

# 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

## Version History

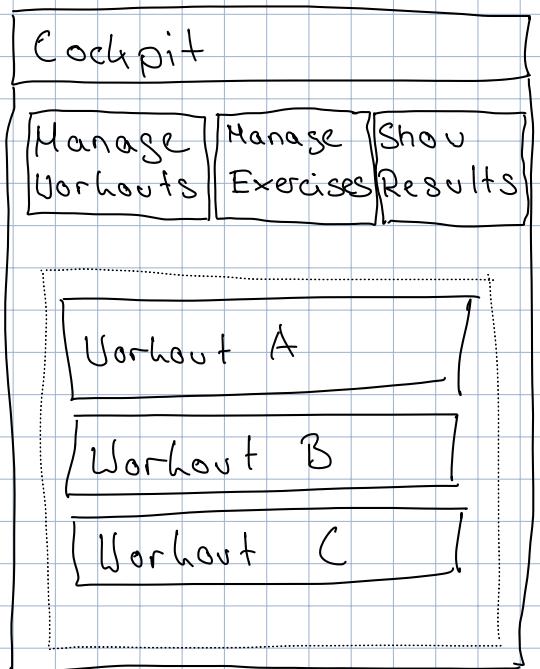
Version	Summary
0.1	First basic functionalities and Design Manage Workouts; Manage Exercises;
0.1.1	Refine App-Layout Add Data-Classes for exercises and workouts Describe flow of workout

# List of Activities

- Cockpit Activity designed
  - + ManageWorkoutlist Activity designed
    - ↳ ManageWorkout Activity designed
  - + ShowDoneWorkoutsActivity designed
  - + WorkoutActivity designed
  - + ExerciseListActivity designed
    - ↳ ExerciseActivity designed

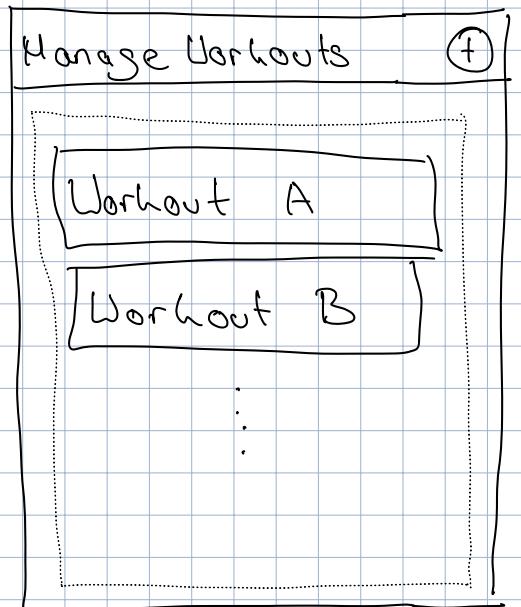
# Cockpit Activity

- By pressing "Manage Workout"  
workouts can be created, updated  
and deleted  
(→ start `ManageWorkoutListActivity`)
- By pressing "Manage Exercises",  
exercises can be created, updated  
and deleted  
(→ start `ExerciseListActivity`)
- By pressing "Show results"  
all made workouts (WorkoutResult) are shown  
(→ start `ShowDoneWorkoutsActivity`)
- Underneath all created Workouts are listed  
If a workout is pressed, a new instance of  
WorkoutResult is created, the workout can be made  
and the results stored.  
(→ start `WorkoutActivity`)



