

Personal Trainer

This application is for aiding you on your running workout. It will help you while you run as well as after your run where you can view past exercises and also help you plan your next run, use audio cues that will be played when you are exercising and even music of your choice that will be played during your run! This guide will explain the functions of the application.

(Disclaimer: as of this build, all units are in SI style, i.e. metres, kilometres etc.)

The first thing you'll see is this screen, and it's three buttons; Add Route, Use Old route and Settings (fig. 1). Add Route will send you to a screen showing a map and your current location, ready to start a new round. The Use Old button will take you to a list with saved runs/routes. The Settings button will take you to a screen where you can fill in your desired settings.

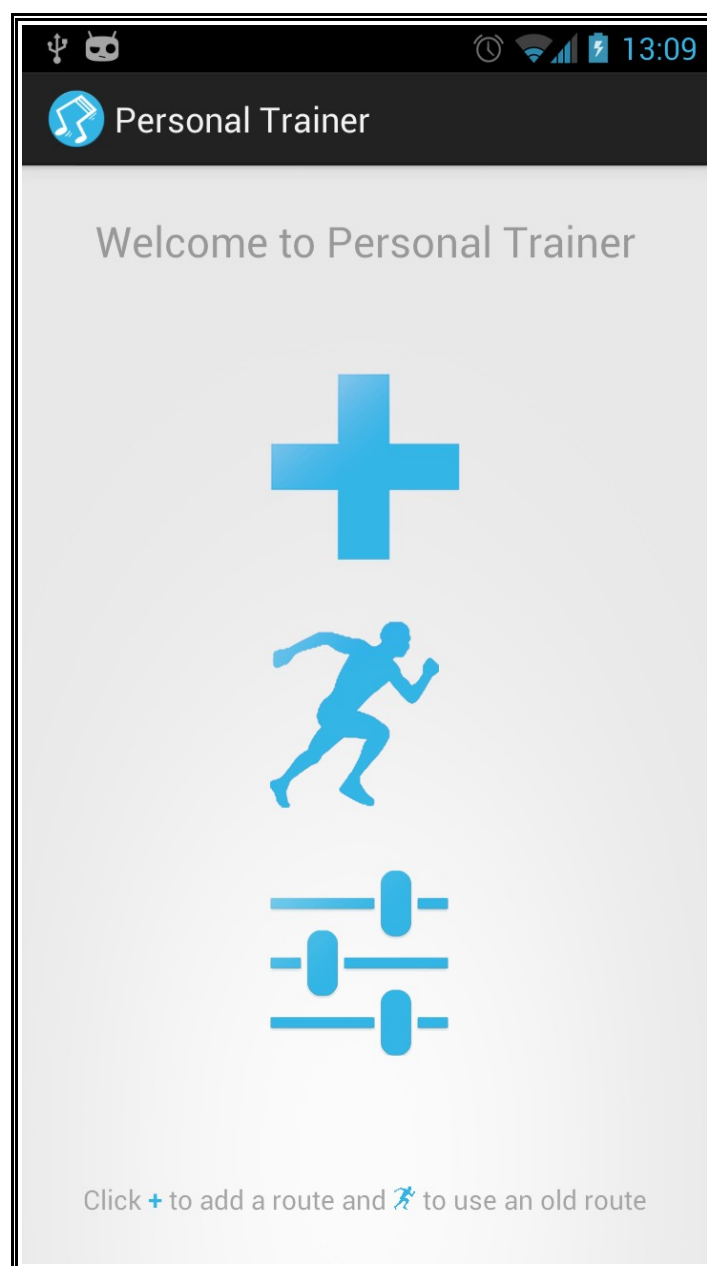


Fig 1. The Start Screen

When you press the Add Route button (the plus sign) you'll go to the run view. This will present you with a map, your location marked by a dot and two buttons (fig. 2). The Start Run button is the key button in this view. It will start the timer and thus also start the measuring of your distance, your speed at the moment and total calorie expenditure. A path will also be painted to display the path you've taken since you pressed the start button. On pressing this button, the start button will disappear to make way for a stop button instead.

