

IDEA - Innovative Design for Extreme Athletes



CrossTrack - An App For Any Smartphone Driven by Android

INNOVATIVE **D**ESIGN FOR **E**XTREME **A**THLETES



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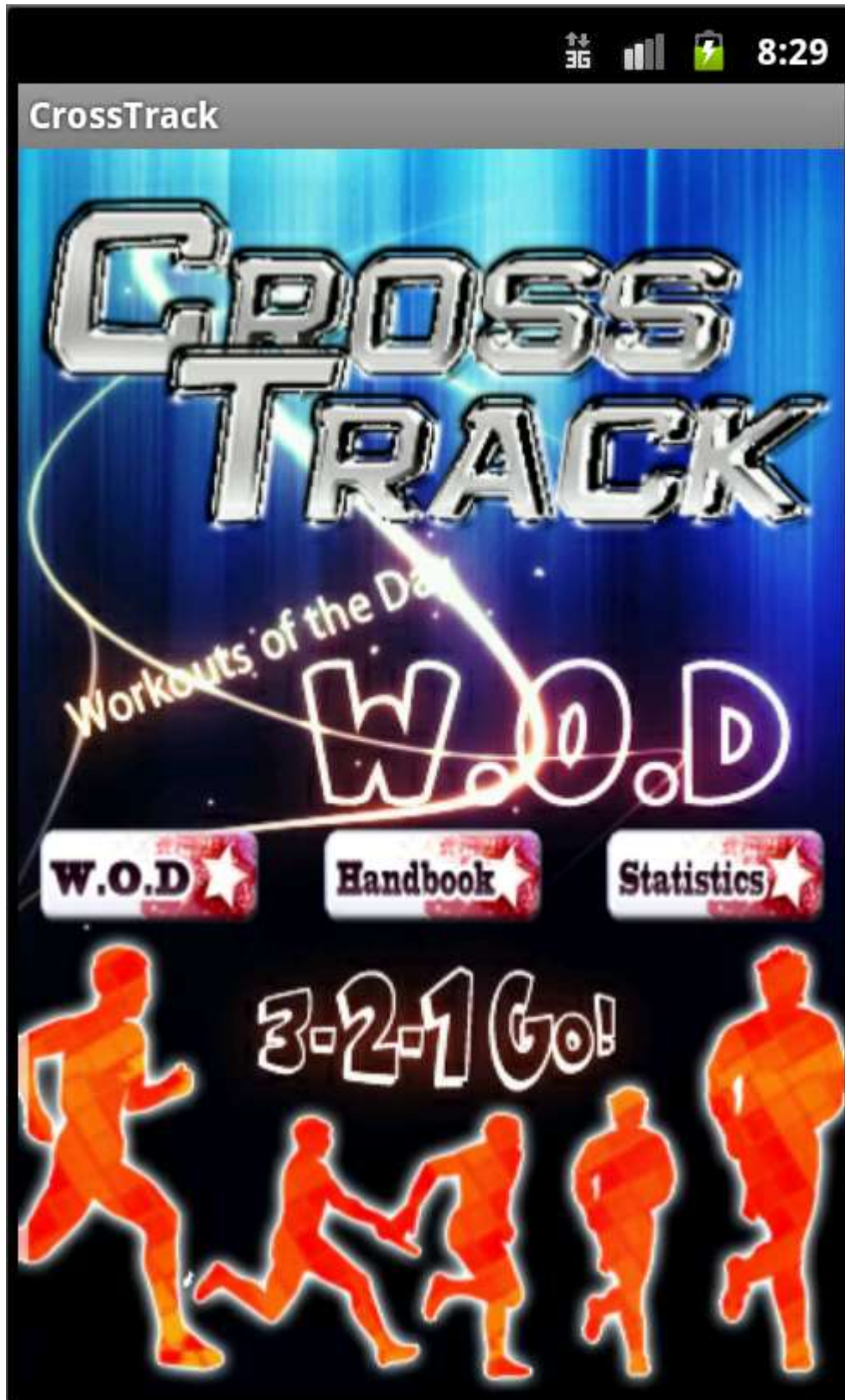
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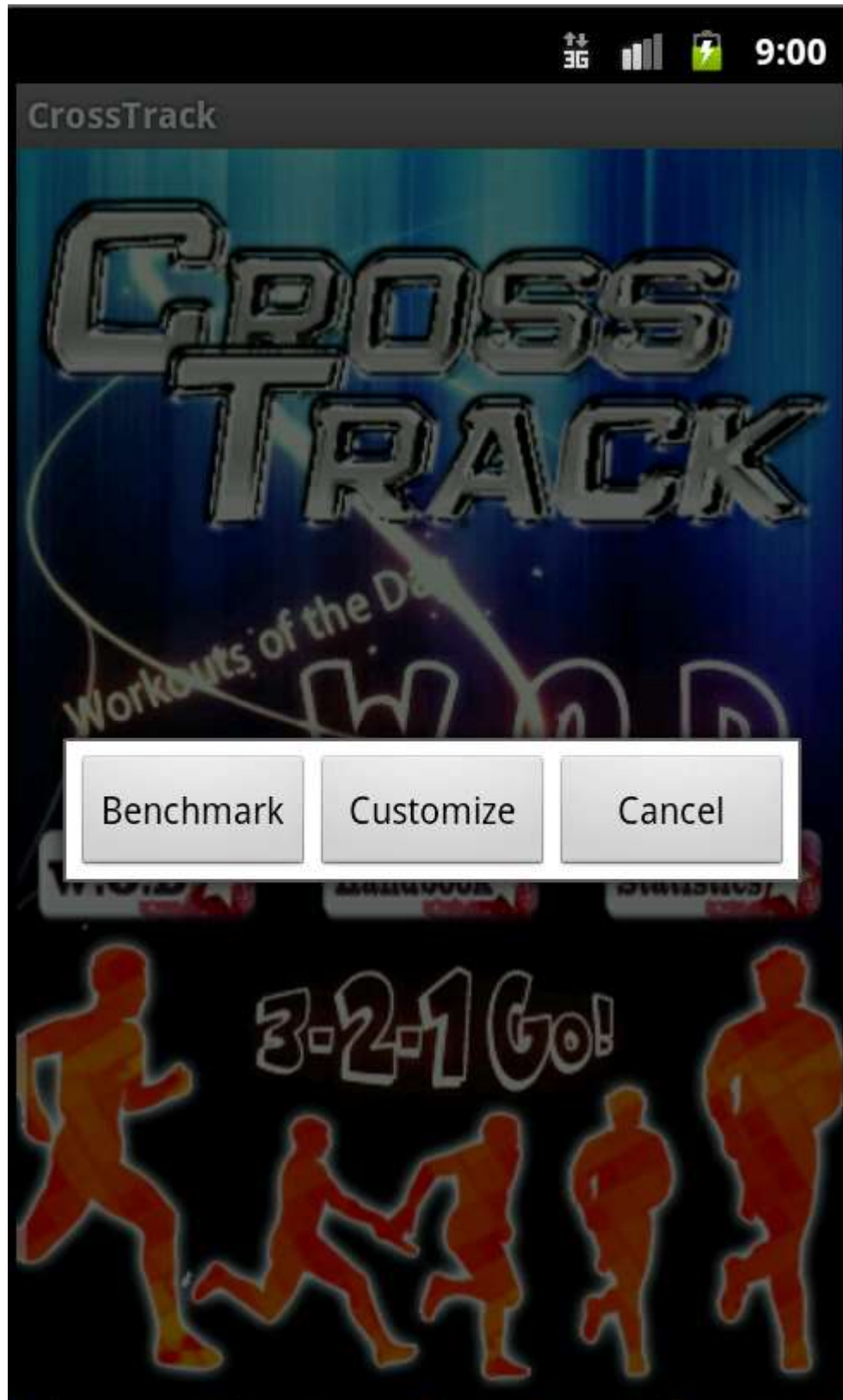
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MM1 - Main Menu



