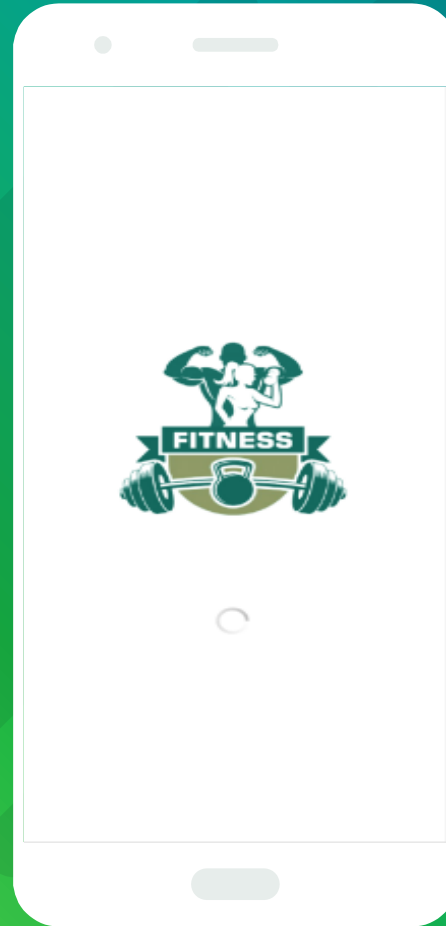# FITNESS APPLICATION

GROUP 5

**Sevilla, Charisa C.**
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**Guemo, Liezel A.**
**Plaza, Karla Marie M.**

## ABOUT

Fitness application is designed to help people who want to get in shape, keep themselves fit, and healthy to reach their fitness goals.

✓ User friendly

✓ Smooth navigation

✓ Visual representation

# FEATURES:

## 1 Visual Representations

The 3 age group audiences for this application favors different methods of information delivery. The app uses gif graphics to explain the approaches for individual workouts, as well as instructions.

## 2 Background Music

The usage of background music will aid in capturing and maintaining the user's attention. This spice gives our application some soul.

## 3 User Personalization

This feature takes user's age information to provide training plans according to their age. The age groups for the training plans are kids, youths, and adults.

# FEATURES:

## Training and Workout

**4**

Workout plans are included in this Fitness application. This is made for an individual training plan for kids, young, and adults.

## Workout Timer

**5**

This functionality is enabled in all of the application's exercises. The 60-second timer can be interrupted and restarted.

# I.
# User Interface
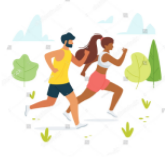
Let's start with the application's content

# Application Content



**Kids**

Keep the kids active and healthy!

**Young**

Exercise benefits every part of the body, including the mind.

**Adults**

Exercise prevents health problems, builds strength, boosts energy, and can help reduce stress.

NEXT

FITNESS

WELCOME TO FITNESS APPLICATION!

GET STARTED

---

Enter your age

(Age Bracket)
6-12 = CHILDREN
13-17 = YOUNG
18 and above = ADULTS

CONTINUE

---

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

WATER BREAK!
1:00 MIN

DRINK UP!

(18 Execises per Set with 2 Rest Times)

---

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

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Repeat 2 times
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WATER BREAK!
1:00 MIN

DRINK UP!

(18 Execises per Set with 2 Rest Times)

---

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Repeat 2 times
1:00 MIN

FLAT CHEST PRESSES
Repeat 2 times
1:00 MIN

WATER BREAK!
1:00 MIN

DRINK UP!

(18 Execises per Set with 2 Rest Times)

---

1:00

START

How To Do This

1. Lying flat on bench, hold the dumbbells directly above chest, arms extended.
2. Lower dumbbells to chest in a controlled manner.
3. Press dumbbells back to starting position and repeat.
4. Avoid locking elbows

6

# II.
# Building the Application Using Java Language

Let's look at the codes

# Java Language:

**Visual Representations**

1

//ViewPager2

implementation 'androidx.viewpager2:viewpager2:1.0.0'

//RoundImageView

implementation 'com.makeramen:roundedimageview:2.3.0'

//Gif Graphics

implementation 'pl.droidsonroids.gif:android-gif-drawable:1.2.23'