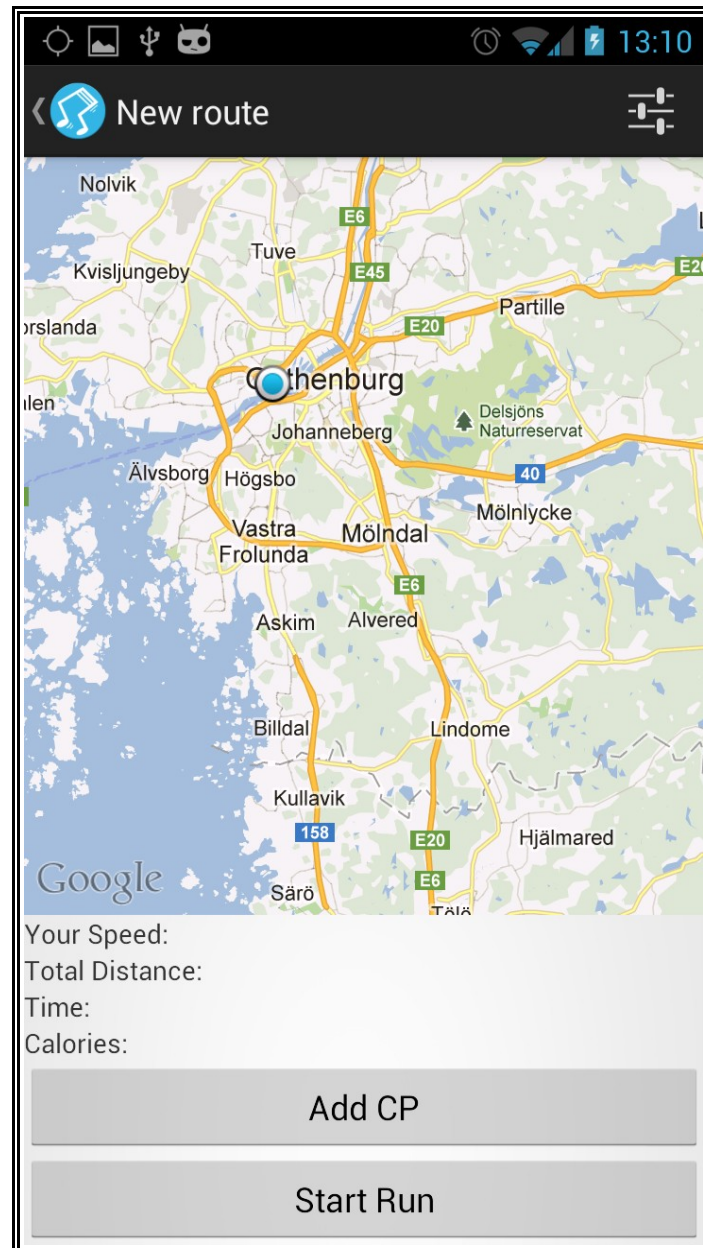


Fig 2. The Run view

Pressing the stop button will stop the run and ask you if you want to save this route, along with all saved data from this run; marked path, passed time, speed calories and checkpoints (fig. 3). If you discard this nothing gets saved and you go back to the start menu. If you do save the route it will be saved in the database and you can try it out again.

Save route

ROUTE INFORMATION

Route name

Route description

RESULTS

Time: 08:29

Distance: 0.67 Km

Speed: 4.7 Km/h

Calories: 23 Kcal

Save results ☒

Discard Save

Fig. 3 Saving a route

The Checkpoint button will put a checkpoint right on your current location, this can also be done by tapping the screen once. A checkpoint is a point on the map where you want to trigger something. When you place a checkpoint in any of the two ways, you'll get a menu asking what you want to trigger. You can record your own voice that you want to hear when you reach that place on your run. You decide what you want to say. This is a great way to tell you if you're keeping the desired pace without looking at the screen while you're out running. You can also choose music from your local library that you want to play. This menu will also let you decide the radius of the checkpoint, this affects how close you need to be to the placed checkpoint in order for it to trigger (Fig. 4 Show checkpoint saving in action and fig. 5 shows placed checkpoint on map).

