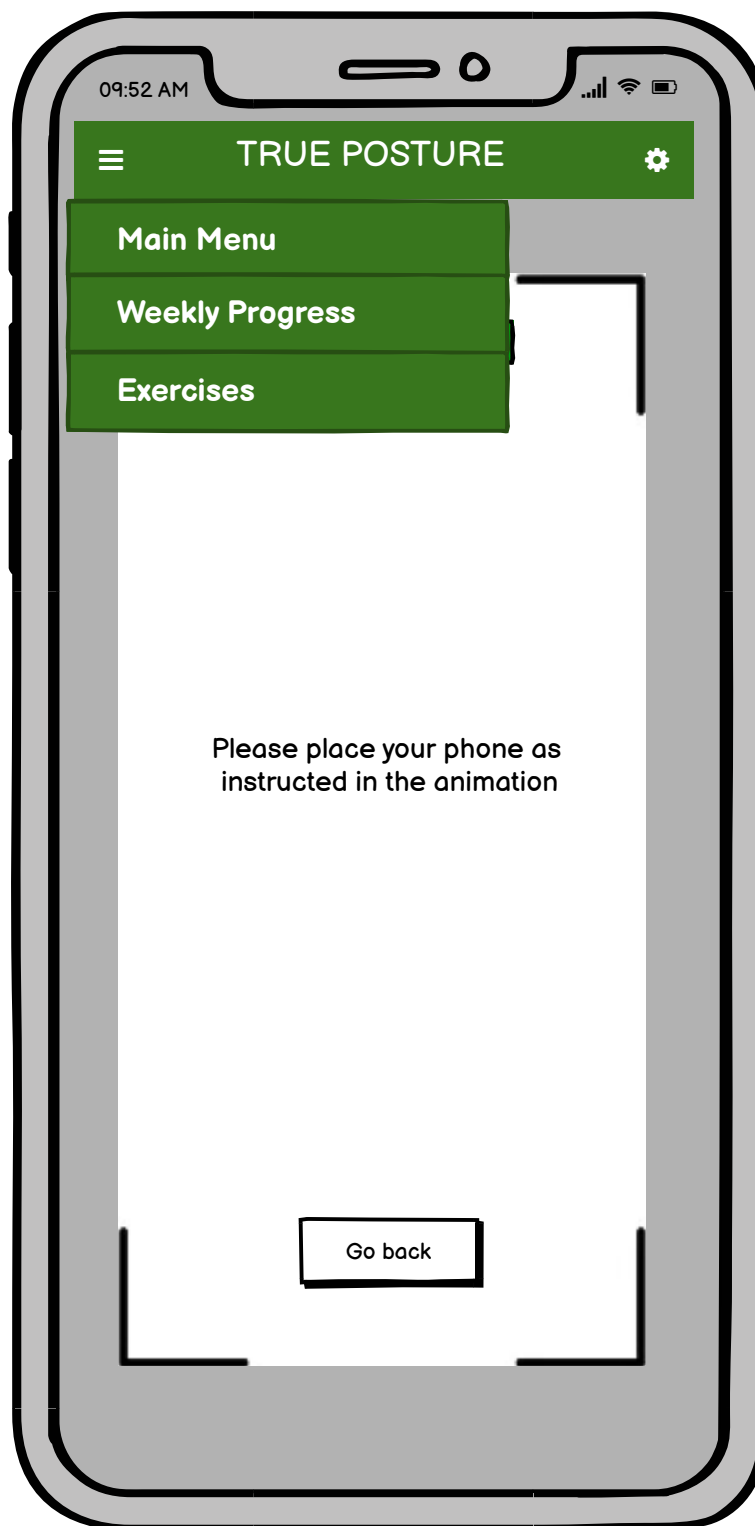
Help

About Us

Please place your phone as
instructed in the animation

Go back

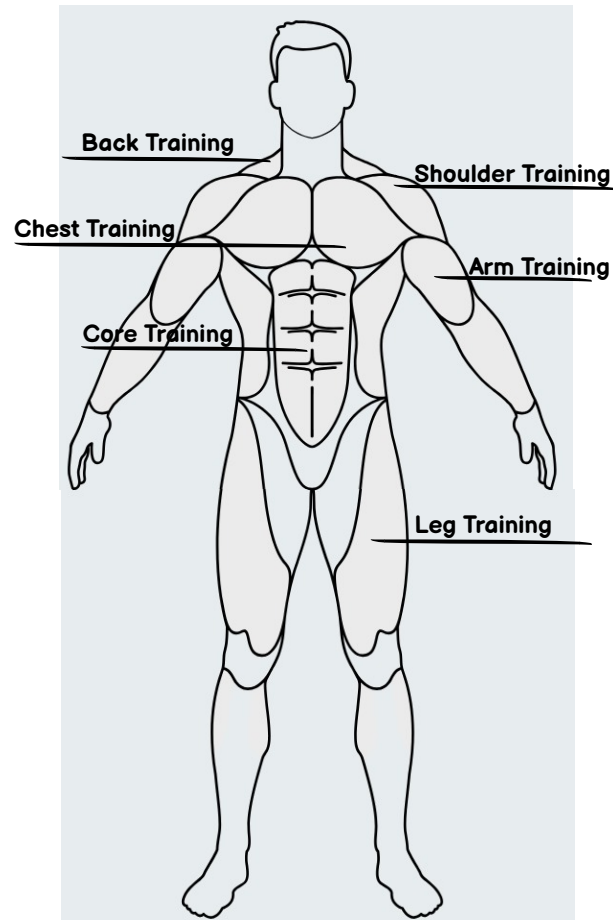


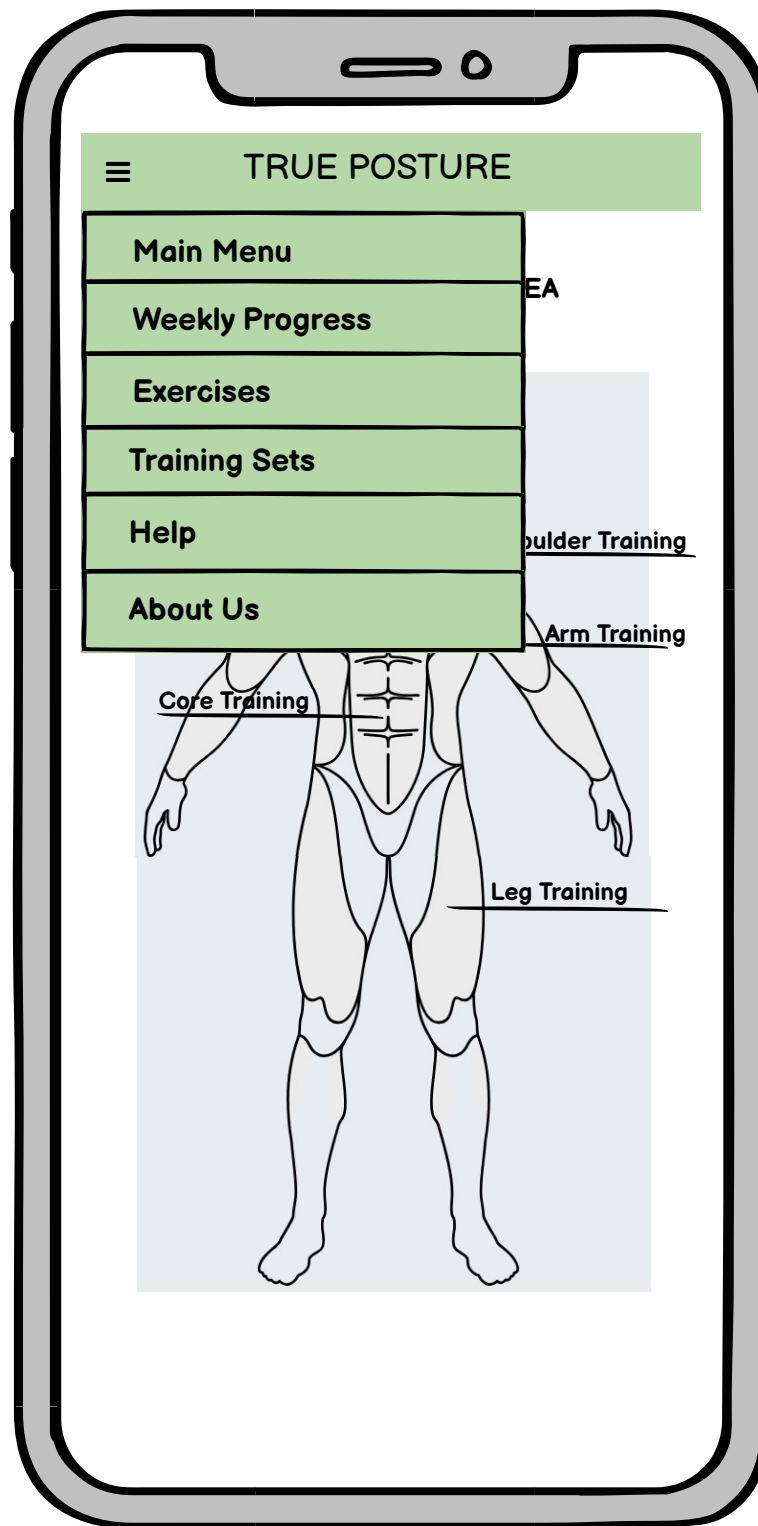




TRUE POSTURE

CHOOSE A TARGET AREA





09:52 AM



TRUE POSTURE

Back Exercises



Lat Pulldown



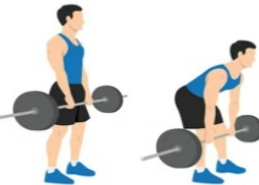
go recording...



Back Extension



go recording...



Deadlift



go recording...

Back to Target Choice

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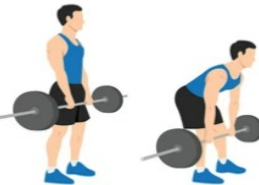
go recording...



Back Extension



go recording...



Deadlift



go recording...

Back to Target Choice

09:52 AM



TRUE POSTURE

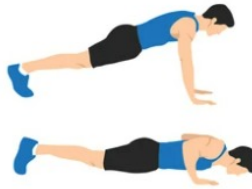
Chest Exercises



Bench Press



go recording...



Push Ups



go recording...



Incline Dumbbell



go recording...

[Back to Target Choice](#)