# Java Language:

**Background Music**

**2**

```java
mediaPlayer = MediaPlayer.create(Youngworkouts.this,
R.raw.background_music);

        mediaPlayer.setLooping(true);

        mediaPlayer.start();


protected void onResume() { super.onResume();
mediaPlayer.start();

    }

    protected void onPause() { super.onPause();
mediaPlayer.pause();

    }

    protected void onDestroy() { super.onDestroy();
mediaPlayer.stop(); mediaPlayer.release();
```

# Java Language:

3

```java
public void onClick(View view) {

    String value = enterage.getText().toString();

    int intValue = Integer.parseInt(value);


    if (intValue <= 12) {

        Intent int1 = new Intent(agebracket.this, kid_load_screen.class); startActivity(int1);

    } else if (intValue <= 17){

        Intent int2 = new Intent(agebracket.this, young_load_screen.class); startActivity(int2);

    } else if (intValue >= 18){

        Intent int3 = new Intent(agebracket.this, adult_load_screen.class); startActivity(int3);

    } else{

        btn.setEnabled(false);

    }

}
```

# Java Language:

**Training and Workout**

```java
protected void onCreate(Bundle savedInstanceState) {

    super.onCreate(savedInstanceState);

    setContentView(R.layout.activity_kidsexer);



    newArray = new int[]{

        R.id.downwardfacingdog_pose, R.id.warrior1_pose,
R.id.backlegbend_pose, R.id.resttime_pose, R.id.camel_pose, R.id.catcow_pose,
R.id.resttime2_pose, R.id.sidewardlegbend_pose, R.id.legup_pose,
R.id.extendedhandandleg_pose, R.id.warrior2_pose, R.id.resttime3_pose,
R.id.crow_pose, R.id.legbendup_pose, R.id.child_pose, R.id.resttime4_pose,
R.id.squatsidewardbend_pose, R.id.snake_pose, R.id.legtouchbackward_pose,

    };
```

# Java Language:

**Workout Timer**

5

```java
startBtn.setOnClickListener(new View.OnClickListener() { public void
onClick(View view) {

        if (MTimeRunning) { stoptimer(); }

        else { startTimer(); }

}

private void stoptimer() { countDownTimer.cancel(); MTimeRunning=false;

    startBtn.setText("START");

  }

  private void startTimer() { final CharSequence value1 =
mtextview.getText();

     String num1 = value1.toString(); String num2 = num1.substring(0,2);
String num3 = num1.substring(3,5);

}
```

# III.

# How to Use the Application

Application manual

# Application Manual

1. To use the app, swipe your screen to the right 2x then next.

2. Wait for the loading screen to Get Started with the app.

3. Input your age to provide training plans accordingly.

4. After the loading screen, the set of exercises for your age will appear.

5. There will be 18 exercises for the user to complete, each with a 60-second time limit. Depending on their capacity, the user will decide how many times they will repeat each exercises.

**Young**

Exercise benefits every part of the body, including the mind.

**Adults**

Exercise prevents health problems, builds strength, boost energy, and can help reduce stress.

NEXT

FITNESS

WELCOME TO FITNESS APPLICATION!

GET STARTED

**Your age is?**

AGE BRACKET:
6–12 - Children
13-17 - Young
18 and above - Adults

CONTINUE

---

**6**

AGE BRACKET:
6–12 - Children
13-17 - Young
18 and above - Adults

CONTINUE

---

---

**DOWNWARD FACING DOG**
Repeat 2 Times
01:00 MIN

**WARRIOR 1 POSE**
Repeat 2 Times
01:00 MIN

**BACK LEG BEND**
Repeat 2 Times
01:00 MIN
ありがとう

**WATER BREAK!**
01:00 MIN

**CAMEL POSE**
Repeat 2 Times
01:00 MIN

**CAT-COW POSE**
Repeat 2 Times
01:00 MIN
おは

**SIDEWARD LEG BEND**
Repeat 2 Times
01:00 MIN

**Screen 1**

01:00

**START**

How To Do This

Step 1:- Spread your fingers and ground down from the forearms into the fingertips. Outwardly rotate

**Screen 2**

00:53

**PAUSE**

How To Do This

Step 1:- Spread your fingers and ground down from the forearms into the fingertips. Outwardly rotate your upper arms to broaden the collarbones.

Step 2:- Let your head hang and move your shoulder blades away from your ears towards your hips.

Step 3:- Engage your quadriceps strongly to take the burden of your bodys weight off your arm.

**Screen 3**

00:56

**PAUSE**

How To Do This

Step 1:- Begin standing, then step your right foot forward about four feet.