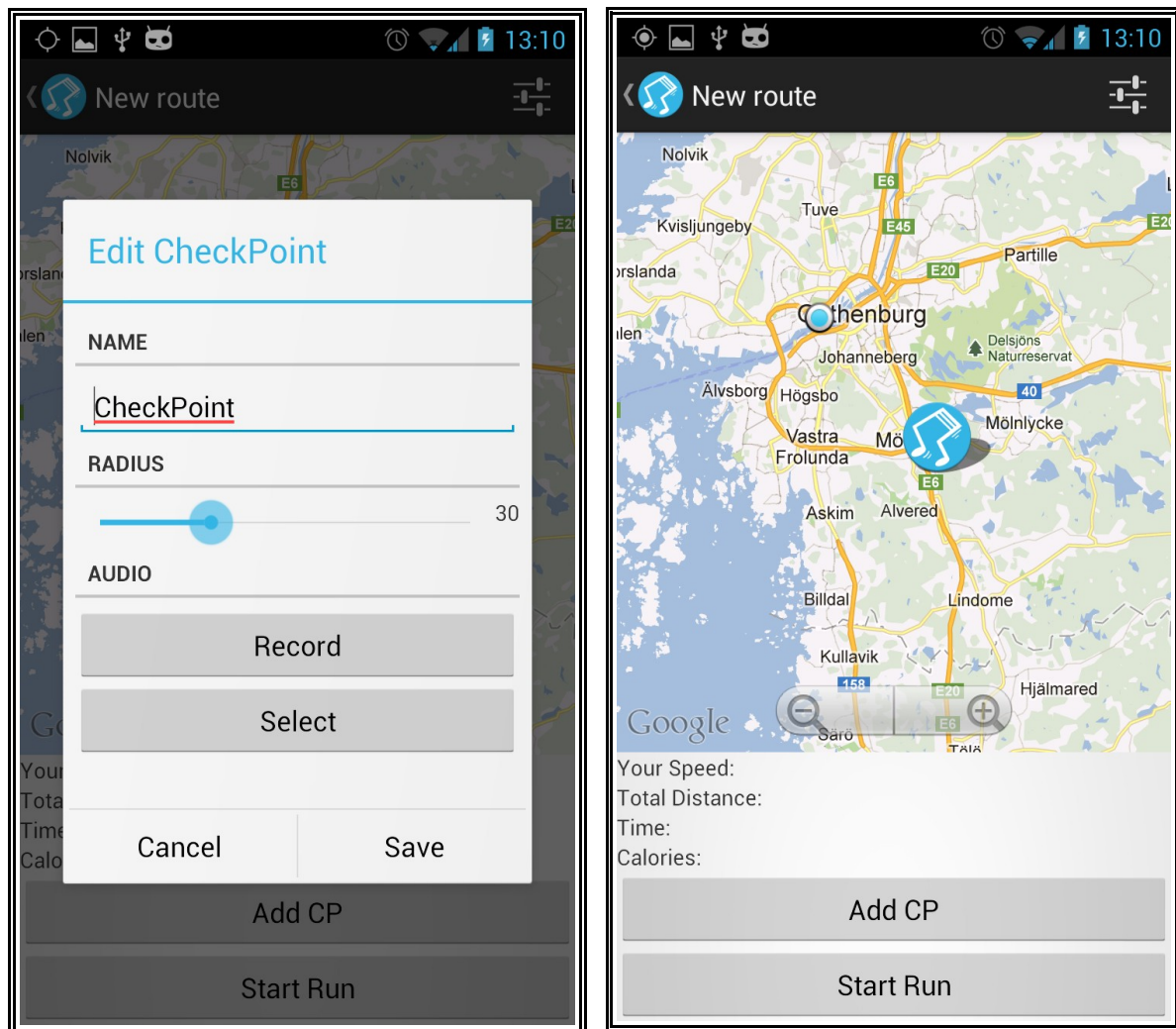


Fig 4 and fig.5 Menu when placing a checkpoint and the resulting placing of the checkpoint

The Select button lets you add music to the checkpoint. It will open a view (fig. 6) that shows the menu of all media that the application can find. That is all media found on your sd card along with the audio cues that you may have recorded. Simply click on any item in the list and it will be bound to that checkpoint.

