

List of preset workouts, created by the Admin. The user can click so the user can print the workout. They can also be modified if desired, but a regular user cannot save a modified preset workout. Only the Admin can.

Admin login

Muscle groups. When you click on a muscle group it will show all corresponding exercises in the list below it.

WOD generatorAdmin

Muscle groups

ChestShouldersTricepsBackBicepsAbsHamstringsQuadsCalvesRest

Preset workouts

Search for exercise...

FindClear

Exercises for: Chest

Barbell Bench Press

Info?

ADD

Flat Bench Dumbbell Press

Info?

ADD

Low-Incline Barbell Bench Press

Info?

ADD

Machine Decline Press

Info?

ADD

Seated Machine Chest Press

Info?

ADD

Incline Dumbbell Press

Info?

ADD

Dips For Chest

Info?

ADD

Incline Bench Cable Fly

Info?

ADD

+

Add exercise

With selected

SaveClear

Your workout

☐ Barbell Bench Press

Reps

10

☐ Sit-up

Reps

10

☐ Push ups

Reps

10

☐ Kettlebell swing

Reps

10

☐ Rest: 30 seconds

3 rounds

☐ Pull-up

Reps

15

☐ V Crunches

Reps

15

☐ GTO's

Reps

15

☐ Back Squat

Reps

15

Save Workout

Name:

Muscle group:

SAVE

Print workout

Printer

OneNote for Windows 10

of labels

1

Print

Exercises

Shows a list of exercises that belong to the chosen muscle group. By clicking on an exercise it will be placed to the right side where one can set reps or time.

Only in Admin function

Info: generates a popup with information about the exercise. This info is made by the Admin.

Add to the workout

When exercises on the left are clicked they will appear on the right. Per exercise you can select if you want to do reps (repetitions) or time. You can also select a couple of exercises and choose what you want to do with them via the dropdown menu. This way you can create a set and select how many rounds you want to do that set, or how many minutes you want to do a complete set.

Only in Admin function

Save the workout. Give it a name and add 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 or set a time. He can also add a few exercises to 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 + picture.

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

Some mockups:

Detail of selection area + dropdown possibilities.

The screenshot shows the 'WOD generator Admin' interface. At the top, there are tabs for muscle groups: Chest, Shoulders, Triceps, Back, Biceps, Abs, Hamstrings, Quads, Calves, and Rest. Below these is a 'Preset workouts' section with a search bar and 'Find' and 'Clear' buttons. The main area is divided into two columns. The left column lists exercises for the 'Chest' muscle group, each with an 'Info?' button and an 'ADD' button. The right column shows the 'With selected' dropdown menu, which is currently open, displaying options: 'Create set with rounds', 'Duplicate', and 'Delete'. Below the dropdown, there are checkboxes for selected exercises: 'Barbell Bench Press', 'Sit-up', 'Push ups', and 'Kettlebell swing'. Each exercise has a 'Reps' input field with a green 'Reps' button and a numeric input field. The 'Rest: 30 seconds' checkbox is also visible. At the bottom, there is a 'Save Workout' section with 'Name:' and 'Muscle group:' input fields and a 'SAVE' button. To the right, there is a 'Print workout' section with a 'Printer' dropdown (set to 'OneNote for Windows 10'), a '# of labels' input field (set to '1'), and a 'Print' button.

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

The screenshot shows the 'WOD generator Admin' window. At the top, there are tabs for muscle groups: Chest, Shoulders, Triceps, Back, Biceps, Abs, Hamstrings, Quads, Calves, and Rest. Below these is a 'Preset workouts' section with a search bar and 'Find' and 'Clear' buttons. A list of exercises for the 'Chest' muscle group is shown, including Barbell Bench Press, Flat Bench Dumbbell Press, Low-Incline Barbell Bench Press, Machine Decline Press, Seated Machine Chest Press, Incline Dumbbell Press, Dips For Chest, and Incline Bench Cable Fly. A '+ Add exercise' button is at the bottom of the list. A popup window is open over the exercises, titled 'How many rounds for the selected exercises?'. It contains three sections: 'Rounds: 5' with a radio button selected, 'Total time for the selected exercises?' with a 'Time' input field and a 'Min' button, and 'How many reps per exercises in time?' with a 'Reps' input field, an 'in time' input field, and a 'Min' button. A 'SAVE' button is at the bottom of the popup. In the background, the exercise 'Barbell Bench Press' is selected, and its details are visible: 'Reps' with a green toggle and a value of 10. Other exercises like 'V Crunches', 'GTO's', and 'Back Squat' are also visible with their respective 'Reps' values and green toggles. At the bottom of the window, there are sections for 'Save Workout' (Name, Muscle group, SAVE button) and 'Print workout' (Printer: OneNote for Windows 10, # of labels: 1, Print button).

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

The screenshot shows the 'WOD generator Admin' window with the 'Hamstrings', 'Quads', 'Calves', and 'Rest' tabs selected. A dropdown menu is open, showing 'With selected' and 'Save' and 'Clear' buttons. Below the dropdown, a list of exercises is shown, each with a green border and a text label indicating the amount of rounds or time. The exercises are: Barbell Bench Press (5 rounds), Sit-up (5 rounds), Push ups (5 rounds), Kettlebell swing (5 rounds), and Rest: 30 seconds. Each exercise has a green toggle and a 'Reps' input field with a value of 10. The 'Rest: 30 seconds' option is also visible.

