

# **SOFTWARE REQUIREMENT SPECIFICATION DOCUMENT**

**VERSION 1.0**

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## **FITNESS TRAINING APPLICATION**

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## 1.0. Introduction

### 1.1. Purpose

The purpose of this document is to present a detailed description of the **LANISTA** - a fitness android app. It will explain the purpose and features of the system, the interfaces of the system, what the system will do, the constraints under which it must operate and how the system will react to external stimuli. This document is intended for the developers of the system.

### 1.2. Scope of Project

This android app will be a fitness training app for people to schedule their life for fitness. This app will be designed to assist users by providing correct guidelines and information regarding “How to have a fit and healthy life?”.

More specifically, this app is designed to allow the users to schedule their daily routines in order to perform fitness workouts in an planned and discipline way. The web extension of this app will be providing an open forum for its various registered users to share their best experiences and blogs.

### 1.3. References

IEEE. *IEEE Std 830-1998 IEEE Recommended Practice for Software Requirements Specifications*. IEEE Computer Society, 1998.

### 1.4. Overview of Document

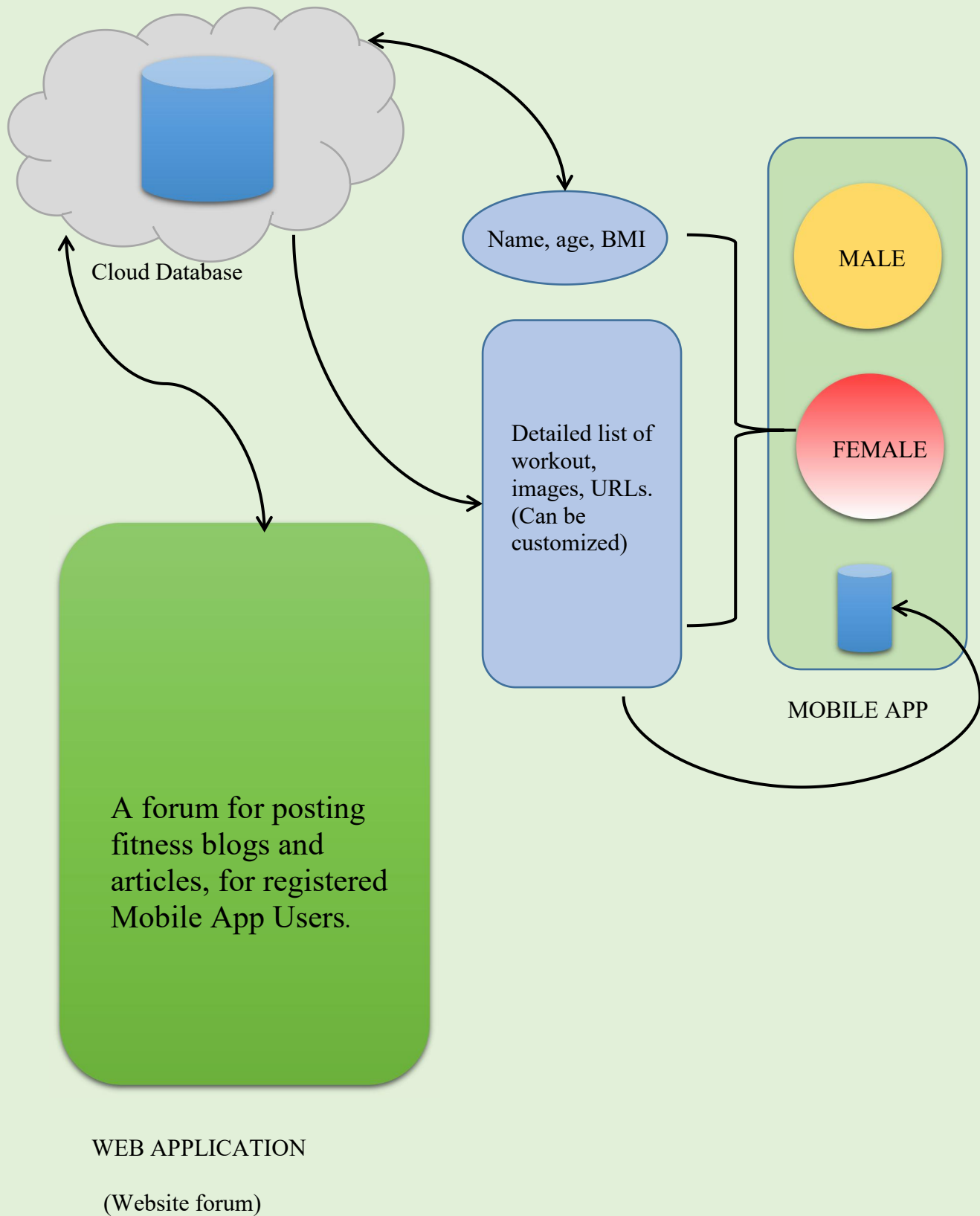
The next chapter, the Overall Description section, of this document gives an overview of the functionality of the product. It describes the informal requirements and is used to establish a context for the technical requirements specification in the next chapter.