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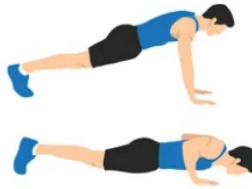
Help

About Us

ess



go recording...



Push Ups



go recording...



Incline Dumbbell



go recording...


Back to Target Choice

09:52 AM





TRUE POSTURE

Arm Exercises






Chin Ups


go recording...




Dumbbell Curl


go recording...



Cable Rope
Pushdown


go recording...

[Back to Target Choice](#)

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go recording...



Dumbbell Curl



go recording...



Cable Rope
Pushdown



go recording...

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TRUE POSTURE

Shoulder Exercises



Dumbbel Overhead
Press



go recording...



Upright Row



go recording...



Front Raise



go recording...

Back to Target Choice

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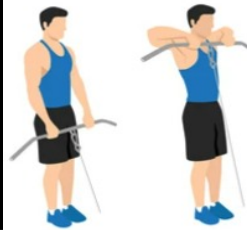
About Us

es

head



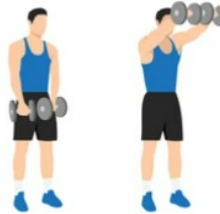
go recording...



Upright Row



go recording...



Front Raise



go recording...

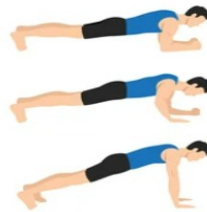
Back to Target Choice

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TRUE POSTURE

Core Exercises



Plank



go recording...



Russian Twist



go recording...



Barbell Leg Raise



go recording...

Back to Target Choice

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go recording...



Russian Twist



go recording...



Barbell Leg Raise



go recording...

Back to Target Choice

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TRUE POSTURE

Leg Exercises



Smith Machine
Squats



go recording...



Bulgarian Split
Squats



go recording...



Leg Extension



go recording...

Back to Target Choice

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go recording...



Bulgarian Split
Squats



go recording...



Leg Extension



go recording...

