

Workflow

User Documentation

Group 8

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Workflow is a comprehensive app that helps users track and set workouts to improve and organize their fitness. Workflow can be used by anyone from beginners to fitness fanatics to busy professionals. All a user needs is a mobile device to download our app on either android or ios. The home page of the app has a quickstart section where users can easily start workouts and view their most recent workouts in workout history (Figure 1). The quickstart will redirect the user to the workouts page and if a workout has already started it will show a prompt that a current workout has begun and ask if they wish to continue or begin a new one (Figure 2). Additionally, a long press on the quickstart will allow a user to edit the name and what workouts it begins with. On the workouts page, the user can click a button to start an active workout when they begin a workout in real life and a timer will begin and it will record the time and date of when the workout began (Figure 3). Once the workout has begun, the user can click the plus button to add exercises that they completed during the workout. It gives a range of options including push-ups, squats, deadlifts, etc. with the most recent ones at the top in blue (Figure 4). The user can select multiple exercises to add. Once an exercise is added it creates a tile on the home page where users can add sets with the reps and weights (or whatever information is specific to that exercise) and check each one that they complete (Figure 5). They can additionally delete any that they wish to delete. Additionally, users can see their most recent workouts in workout history.

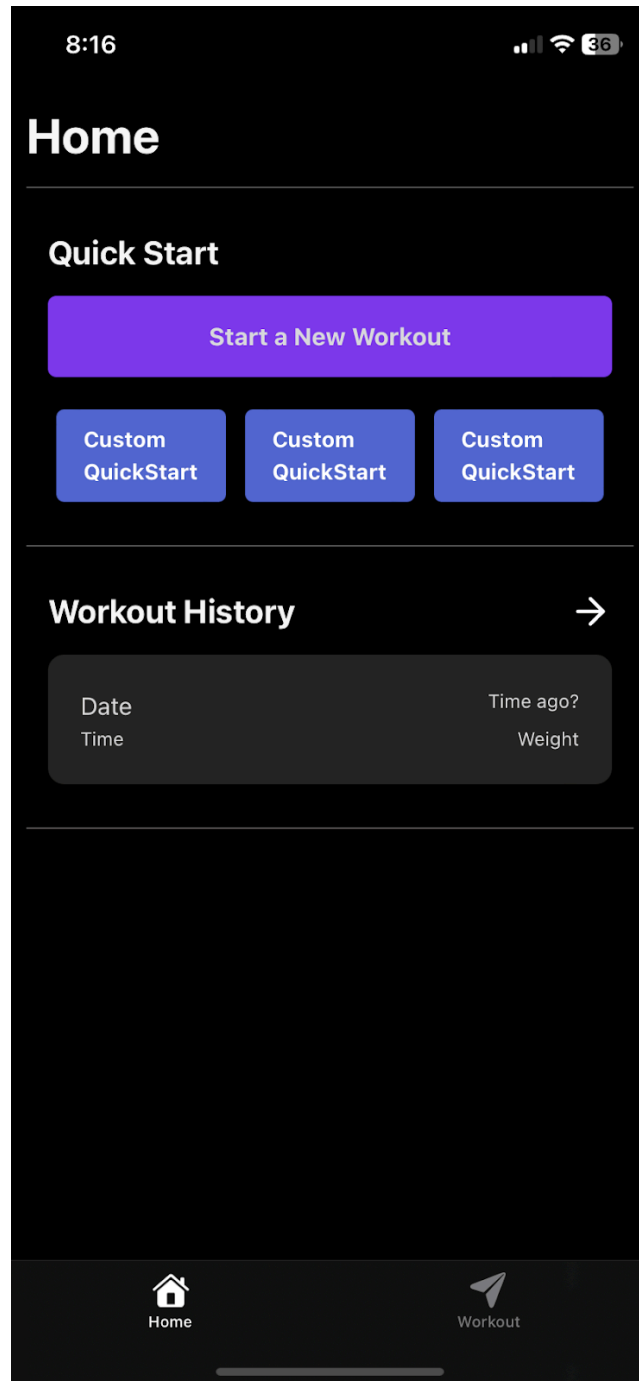


Figure 1: Home page of Workflow with quick start and workout history

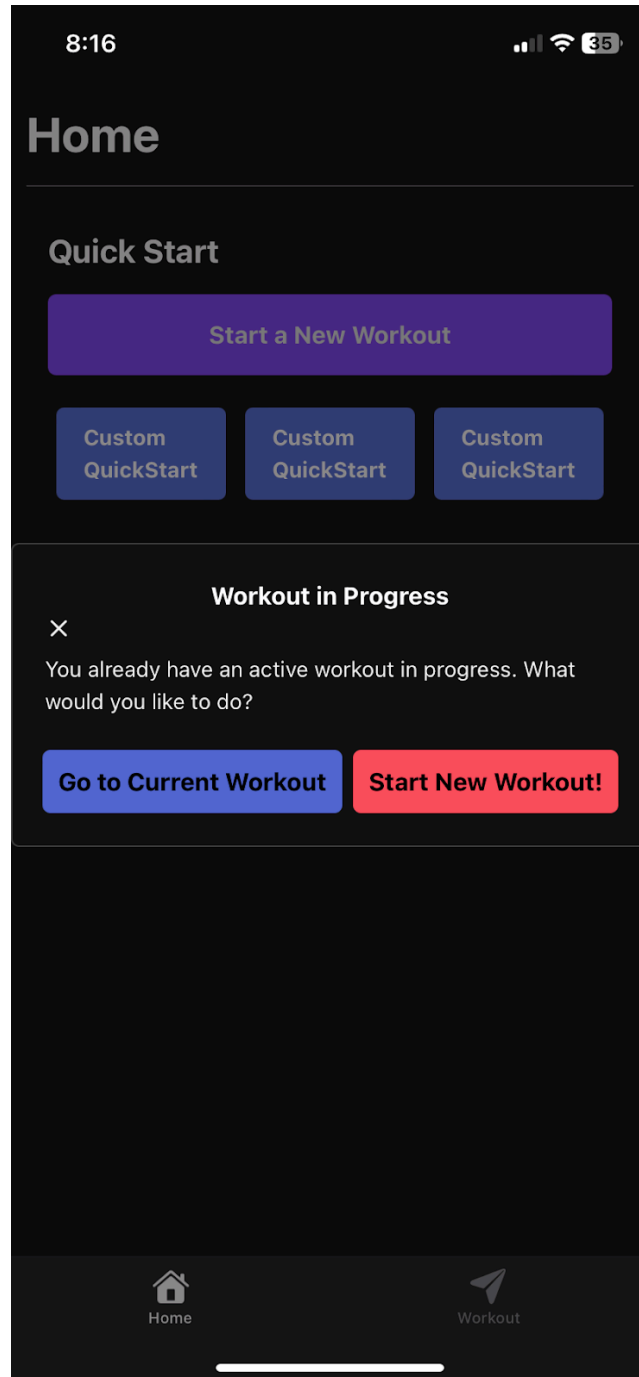


Figure 2: Prompt for quickstart if workout in progress



Figure 3: Workouts page with no active workout

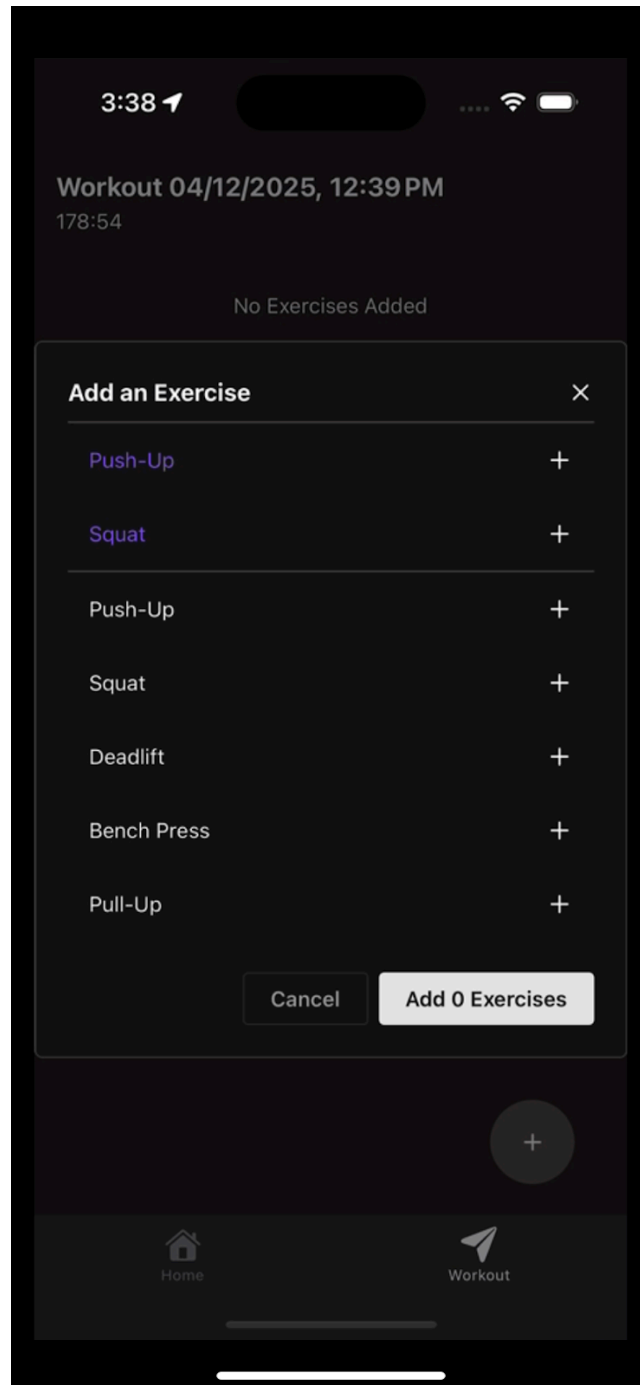


Figure 4: Add exercises

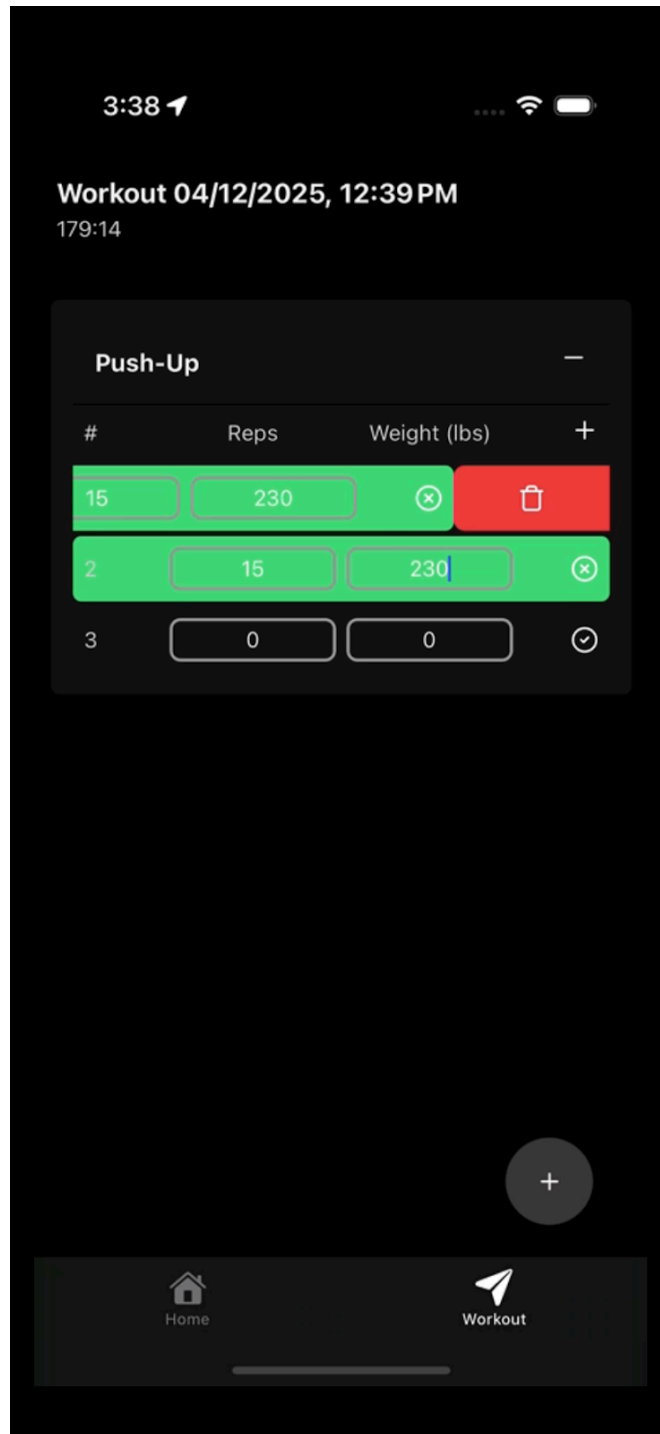


Figure 5: Once exercise is added can modify information