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MM2 - Select WOD



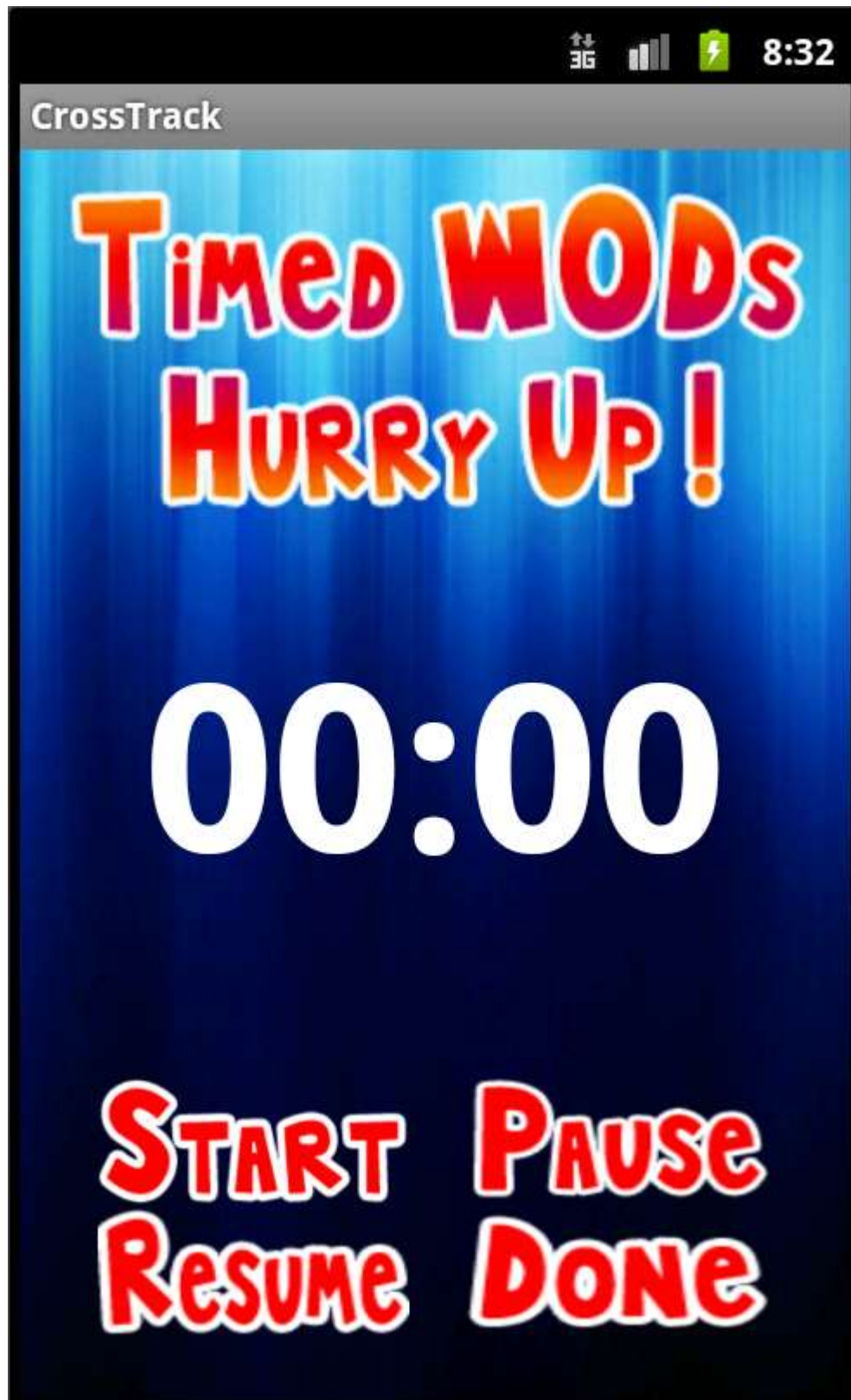
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WD1 - Benchmark