Back to Target Choice

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TRUE POSTURE




PROFILE





Name: 

Surname: 




Age: 

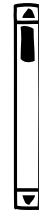
Height: 

Weight: 

Body Mass Index: 

Records:

- Highest Cardio Time: 
- Most Burned Calories: 
- Highest Weight on Deadlift 



Weight Graph:



[Go to Weekly Progress](#)

UPGRADE TO PREMIUM

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Records:

- Highest Cardio Time:
- Most Burned Calories:
- Highest Weight on Deadlift



Weight Graph:



[Go to Weekly Progress](#)

UPGRADE TO PREMIUM

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TRUE POSTURE

Help

Recommendations & Complaints



FAQ

- *[illegible text]* ?
- *[illegible text]* ?
- *[illegible text]* ?



version: 1.0.2

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FAQ

- *[illegible]* ?
- *[illegible]* ?
- *[illegible]* ?



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TRUE POSTURE

Help

Recommendations & Complaints

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~~~~~

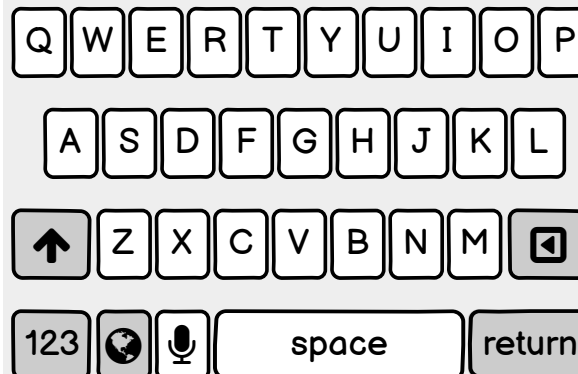


FAQ

- ~~~~~?
- ~~~~~?



version: 1.0.2



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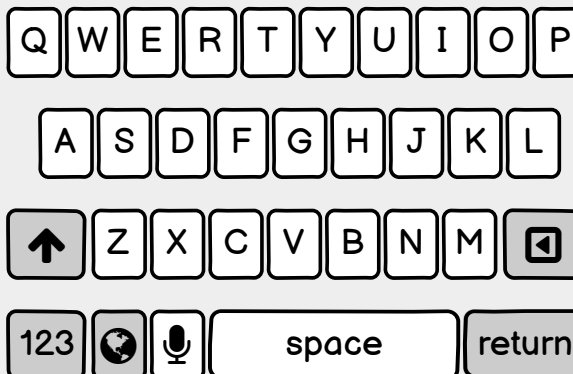


