



VIGIL

Workout Rest Timer

The Problems we aim to solve

- We often overlook the importance of rest between sets
- During rest time, distractions or boredom often lead to wasted time and reduced workout efficiency.

Project Vision - Main Goals

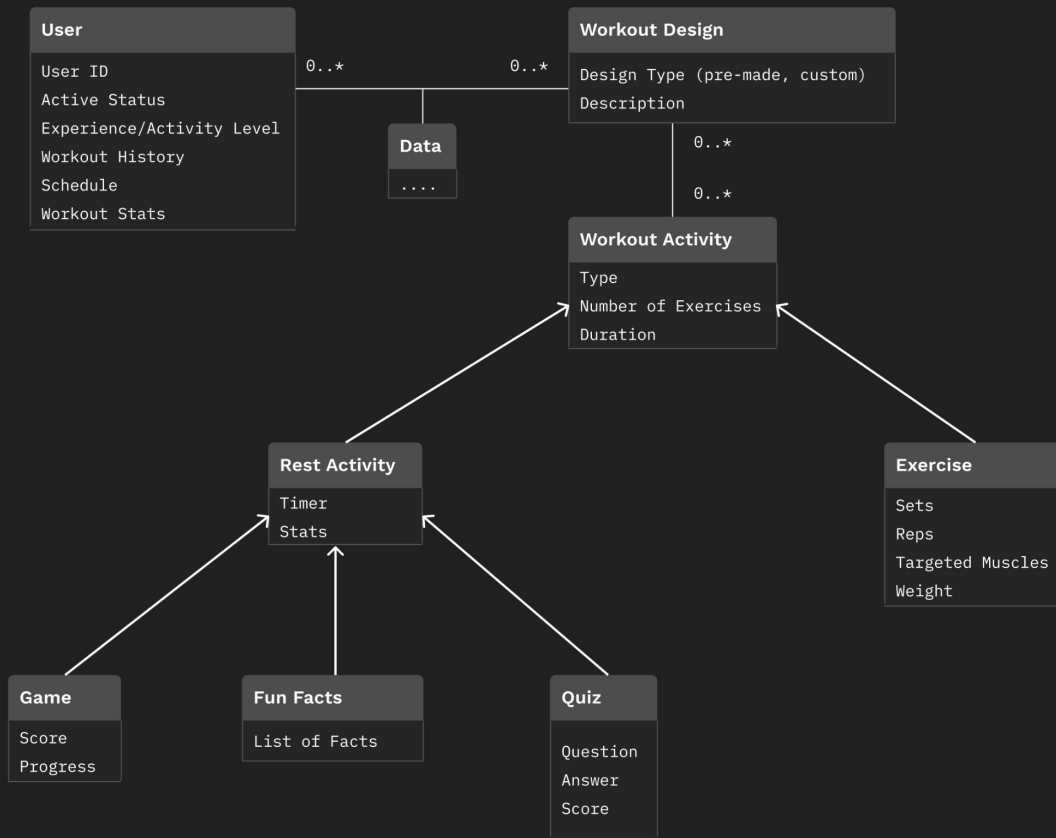
- Ease the process of creating an optimized workout + rest routine
- Transform rest periods into productive and educational moments

Key User Stories

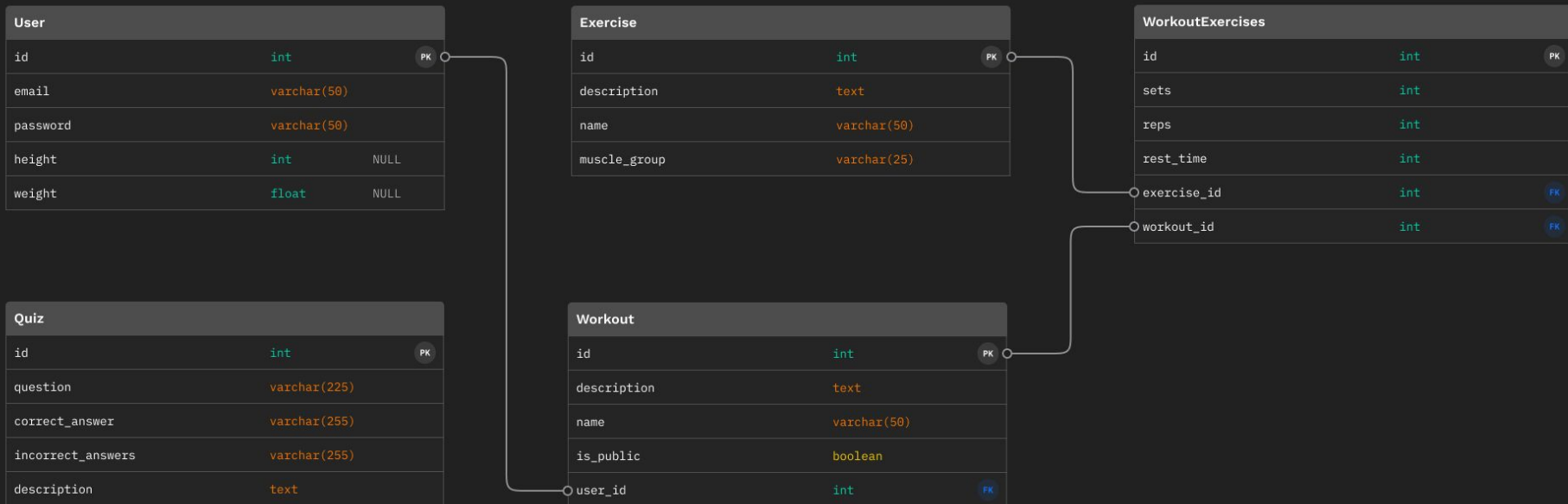
- As a beginner, I want a pre-made workout routine so I can save time and learn while following it.
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- When all machines are in use, I want to create or adjust workout sets based on the available equipment.

Demo

Domain Model



Database Schema



User

id	int	PK
email	varchar(50)	
password	varchar(50)	
height	int	NULL
weight	float	NULL

Workout			
id	int	PK	(
description	text		
name	varchar(50)		
is_public	boolean		
user_id	int	FK)

Exercise			
id	int	PK	(
description	text		
name	varchar(50)		
muscle_group	varchar(25)		

WorkoutExercises			
id	int	PK	
sets	int		
reps	int		
rest_time	int		
exercise_id	int	FK)
workout_id	int	FK)

Quiz

id

int

PK

question

varchar(225)

correct_answer

varchar(255)

incorrect_answers

varchar(255)

description

text

Status Report - Future Features

- Beef up quizzes, add game to rest time
- Optimize/track rest time to fit users' needs
- Animated anatomical diagrams
- Save workout

Thank you for your attention!

Any Questions?