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

The screenshot shows the 'WOD generator Admin' interface. At the top, there are tabs for muscle groups: Chest, Shoulders, Triceps, Back, Biceps, Abs, Hamstrings, Quads, Calves, Rest, and All. Below these is a 'Preset workouts' section with a search bar and 'Find' and 'Clear' buttons. The main area displays a list of exercises for 'Chest', including Barbell Bench Press, Flat Bench Dumbbell Press, Low-Incline Barbell Bench Press, Machine Decline Press, Seated Machine Chest Press, Incline Dumbbell Press, Dips For Chest, and Incline Bench Press. Each exercise has an 'Info?' button and an 'ADD' button. A modal window titled 'Add exercise' is open, showing a form to add a new exercise. The form includes fields for 'Name' (filled with 'Sit ups'), 'Muscle group' (set to 'Abs'), and 'Calories' (set to 2 per 1 rep). There is a checkbox for 'Visible for users' which is checked. An 'Add image' button and a 'SAVE' button are also present. The modal also contains a text area with the description: 'A situp is performed lying down on the ground on your back, and getting up using only your abdominals muscles.'

Adding a Muscle group:

A popup

The screenshot shows the 'WOD generator Admin' interface with the 'Add Muscle Group' modal open. The modal has a 'Name' field and a 'Visible for users' checkbox which is checked. A 'SAVE' button is at the bottom right. In the background, the exercise list is visible, showing 'Incline Barbell Bench Press', 'Machine Decline Press', 'Seated Machine Chest Press', 'Incline Dumbbell Press', 'Dips For Chest', 'Incline Bench Press', 'Barbell Bench Press', and 'Back Squat'. Each exercise has an 'Info?' button and an 'ADD' button. The 'Barbell Bench Press' and 'Back Squat' exercises have a 'Reps' button next to them.

Info about exercises:
via popup after clicking on the info button.

WOD generatorAdmin

Muscle groups

ChestShouldersTricepsBackBicepsAbsHamstringsQuadsCalvesRestAll

Preset workouts

Search for exercise...

FindClear

Exercises for: Chest

With selected

SaveClear

Barbell Bench Press

Info?

ADD

Flat Bench Dumbbell Press

Info?

ADD

Low-Incline Barbell Bench Press

Info?

ADD

Machine Decline Press

Info?

ADD

Seated Machine Chest Press

Info?

ADD

Incline Dumbbell Press

Info?

ADD

Dips For Chest

Info?

ADD

Incline Bench Press

Info?


ADD

+ Add exercise

Info Barbell Bench Press

Muscle group(s): Chest, Biceps

The Barbell Bench press is an exercise that is performed on a bench, using a barbell with or without weights on them. Let the barbell go down to the chest and push it up.



Barbell Bench Press

Reps

10

Flat Bench Dumbbell Press

Reps

10

Low-Incline Barbell Bench Press

Reps

10

Machine Decline Press

Reps

10

Seated Machine Chest Press

Reps

15

Incline Dumbbell Press

Reps

15

Dips For Chest

Reps

15

Incline Bench Press

Reps

15

Back Squat

Reps

15

Save Workout

Name:

Muscle group:

SAVE

Print workout

Printer

of labels

OneNote for Windows 10

1

Print

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.

The screenshot shows the 'WOD generator Admin' interface. At the top, there are tabs for muscle groups: Chest, Shoulders, Triceps, Back, Biceps, Abs, Hamstrings, Quads, Calves, and Rest. Below these is the 'Exercises' section with a search bar and 'Find'/'Clear' buttons. The 'Preset Workouts' table lists four workouts: '7 minute daily workout', 'BBB Workout', '100 Burpee challenge', and 'Crossfit super workout'. Each row has 'Info?' and 'ADD' buttons. To the right of the table, there are sections for '5 rounds' and '3 rounds' of exercises, each with checkboxes and 'Reps' controls. The '5 rounds' section includes Barbell Bench Press, Sit-up, Push ups, and Kettlebell swing. The '3 rounds' section includes Pull-up, V Crunches, GTO's, and Back Squat. At the bottom, there are 'Save Workout' and 'Print workout' sections with input fields for Name, Muscle group, Printer, and # of labels.

Preset Workouts		With selected	Save	Clear
7 minute daily workout	Info? ADD			
BBB Workout	Info? ADD			
100 Burpee challenge	Info? ADD			
Crossfit super workout	Info? ADD			

5 rounds

- ☐ Barbell Bench Press **Reps** 10
- ☐ Sit-up **Reps** 10
- ☐ Push ups **Reps** 10
- ☐ Kettlebell swing **Reps** 10
- ☐ Rest: 30 seconds

3 rounds

- ☐ Pull-up **Reps** 15
- ☐ V Crunches **Reps** 15
- ☐ GTO's **Reps** 15
- ☐ Back Squat **Reps** 15

Save Workout

Name: Muscle group: **SAVE**

Print workout

Printer: OneNote for Windows 10 # of labels: 1 **Print**

Info about a workout (via popup)

The screenshot shows a popup window titled 'Info: 7 minute daily workout'. It contains the following information:

- Calories:** 155
- Description:** The 7 minute workout is a good way to start your day. It is an allround workout....
- Exercises:**
 - Pullup 15 reps
 - Sit up 15 reps
 - Push up 15 reps
 - Air squat 15 reps
 - Lunges 15 reps
 - 3 rounds

The popup also has a close button (X) in the top right corner.

A print out will look like this:

RAWFIT Workout

Barbell Bench Press: 10 reps

Sit-up: 10 reps

Push ups: 10 reps

Kettlebell swing: 10 reps

Repeat 5 rounds

Rest: 2 minutes

Pull-up 15 reps

V Crunches 15 reps

GTO's 15 reps

Back squat 15 reps

Repeat 3 rounds

Rest: 2 minutes

Flat Bench Raiser

Hip Thrusters

Overhead lunges

AMRAP: 8 minutes

Calories burnt: 625

You Did It!

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.