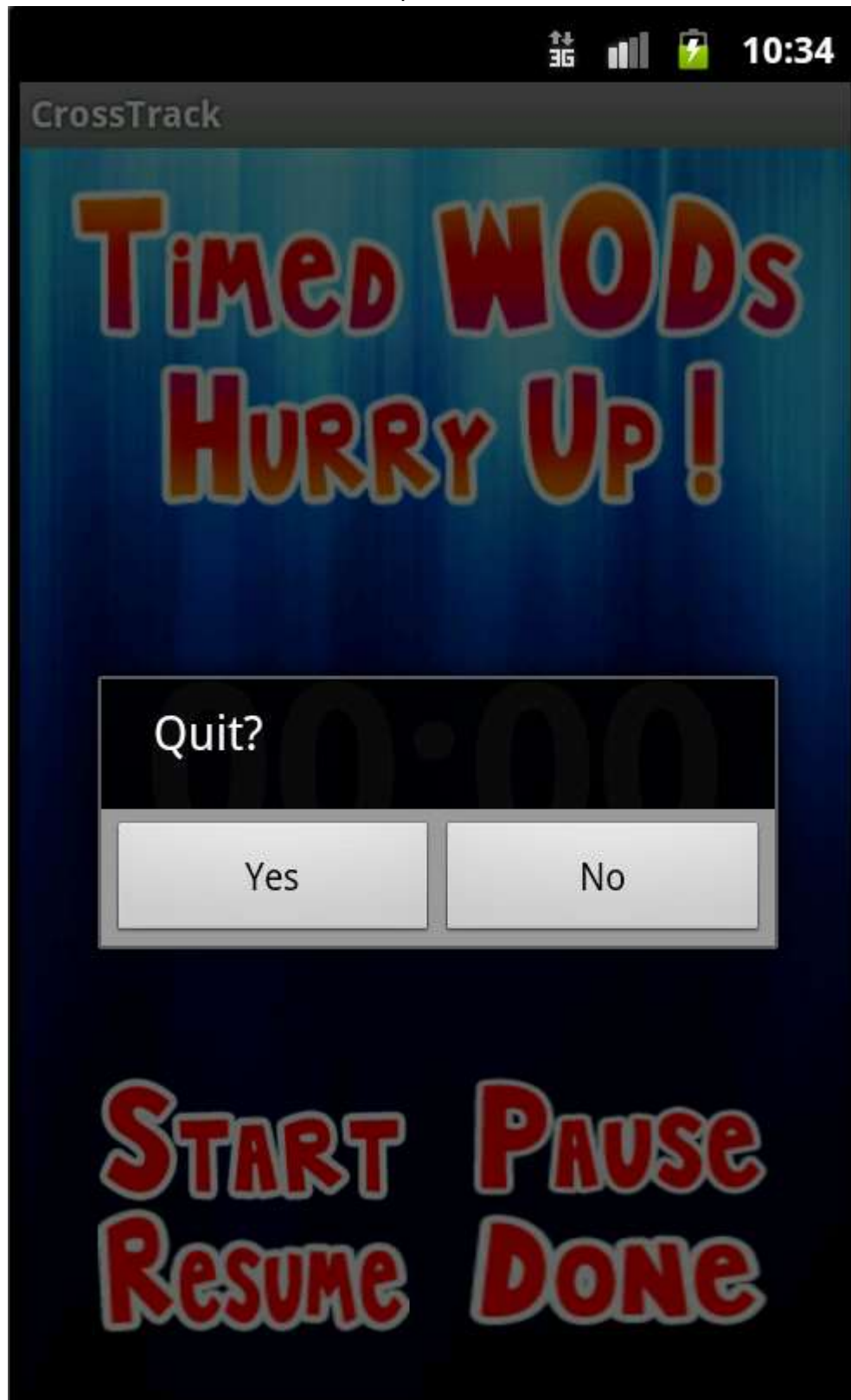
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WO1 - Timed Workout



