

Save the workout. Give it a name and ad it to a muscle group

Workout Generator by Rawfit

For our Gym we need a simple program (application / executable on windows PC) that will help our members to create a workout, and print it on a ticket printer (kitchen printer).

It must run on a Windows PC.

In this description I have added a couple of mockups to give you an idea of how we would like it.

How it works

A member will start by selecting a Muscle group.

All the exercises that have been linked (by the Admin) to that muscle group, will be shown in a list. (left side of the mockup).

Now the user selects an exercise by clicking on it. The exercise will appear on the right hand side of the screen.

From here he can specify the exercises. For example he can: set a number of reps (repetitions) for an exercise of set a time. He can also add a few exercises tot a set and set a number of rounds or time for that set of exercises.

When done the user can print the workout on a ticket printer, and start the workout.

There should be a small Admin section.

Click on Admin and fill in a password. (via pop up)

Now the Admin can add exercises, add muscle groups and save workouts.

Modifying exercises

Once an exercise is selected, the user can switch between Reps or Time. When Reps is chosen, he fills in the amount of reps he wants to do. When Time is chosen he fills in the time (minutes or seconds) that exercise should be done.

The program is fairly simple, it does not have to make calculations, it is merely a thing of displaying the exercises on a correct way on the print out. The only complexity is when creating a **set** of exercises.

It should be able to create a few different sets. Based on rounds, based on time or both:

Rounds

A user selects a few exercises and creates a set.

He also sets the amount of rounds.

So for example 5 exercises are selected, 3 rounds are set; this means that the 5 exercises have to be repeated 3 times.

Time

A user selects a few exercises and creates a set.

He then sets a time in which the exercises have to be done, until the time is over.

So for example 5 exercises are selected, time is set on 8 minutes. This means that the exercises have to be done, the number of reps that have been set, until the 8 minutes are finished. So a user keeps repeating the exercises.

Reps in time

A user selects a few exercises and creates a set.

He then sets the amount of reps, this number will count for each exercise and will overrule the number of reps that has been filled in per exercise before creating the set. Then the time is filled in. This will be the time that a user has to fulfill the reps.

For example is a set of exercises is set to 10 reps and time: 1 minute, this means that the user has 1 minute to do 10 reps. If he does it faster than 1 minute, the spare time is for him to rest.

Info & Add

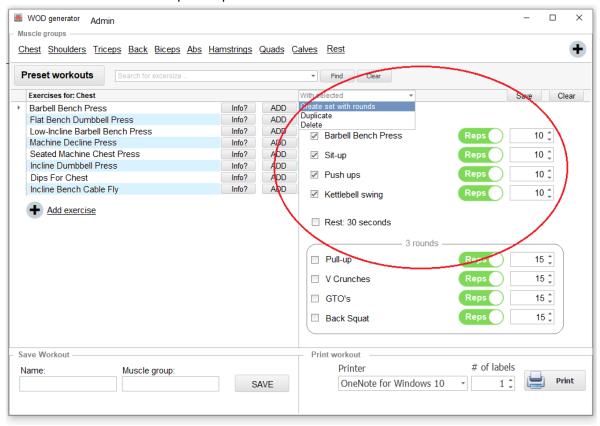
These buttons appear next to an exercise.

Click on info: A popup appears with info or explanation about the exercise. Placeholder for text + nicture

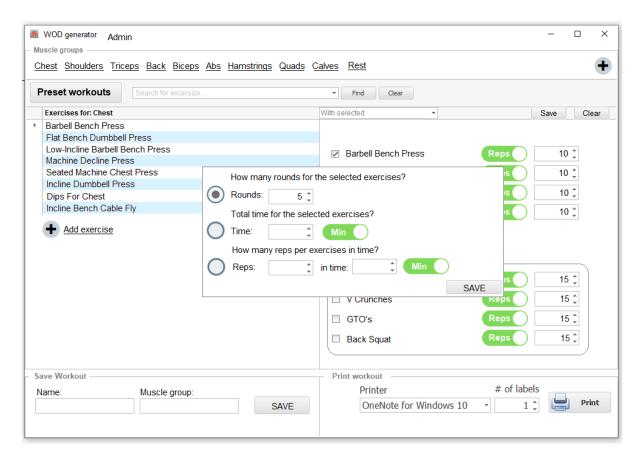
Click on ADD: Exercise will be added to the workout. A click on the tekst of the exercise shoud have the same effect.

Some mockups:

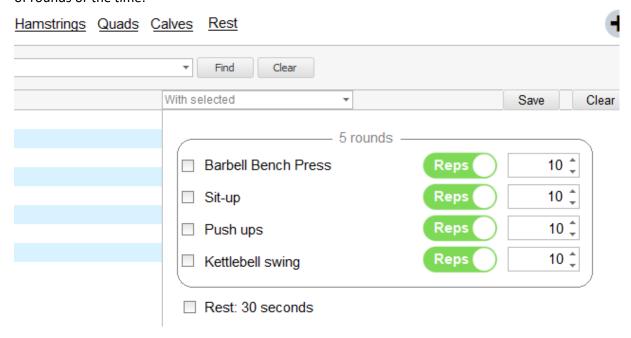
Detail of selection area + dropdown possibilities.



After clicking on 'Create a set with rounds' from the dropdown menu: A popup appears with options.