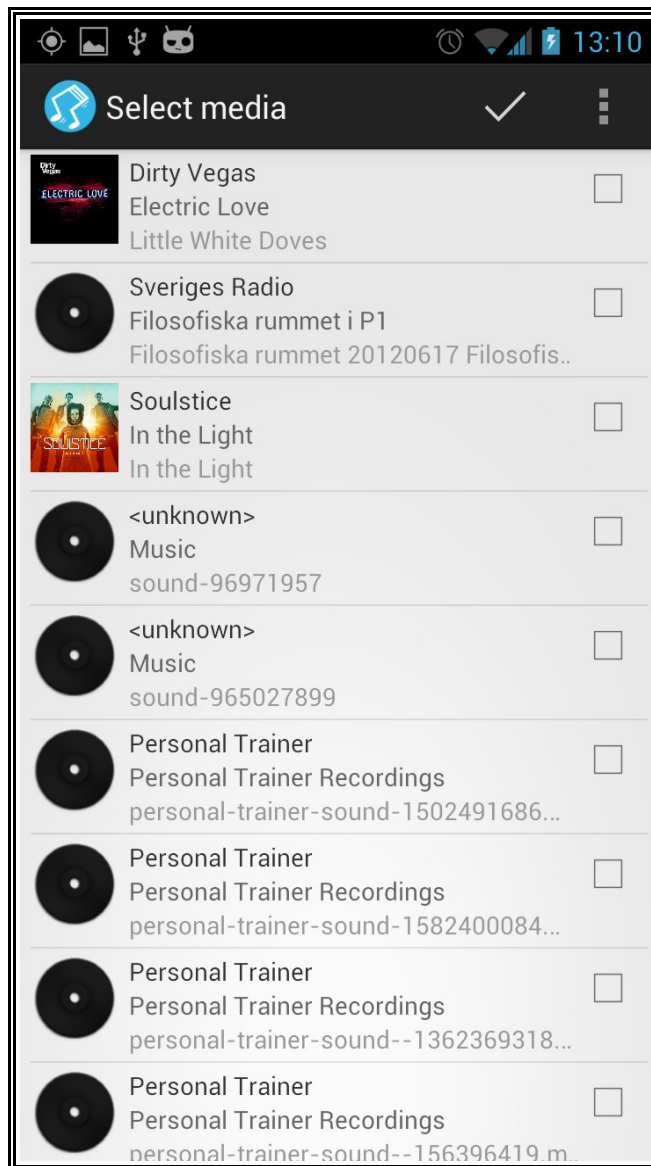


Fig. 6 List of media on the sd card

If you choose Existing route from the start menu (Fig. 1) instead you'll get a list with all the saved routes. This list displays some information about the route, like results and the name you have chosen for it. By clicking it you will bring up the route saved in the database on your phone (Fig 7).