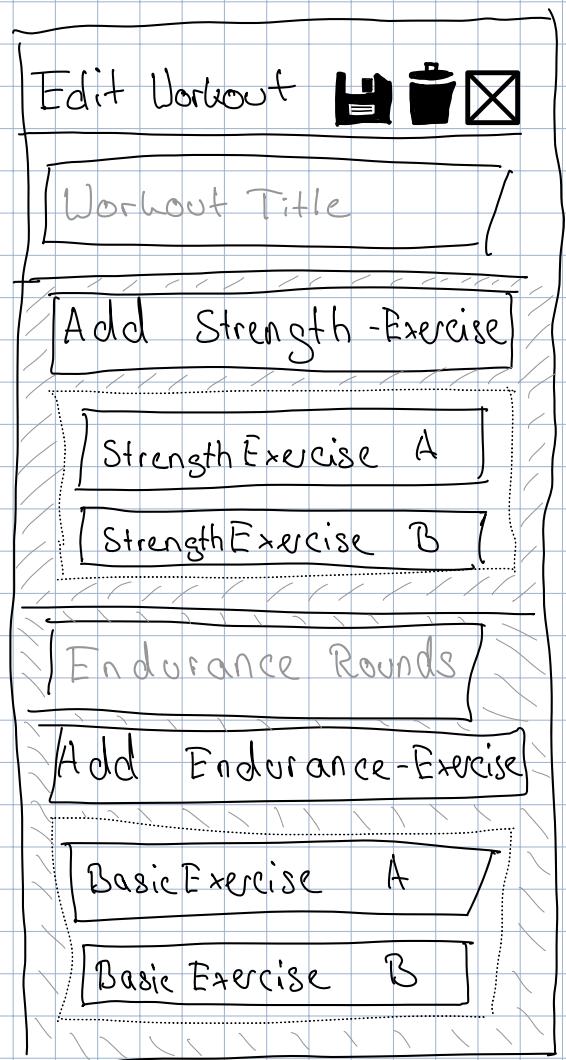
## Manage Workout List Activity

- A new Workout instance is created, by pressing the  $\oplus$ -Button  
( $\rightarrow$  start Manage Workout Activity)
- By pressing on a specific Workout, the user can edit or delete it  
( $\rightarrow$  start Manage Workout Activity)



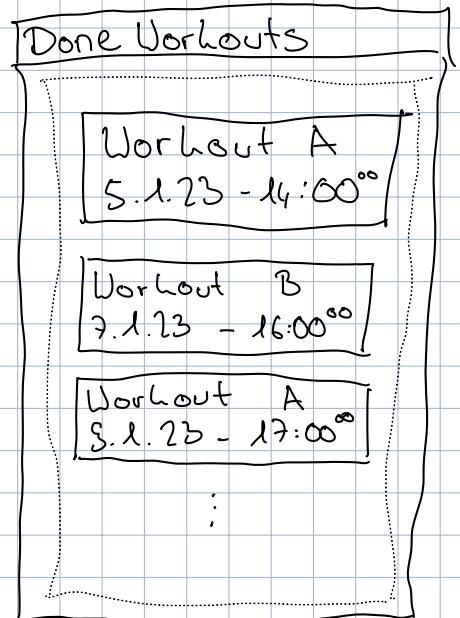
# Manage Workout Activity

- By pressing the Save-Icon the Workout is saved.
- By pressing the Delete-Icon the Workout is deleted and the activity exits (finish())
- By pressing the cancel-Icon the activity exits also without saving.
- Textfield: Workout title (STRING)
- By Pressing "Add Strength-Exercise" all existing Exercises are listed and one could be selected (via Dropdown) | Because they only exists as Basic Exercise, they are casted into Strength Exercise. Missing Infos can be supplemented by doing the Workout  
*Could be improved in future Releases*
- All chosen strength exercises are listed in the recyclerview underneath
- Textfield: Endurance Rounds (INT)
- By Pressing "Add Endurance Exercise" all exercises are listed, and one can be selected (via Dropdown)
- All chosen endurance exercises are listed in the recyclerview underneath