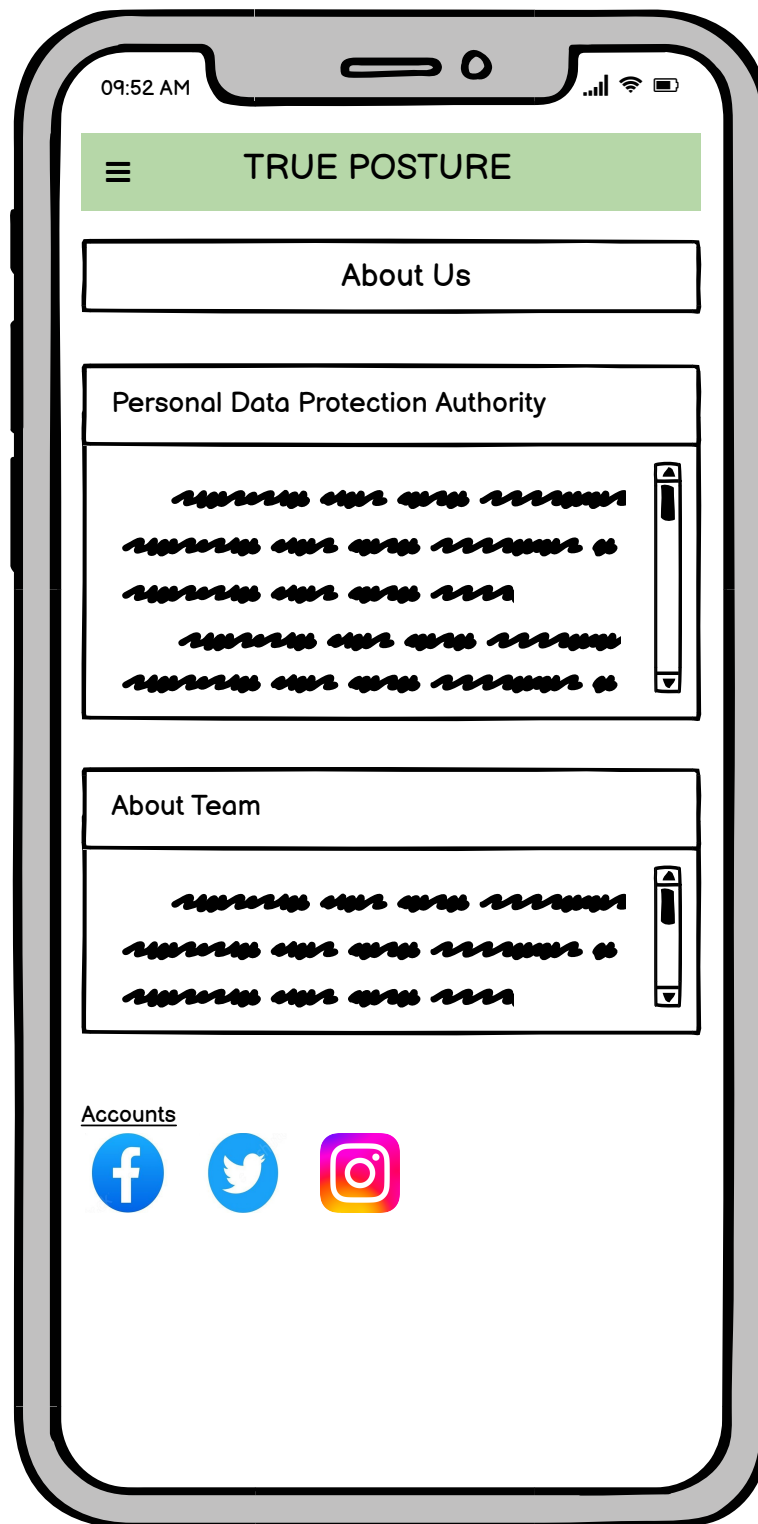
FAQ

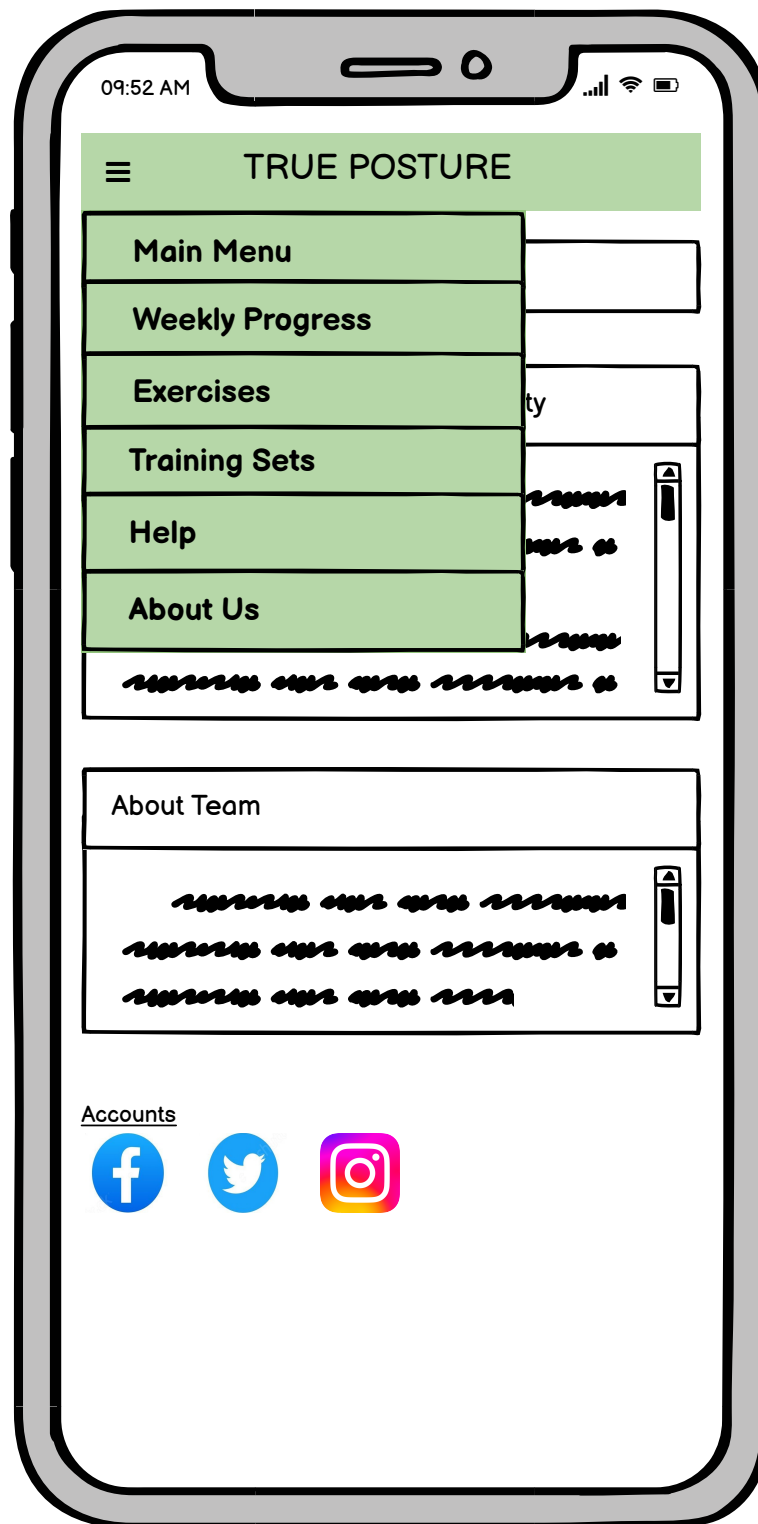
- *[illegible]* ?
- *[illegible]* ?