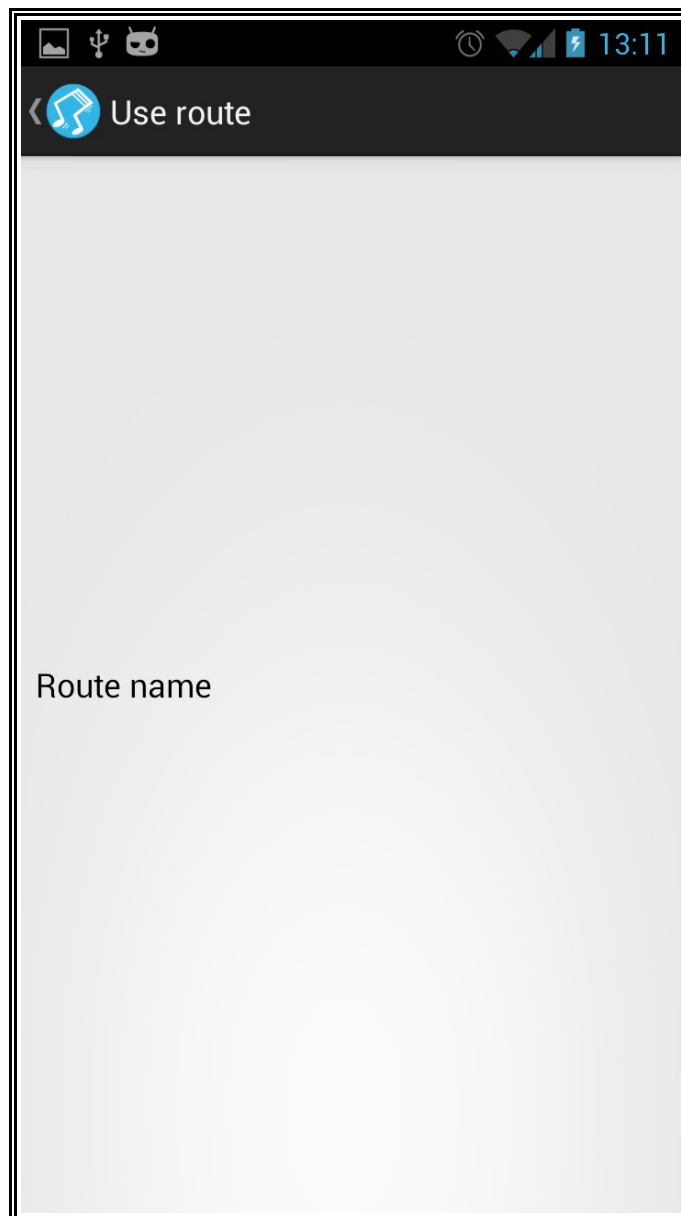


Fig 7. List of saved routes

When you choose a route you'll come to a screen that looks similar to the new run screen but with a couple of differences. You will notice that a path has already been drawn. That was your path when you saved it the first time. Your new run will be shown in a different colour (Fig 8). This is great for when you want to compete against yourself. By pressing the Start button you start using the old route again. The Result button will bring up all the previous results from this route. This is a great way to see how you have improved by comparing the run time and speed.