The third chapter, Requirements Specification section, of this document is written primarily for the developers and describes in technical terms the details of the functionality of the product.

Both sections of the document describe the same software product in its entirety, but are intended for different audiences and thus use different language

## 2.0.Overall Description

### 2.1 System Environment



This application has three main building blocks, Cloud Database, Android App, Web Application. Every user will have his or her authenticated account to access both Mobile and Web Application.

## ***2.2 Functional Requirements Specification***

This section outlines the use cases for each of the active blocks separately. Each of these blocks have some important functionality.

### **2.2.1 Cloud Database**

It will be storing information as follows:

#### Users Information:

- User Name
- Email Address
- Age
- Height, Weight
- Blogs, Articles

#### Data set of various exercises

### **2.2.2 Mobile Application**

Platform : ANDROID

It will be a user friendly mobile application consisting all the details of exercises both for male and female User can track and customize his or her daily workout schedule.

### **2.2.3 Web Application**

It provides privilege to the registered users to post their posts and blogs regarding fitness and experience.

## ***2.3 Non-Functional Requirements Specification***

### **2.3.1 Accessibility:**

The Mobile Application will be accessible online and offline both but **only** on android devices with all the features active. The website will be accessible on all types of digital devices like desktop, mobiles, tablets etc.

### **2.3.2 Availability:**

The mobile app is only available for android devices. While web application is available for all type of devices.

### **2.3.3 Deployment Environment:**

The mobile application will be deployed on Google Play Store. The Web Application will be hosted on Amazon Web Services EC2 along with the database.

### **2.3.4 Documentation:**

The documentation will be designed for each process of the project development.

## **3.0. Requirements Specification**

### ***3.1 External Interface Requirements***

The link to external entity will be the website of the designed web application.

### ***3.2 Detailed Functional Requirements***

#### **3.2.1 Mobile Application**

- User will the section of exercise (Ex. Chest, Biceps, Legs, Thighs etc.) of his choice.
- User will select a workout as instructed in the app, and follow the guidelines.

- User will be provided with video reference of each specified workout.
- User will be allowed to customize his or her routine for the whole week.
- User will be notified about his daily routine daily in the morning.
- User will be allowed to directly access the forum through his or her mobile app.

### 3.2.2 Web Application

- User will login with his or her Email Id and Password.
- User will be able to view all the blogs and articles posted by other users.
- User will be able to post his or her own posts and articles.

## 3.2 Detailed Non- Functional Requirements

### 3.2.1 Logical Structure of the Data

The data descriptions of each of these data entities is as follows:

#### USER DATA ENTITY :

Data Item	Type	Description	Comment
user_ID	TEXT	ID of User	PRIMARY KEY
user_Name	TEXT	Name of the user	
Email_Id	TEXT	Email id of user	Authentication
password	TEXT(encrypted)	Password of user	Authentication
height	FLOAT		
weight	FLOAT		



**ARTICLE DATA ENTITY:**

<b>Data Item</b>	<b>Type</b>	<b>Description</b>	<b>Comment</b>
article_Id	TEXT	ID of Article/post	PRIMARY KEY
user_Id	TEXT	ID of User	FORIEGN KEY
likes	INTEGER		
article_desc	TEXT	Article	

**WORKOUT DATA ENTITY :**

<b>Data Item</b>	<b>Type</b>	<b>Description</b>	<b>Comment</b>
workout_id	TEXT	Workout ID	PRIMARY KEY
name	TEXT	Name of the workout	
class_ID	TEXT	ID of the section/class	
sets	INTEGER	No of sets	
repetitions	INTEGER	Reps per sets	
duration	INTEGER		
video_URL	TEXT	URL of the video	
category	TEXT	MALE / FEMALE	

**3.3.2 Security**

The server on which the data resides will have its own security to prevent unauthorized *write/delete* access. There is no restriction on *read* access. The use of email by User is on the client systems and thus is external to the system.