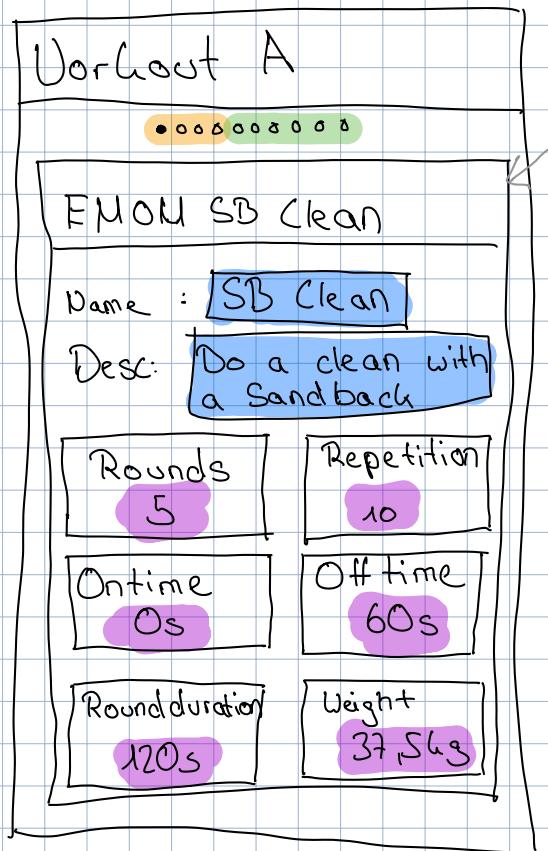


## Show Done Workouts Activity

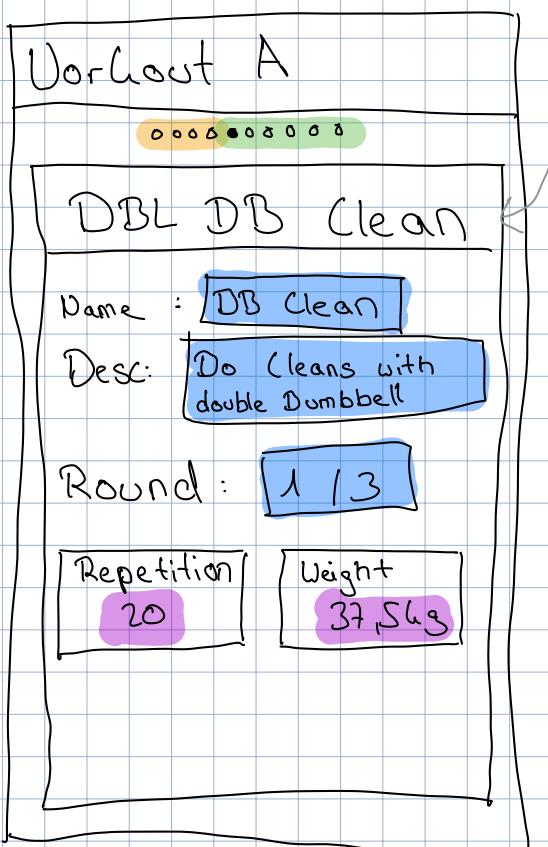
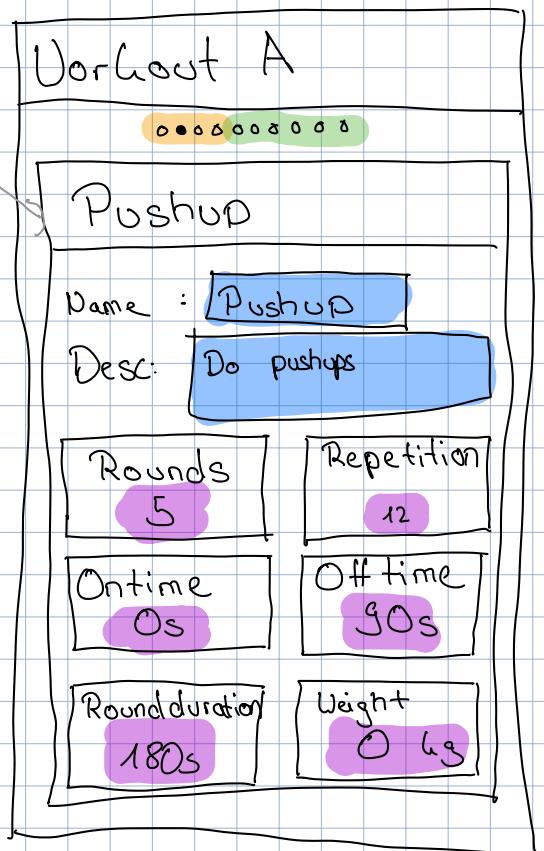
- All saved instances of WorkoutResult's are shown in the recyclerview.
- By pressing on a item, more Infos can be seen  
(→ start `WorkoutActivity`)



