

CS 411 B2

Team 3

User Stories

**User Story 2:** As a logged in user I want to create a new workout program.

**Description:** The user clicks on “Create New Workout” and will be taken to a page prompting the user to select the given options from the following: Number of Days and What Days to Workout, Workout Duration, Target Areas (these are part of the body the user specifically wants to focus on), and Program Duration. Once the user enters the required information the app will return options for various exercises that correspond with the user’s preferences and the user can select what exercises they want to do for each day of the workout program. Once the user selects the exercises and creates their workout routines that will last the length of the Program Duration they will click “Create Workout Program” and the information will be stored by the app.