

# Document Generals

- This Doc. describes the functionality of the "Our Workout" - App.
- It also provides Mockups and sketches of the App design
- It will grow over time
- Ideas for future implementations will be marked in the colour green

## Useful Resources

Notes : <https://1drv.ms/u/s!AtLOQuNKhqRJq98MDqAeF17Nfu4vcA?e=qahkXX>

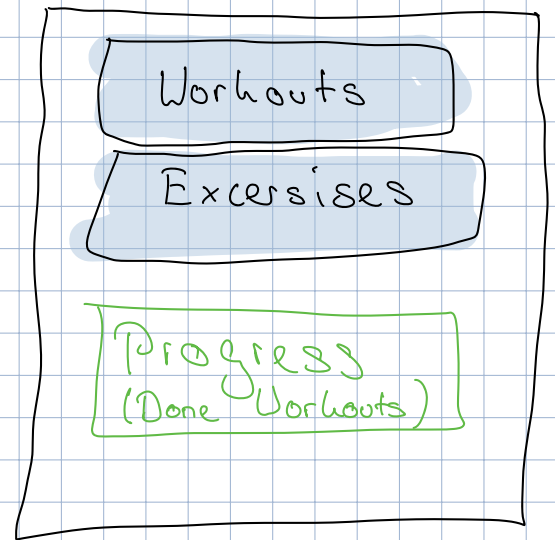
GitHub : <https://github.com/Vollol1/ourWorkout>

## Version History

Version	Summary
0.1	First basic functionalities and Design Manage Workouts; Manage Exercises;

# Cockpit

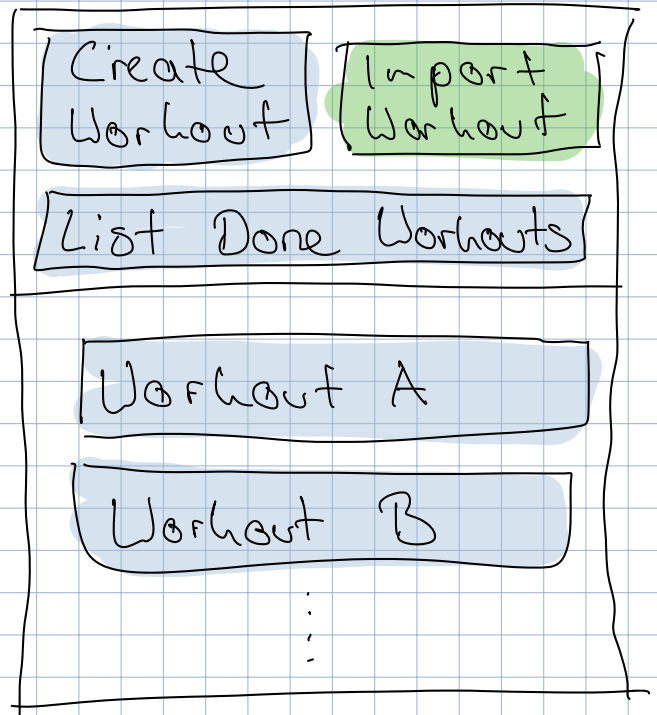
- Cockpit realizes first welcome with user
- Users will explore from here



- Statistics of progress and general progress  
e.g. calendar with done workouts
- To indicate in which submenu the user is, a subtle design will be used, e.g. through background or other icons and UI-Elements

# Workouts

- Users can create, edit, remove and import Workouts
- Create and **Import** is obvious
- By pressing a Workout long enough a context menu opens with
  - edit Workout
  - Remove Workout
  - **Share Workout**
- By clicking on a Workout, a Workout-Instance is created, and the user will be guided through



Workout A

← DBL DB Deadlift →

EMOM

Rounds: 6

Rds 1 2 3 ...

Repeats: «Number»

Weight: «Number»

Workout A

← Bike →

AMRAP

Rounds: 5

0:30 on; 3:30 off

Rds 1 2 3 ...

Calories: «Number»

# Done Workouts

Shows a list with all done Workouts.

Users can click on them and have a look at their results

- Same guidance as if Users is doing the Workout, but without the option of editing results anymore

Workout Name  
1.S.22 - 18:00''

Workout Name  
S.S.22 - 17:00''

Workout Name  
7.S.22 - 14:00''

⋮

# Editing Workouts

In Workouts, either "creating Exercise" or "Edit Exercise" leads to the same manager  $\Rightarrow$  Edit Workout

Save Discard

Workout Name

Warm Up

DBL DD Deadlifts

Bike

⋮

Add Exercise

- By clicking Add Exercise a list of exercise is shown and one have to be picked
- Pressing exercises long makes it possible to order them new
- By clicking on an exercise it opens a context menu with options:
  - edit exercise
  - remove exercise

# Sharing Workouts

Not sure about, how to be done.

- Maybe QR Code is generated and User gets an URL to download from a database
- Or data is transferred via JSON in QR Code  
(Alphanumeric is max. 4296 Chars, that's about 4 Word pages with Font-Size 12)

# Exercises

Like the Vorhouts,  
Exercises are handled  
similarly. Users can

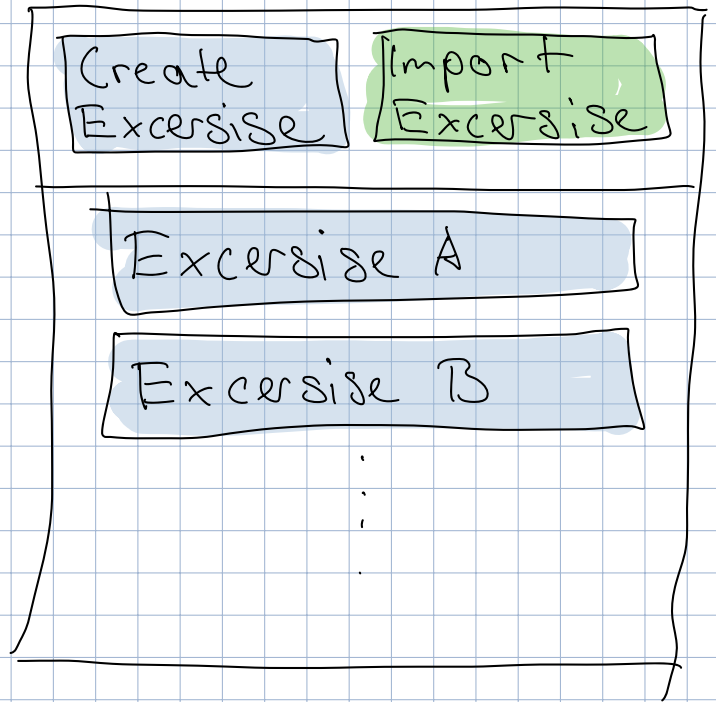
- Create
  - Edit
  - Delete
  - Share / Import
- them.

With pressing a  
concrete Exercise,

a context menu will open with the options

- edit Exercise
- delete Exercise
- Share Exercise

Also in the future some sort of  
categorization will be possible.



# Editing Exercises

SaveDiscard

Exercise Name

Type: DrpDown

Units: DrpDown

## Units

- calories (kcal)
- weight (kg)
- time (sec or min)
- ...