**Screen 4**

Drink more water

00:59

**PAUSE**

**WATER BREAK!**

**Screen 1:**

20

AGE BRACKET:
6–12 - Children
13-17 - Young
18 and above - Adults

CONTINUE

**Screen 3:**

MOUNTAIN CLIMBER
Repeat 2 Times
01:00 MIN

ANKLE HOPS
Repeat 2 Times
01:00 MIN

BASIC CRUNCHES
Repeat 2 Times
01:00 MIN

ANKLE TAP PUSH UPS
Repeat 2 Times
01:00 MIN

BENCH DIPS
Repeat 2 Times
01:00 MIN

ARNOLD SHOULDER PRESS
Repeat 2 Times
01:00 MIN

WATER BREAK!
01:00 MIN

DRINK UP!

**Screen 4:**

00:59

PAUSE

How To Do This

Step 1:- Start in the push-up position with your arms completely straight and directly beneath your

## Screen 1

**00:58**

**PAUSE**

**How To Do This**

Step 1:- Start in the push-up position with your arms completely straight and directly beneath your shoulders.

Step 2:- Your body should form a straight line from your shoulders to your ankles.

Step 3:- Squeeze your abs, lift one foot off the floor and bring your knee up towards your chest while keeping your body in as straight of a line as possible.

Step 4:- Return to the starting position and repeat the movement with your opposite leg..

## Screen 2

14

**AGE BRACKET:**
6-12 - Children
13-17 - Young
18 and above - Adults

**CONTINUE**

## Screen 3



## Screen 4

**ARM CIRCLES**
Repeat 2 Times
**01:00 MIN**

**JUMP SQUAT**
Repeat 2 Times
**01:00 MIN**

**ABDOMINAL BRIDGE**
Repeat 2 Times
**01:00 MIN**

**ABSTRETCH**
Repeat 2 Times
**01:00 MIN**

**ADVANCED BRIDGE**
Repeat 2 Times
**01:00 MIN**

**ALTERNATING SIDE LUNGE**
Repeat 2 Times
**01:00 MIN**

**WATER BREAK!**
**01:00 MIN**

DRINK UP!

**Screen 1 (left):**

01:00

**START**

How To Do This

Step 1:- Arm circles are usually performed without weights and each set lasts about 1 minute, 30 seconds