# Workout Activity

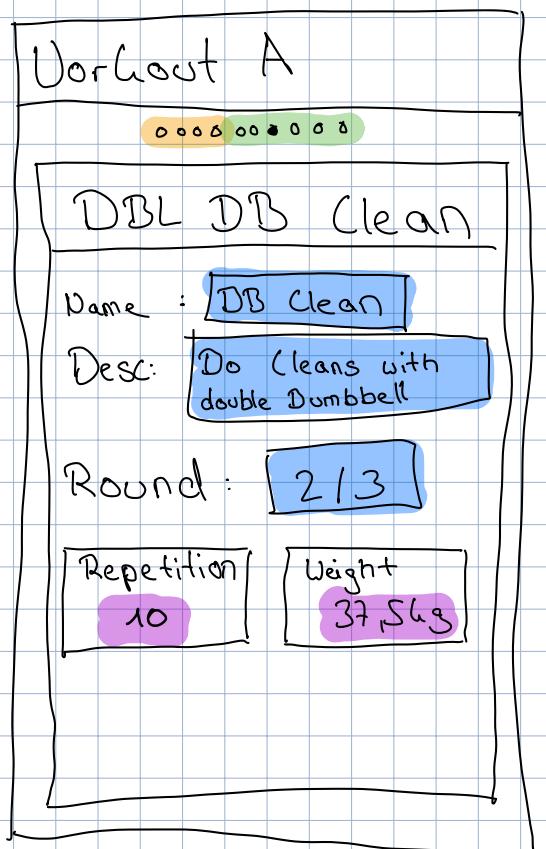


Type Strength Exercise



Type : Endurance Exercise

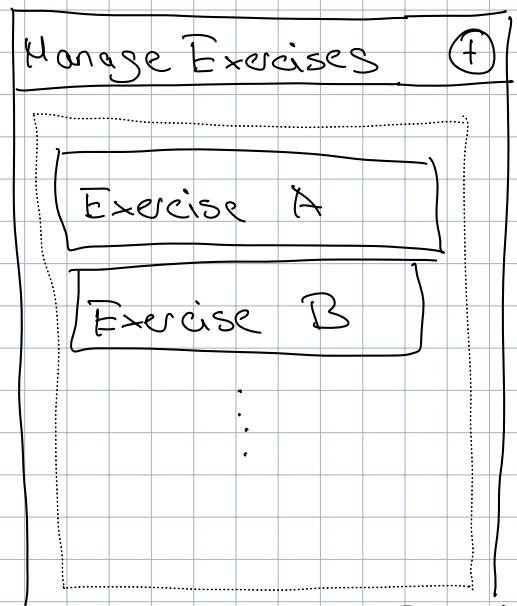




- In the WorkoutActivity, the exercises are cycled through via swiping from left to right
- Over the exercise are dots shown, which represents exercises in the workout
- The yellow marked Area contains Strength-Exercises. There each Dot represents a full exercise
- The green marked Area contains Endurance-Exercises. Because in the Endurance-Part the rounds apply to all exercises, each Dot represents a round of an exercise. This means, if given 5 rds a 2 exercises, there will be 10 Dots for the Endurance-Part
- Blue marked Areas are immutable
- Violet marked Areas are mutable, unless the callee of the Activity is ShowDoneWorkoutsActivity

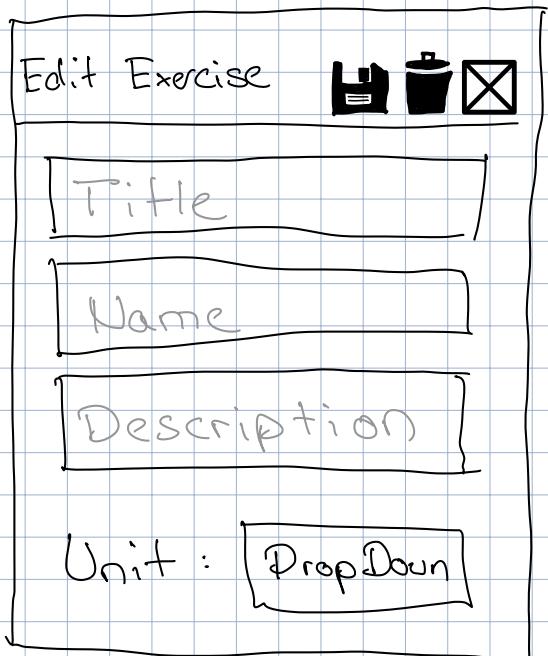
## ExerciseList Activity

- A new BasicExercise Instance is created, by pressing the  $\oplus$  -Button  
( $\rightarrow$  start ExerciseActivity)
- By pressing on a specific Exercise, the user can edit or delete it  
( $\rightarrow$  start ExerciseActivity)



## Exercise Activity

- By pressing the Save-icon  
the Exercise is saved.
- By pressing the Delete-icon  
the Exercise is deleted and  
the activity exits (finish())
- By pressing the cancel-icon  
the activity exits also without  
saving.
- 3 Textfield with STRINGS
- Unit : Dropdownlist to define type of  
effort ( enum Units )
- Title + Unit is mandatory



# Sharing Workouts

Not sure about, how to be done.

- Maybe QR Code is generated and User sets an URL to download from a database
- Or data is transferred via JSON in QR Code
  - ( Alphanumeric is max. 4286 Chars, that's about 4 Word pages with Font-Size 12 )

# Structure of a whole workout

- Warmup (couple of small exercises, are announced in the workout - so not needed in the app; Acts as a placeholder)
- Strength-Part
  - Contains multiple exercises
  - Exercises are chained, one by one
  - Every exercise has properties
    - Duration : how long takes whole exercise
    - Unit : weight (e.g. for dumbbells, sandbacks, ...), calories (e.g. for bike)
    - Repetitions: how many reps to do
    - Rounds : how many rounds to do
    - TimePerRound : Duration of a round
    - On-time : point of time to start
    - Off-time : point of time to pause
  - Duration = sum of exercise-durations
- Workout-Part (Endurance)
  - contains multiple exercises
  - Rounds
  - Duration per round
  - Reps per round
  - Exercise
    - unit : weight or cal

# Structure of an Exercise

- Title : Title of Exercise - is shown in menus etc.
- Name : Exact name for exercise (e.g. cycling, DB Snatch,...)
- Description: more detailed description

## Example of an exercise time-slice