version: 1.0.2







09:52 AM



TRUE POSTURE

PREMIUM

GREEN

0 \$

~~~~~	~~~~~	~~~~~	~	✓
~~~~~	~~~~~	~~~~~	~~~~~	✓
~~~~~	~~~~~	~~~~~		✓
~~~~~	~~~~~	~~~~~	~~~~~	✓
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~~~~~	~~~~~			✗
~~~~~	~~~~~			✗

### GOLD

50 \$

~~~~~	~~~~~	~~~~~	~	✓
~~~~~	~~~~~	~~~~~	~~~~~	✓
~~~~~	~~~~~	~~~~~		✓
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~~~~~	~~~~~	~~~~~	~	✓
~~~~~	~~~~~	~~~~~	~~~~~	✓
~~~~~	~~~~~			✓
~~~~~	~~~~~			✓

Back



True Posture

PURCHASE

E-Mail

Password

Telefon Number

Address

[Continue without creating account](#)

Back



True Posture

I

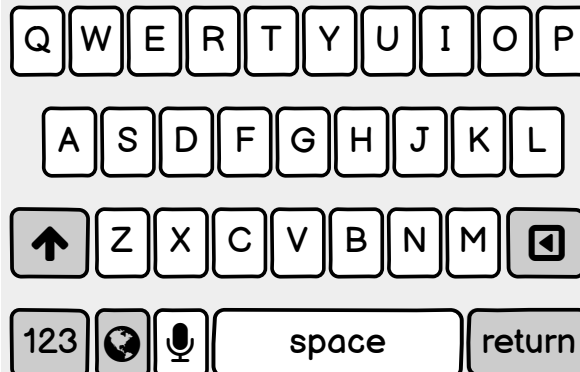
Password

Telefon Number

Address

Next

Back





True Posture

Card Number

Name

CVV

Date

Next

Back



True Posture

|

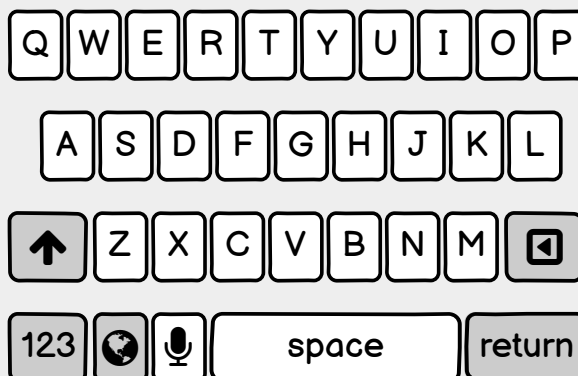
Name

CVV

Date

Next

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TRUE POSTURE




PROFILE





Name: 

Surname: 




Age: 

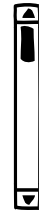
Height: 

Weight: 

Body Mass Index: 

Records:

- Highest Cardio Time: 
- Most Burned Calories: 
- Highest Weight on Deadlift 



Weight Graph:



[Go to Weekly Progress](#)

PREMIUM SUBSCRIBE