**Screen 2 (right):**

00:58

**PAUSE**

How To Do This

Step 1:- Arm circles are usually performed without weights and each set lasts about 1 minute, 30 seconds in each direction. As you gain strength you can increase the challenge and hold a set of light weights while doing this exercise.
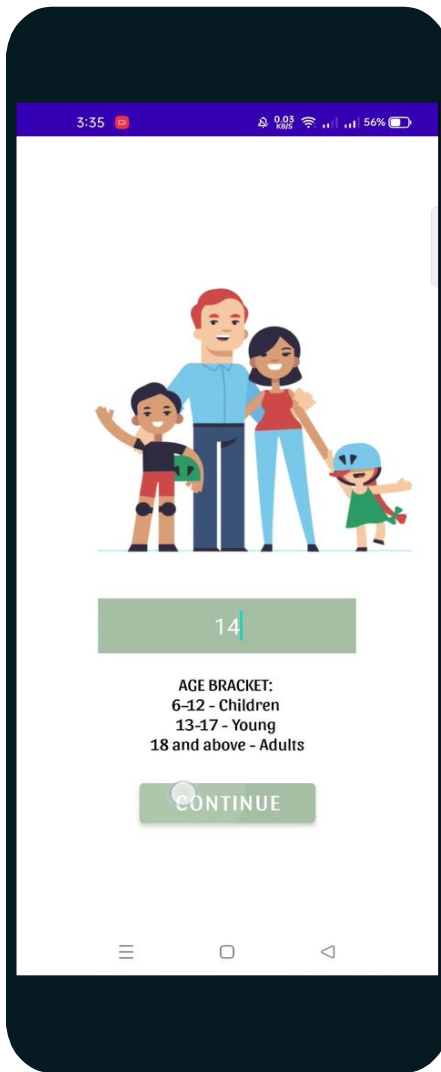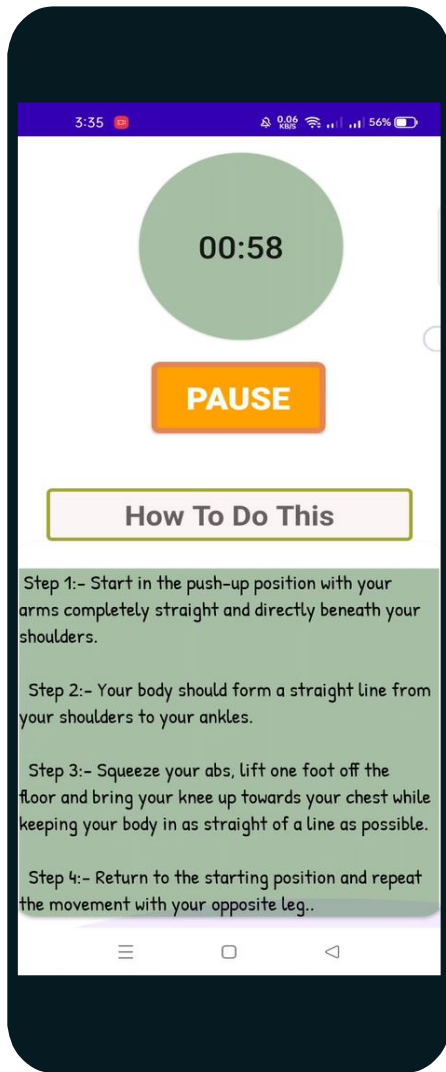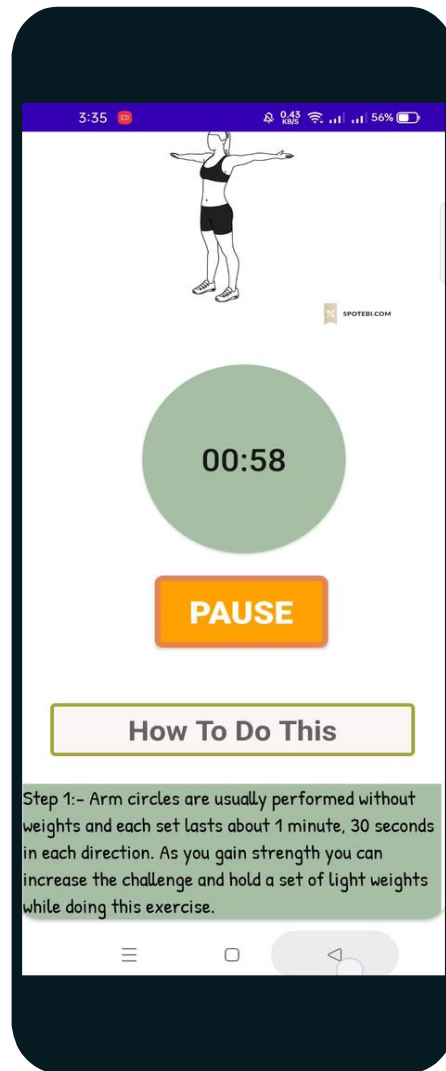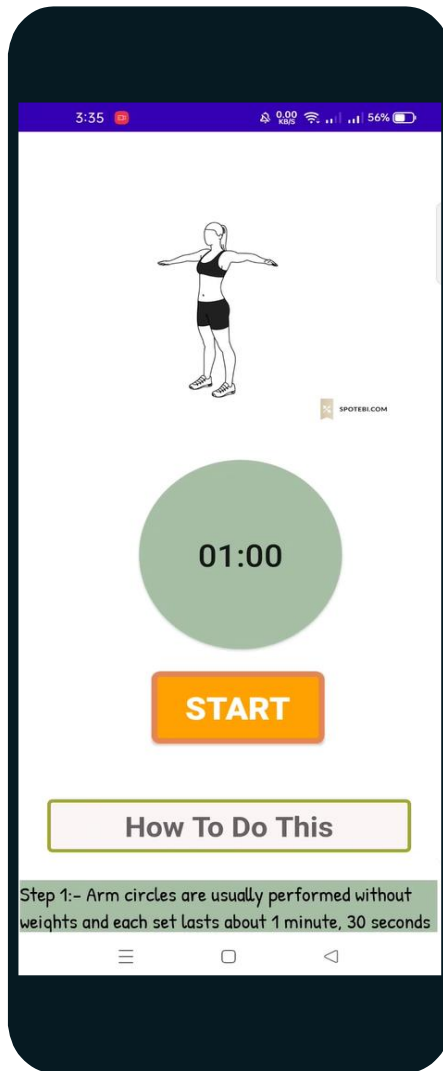
# THANK YOU!

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