After making a set the exercises have a border around them including a text which shows the amount of rounds or the time:

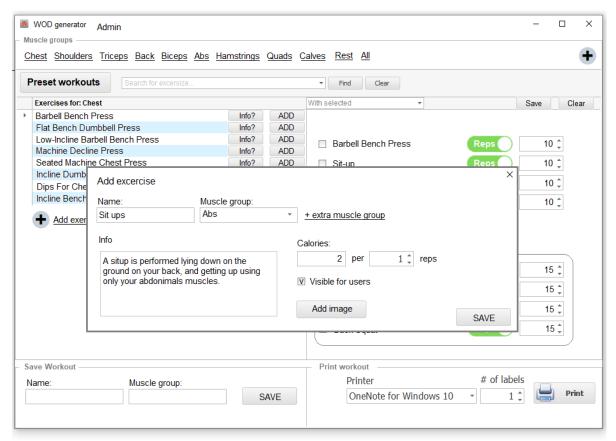


Creating a new exercise.

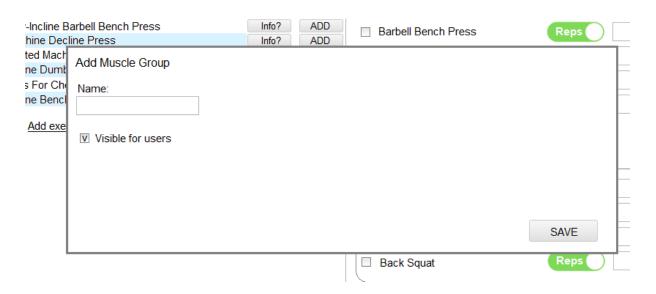
Create a name, link to 1 or more muscle groups.

Fill in info + image

Give up the calories it burns (will be used to calculate the total calories burnt during a workout) Make the exercise visible for user

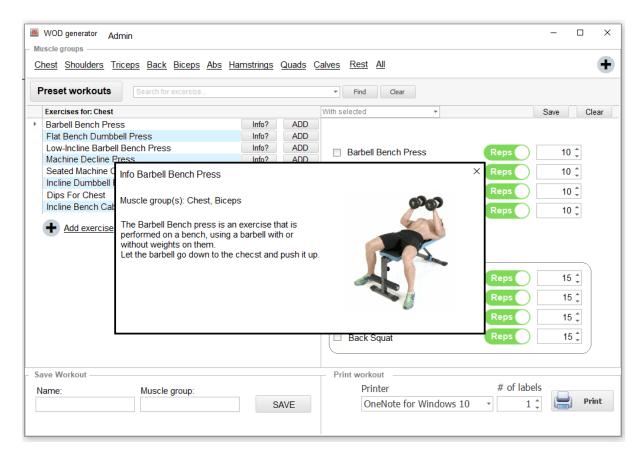


Adding a Muscle group: A popup



Info about exercises:

via popup after clicking on the info button.



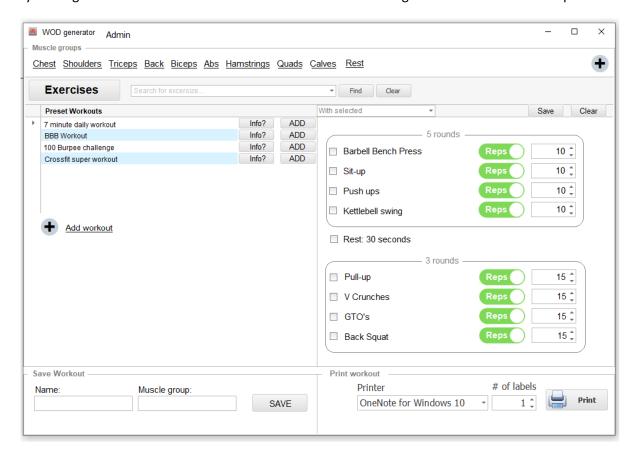
Preset Workouts.

The Admin can create complete preset workouts and save them. Users can find them in this menu and print them.

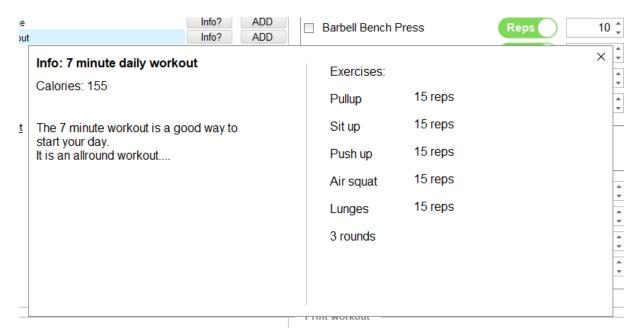
Detail: check the button to go back to Exercises. Name has changed.

By clicking on the info button a popup will appear with the contents of the popup.

By clicking on the add button the workout will be added to the right side screen and can be printed.



Info about a workout (via popup)



A print out will look like this:

RAWFIT Workout	
Barbell Bench Press: Sit-up: Push ups: Kettlebell swing: Repeat 5 rounds	10 reps 10 reps 10 reps 10 reps
Rest: 2 minutes	
Pull-up V Crunches GTO's Back squat Repeat 3 rounds	15 reps 15 reps 15 reps 15 reps
Rest: 2 minutes	
Flat Bench Raiser Hip Thrusters Overhead lunges AMRAP: 8 minutes	
Calories burnt: 625 You Did lt!	

We need to determine later on how it will look exactly and do some fine tuning with our logo etc.

Not all mockups have been made but with some logical thinking the rest can be created by a developer who has experience.