Interval Training App

Goal: Create Garmin watch app that vibrates to signal start of
set and rest (so you don't have to start + watch a timer).
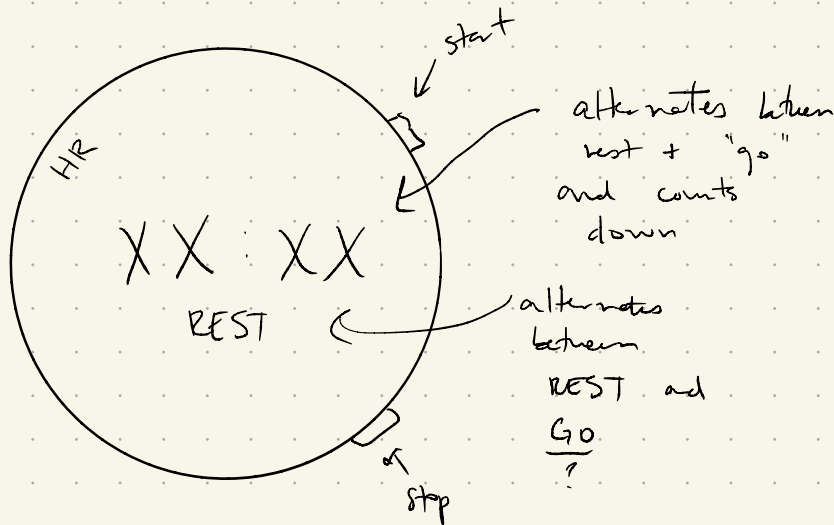Designed for timed intervals (i.e. 30 second planks vs. 30 push ups)

Potential Corner Cases:
- What if you need to take a longer break?
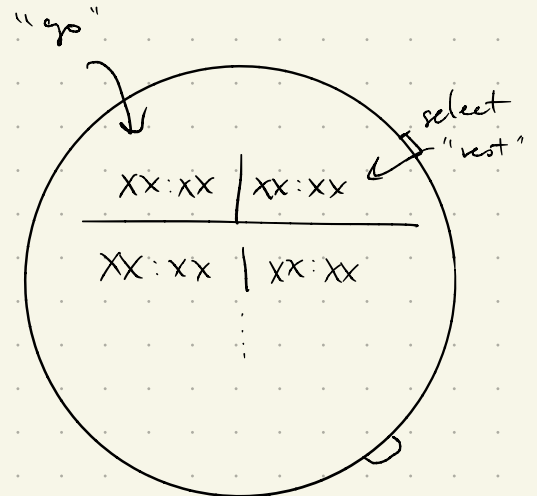- Handle longer break between different exercises?

Prior Art:
- Cross-Training by Juggers has generic and customizable timers (tabata, AMRAP). Costs 2.49 euros.
- Interval Training App by 24-SPORTS: records speed, pace, distance, etc.
- Human Hex: monitors how the user's muscles are using oxygen.
* Want to vibrate after time ends. Can't use GPS location (i.e. sprints)

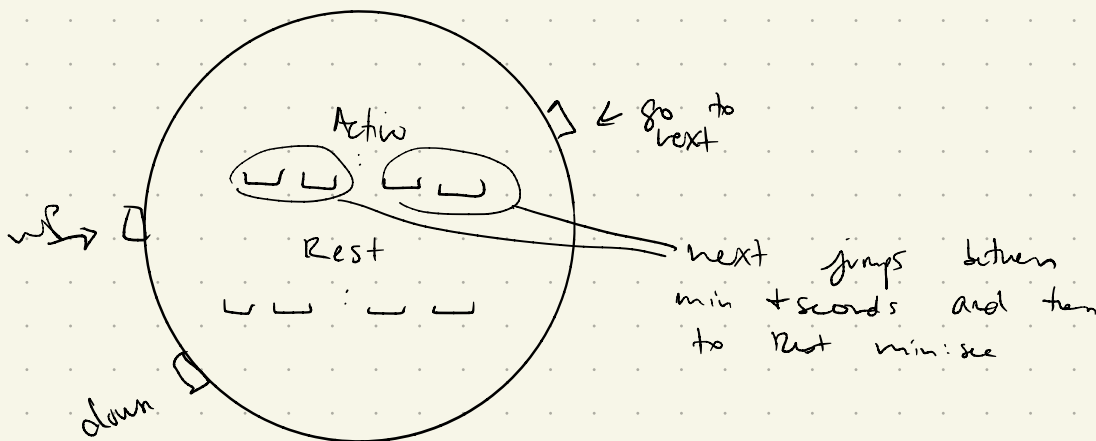Design:

start

alternates between
rest + "go"
and counts
down

HR

XX:XX

REST

alternates
between
REST and
GO
?

stop

Running Page

"go"

XX:XX | XX:XX

XX:XX | XX:XX

select
"rest"

Select Screen

Active

go to
next

up

Rest

next jumps between
min + seconds and then
to Rest min:sec

down

Create