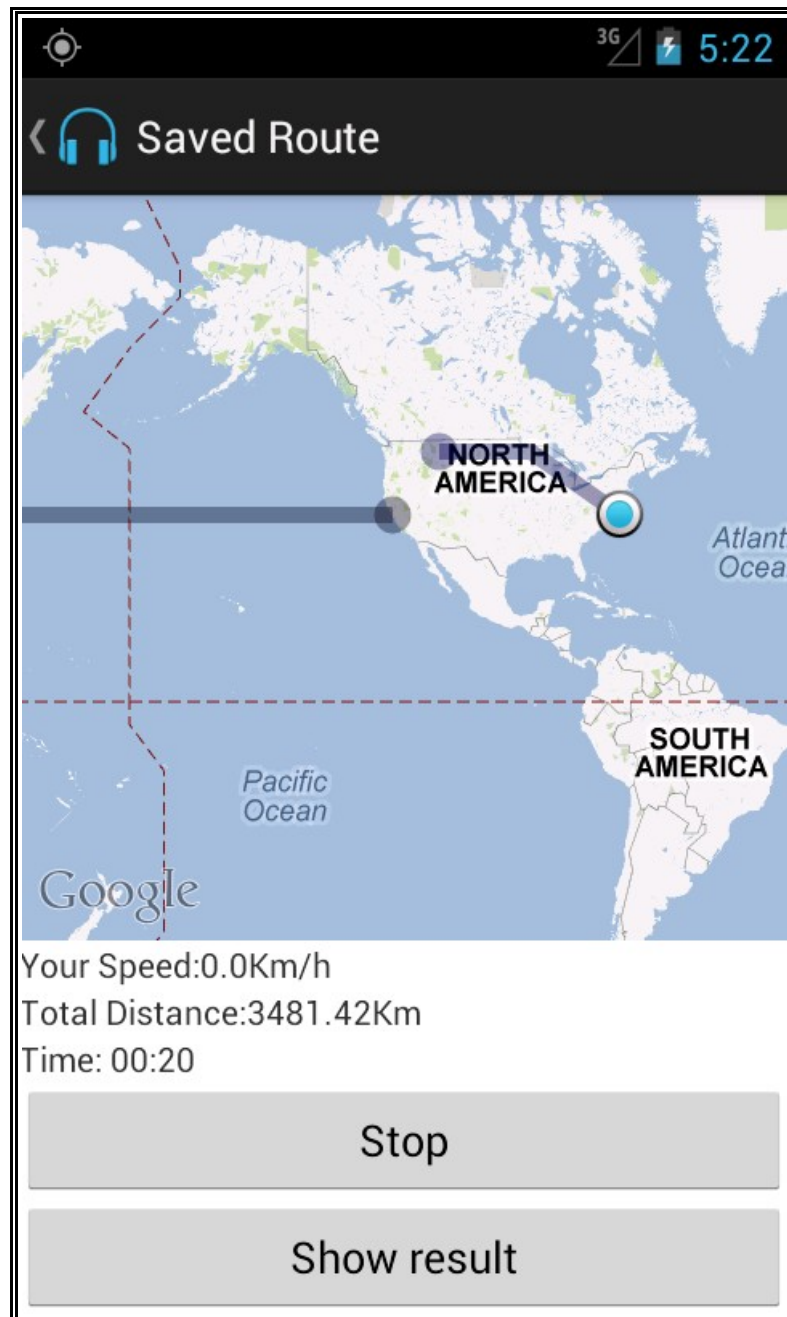


Fig. 8 See your old route along with your present one

On the screen where your old route is displayed you will notice the button named Show result, this will bring up a list with all saved results for this route. Also in the list that holds your results you will be presented with a graph that shows how well you did overall on that route (Fig. 9). Just click on any result and you will see the details of the chosen result (Fig. 10)

