Use Case 3: Following a Workout

Scope: Gym Buddy

Primary Actor: User

Interests: The user is at the gym and wants to view the list of exercises they will be doing.

Pre-Conditions: User has selected their goals and generated a workout.

Post-Conditions: Updates that the user has completed their workout.

Main Success Scenario:

1. User selects the workout generated for them
2. System displays the list of exercises and prompts the user if they want to change the order.
3. User selects “not right now”
4. System displays an exercise and instructions
5. User selects when they finish the exercise
6. System will cycle to the next exercise

Loop: Steps 4 – 6; until user selects finish workout

1. System will prompt the user for feedback
2. User will favorite or dislike specific exercises
3. System will update list of favorites and exercises to avoid

Alternate Scenarios:

* At any time user can finish or cancel the workout

4a) At any time the system has a prompt to alter the order of the workout

1. The user can change the order however they like