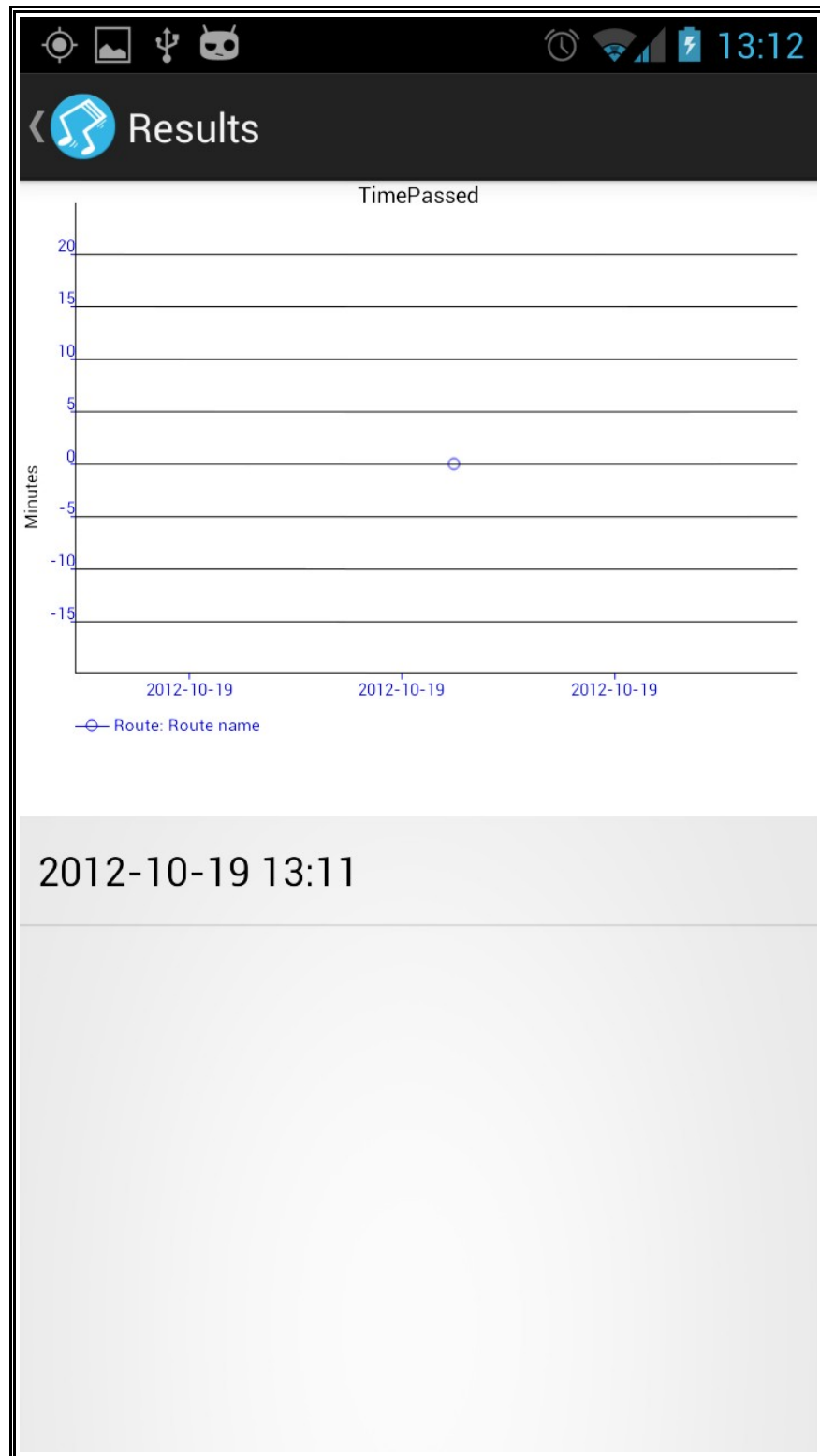


Fig 9. The result list for a route and the graph showing user progress

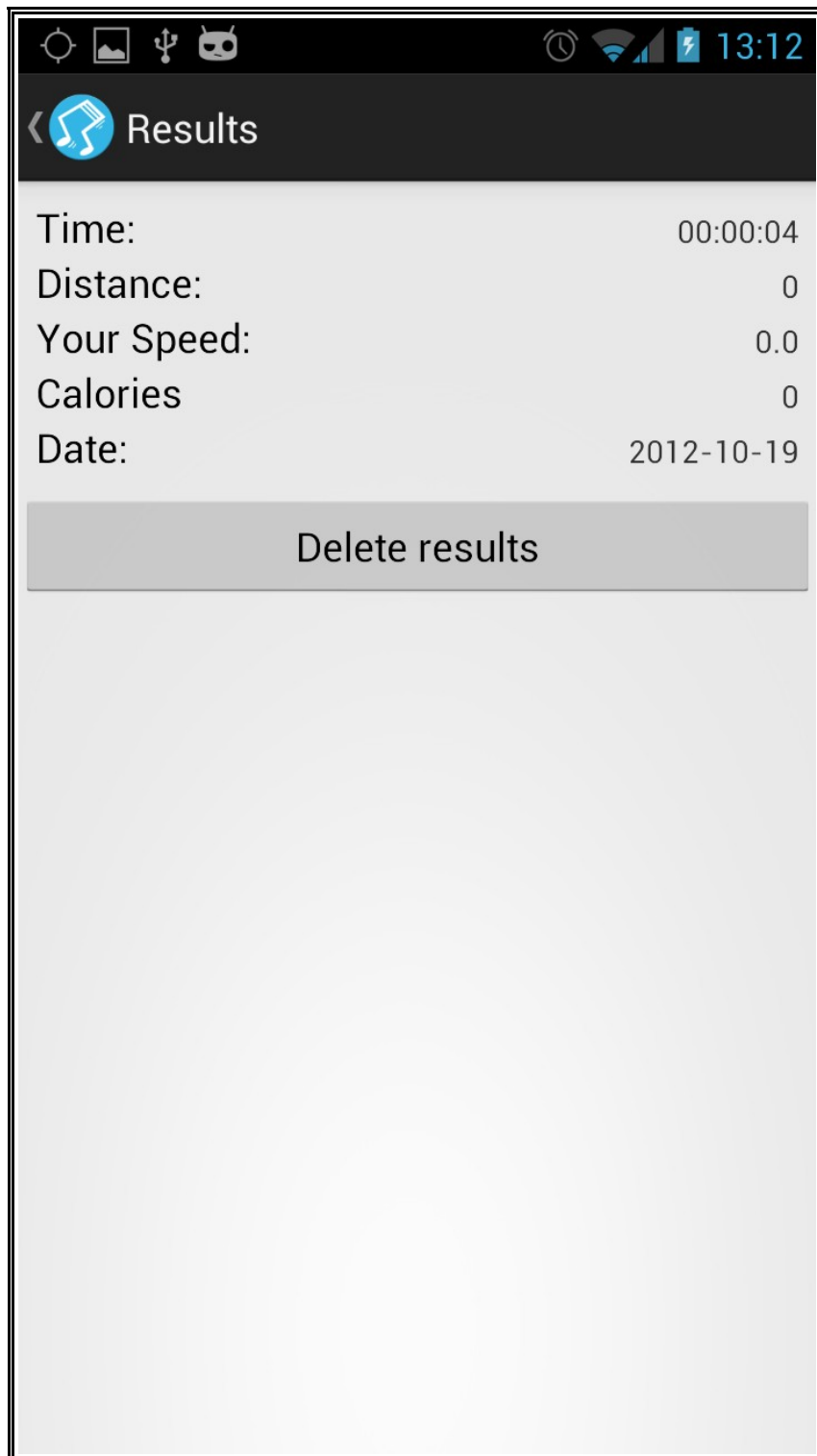
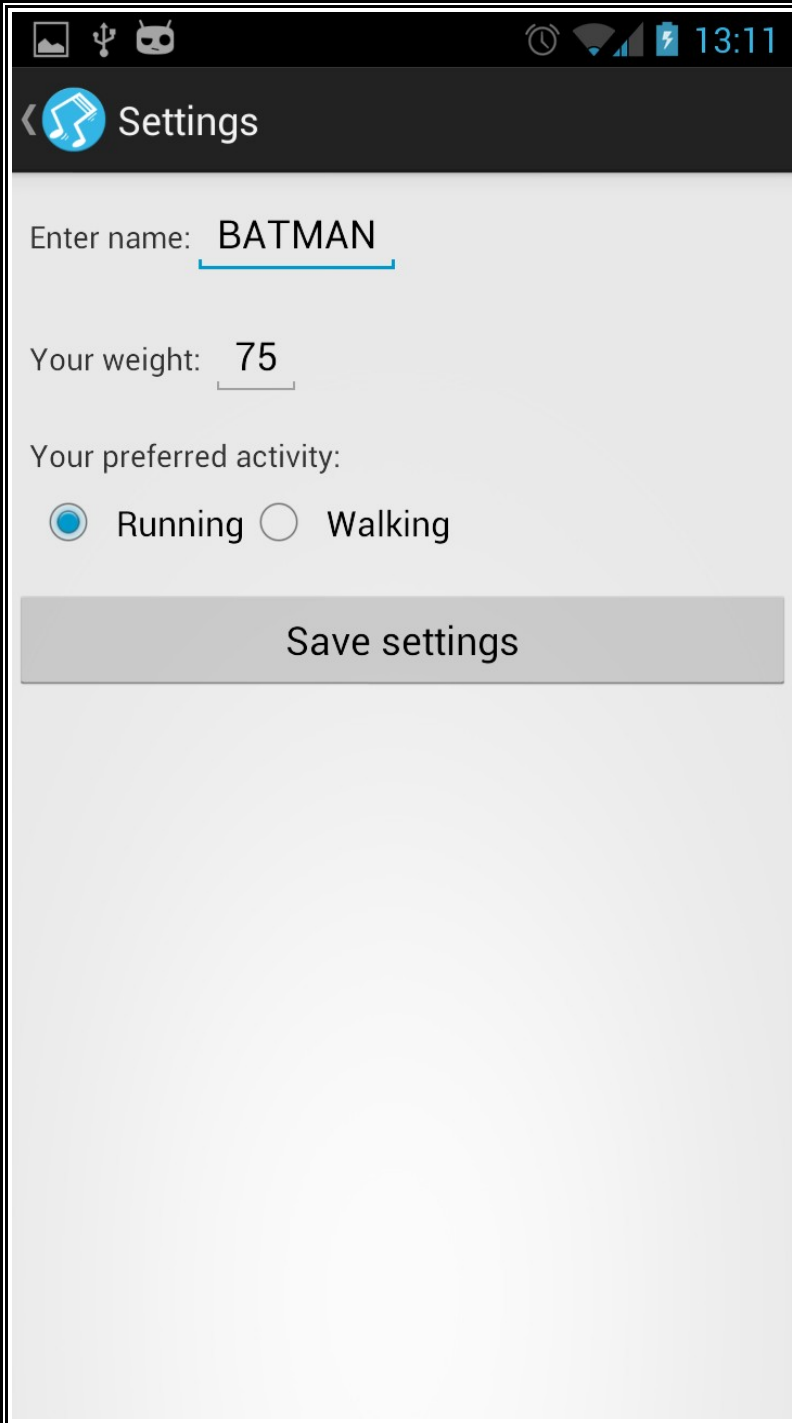


Fig 10. Details about a single result

The settings which you can reach from the start screen or the map screens shows you some parameters you can set that will influence a couple of things (fig. 11). The preferred activity,

running or walking, and your weight will influence the calculations in the calorie counter. These settings will be saved on your phone. As of this release the name is not used.



Settings

Enter name: BATMAN

Your weight: 75

Your preferred activity:

☒ Running ☐ Walking

Save settings

Fig. 11 The settings screen

We hope that you shall find this application to be of use and please keep in mind that all calculations are estimates. But the main thing is that you get a healthy lifestyle.

Happy Running!