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WO1A - Incomplete Timed Workout



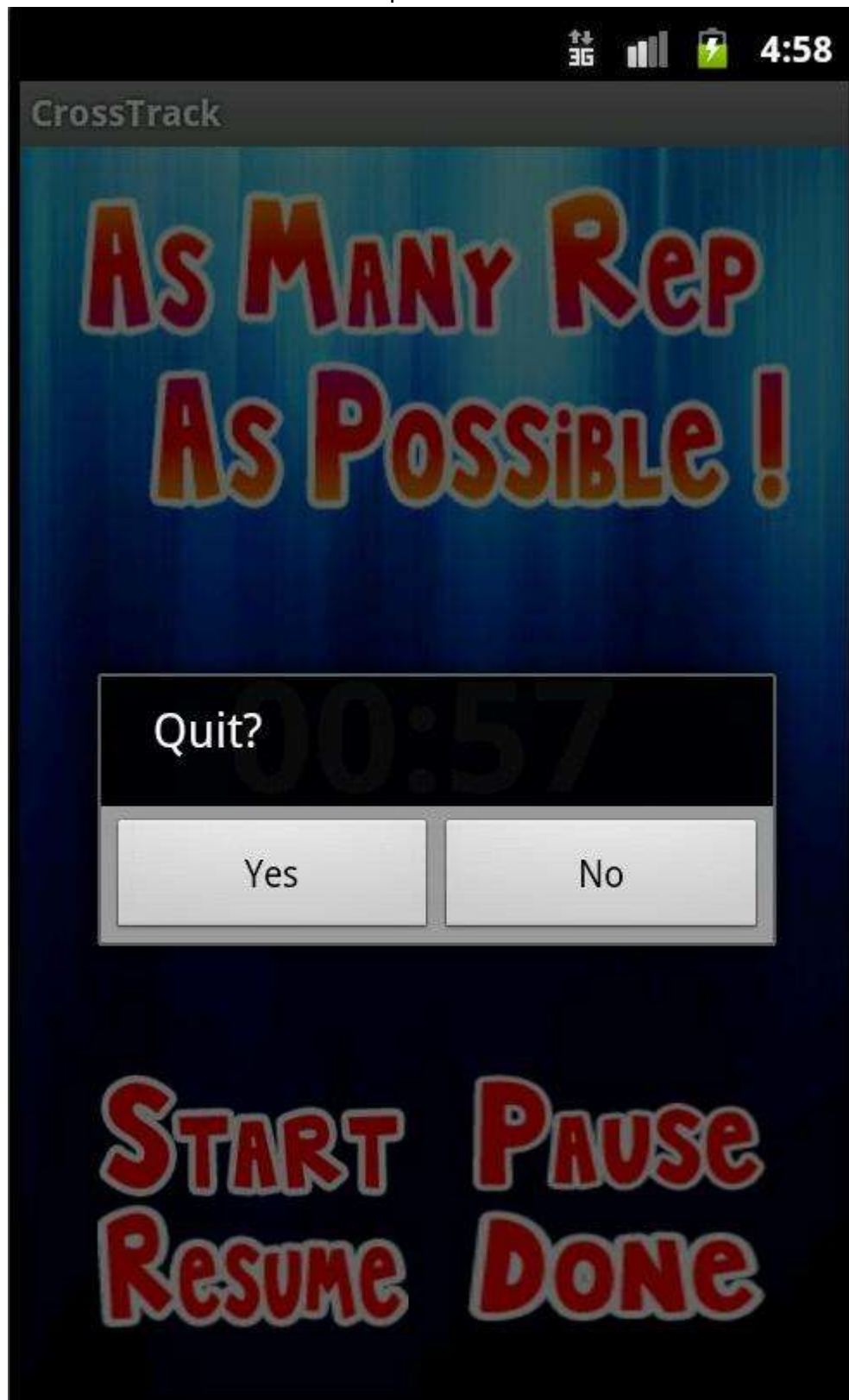
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WO2 - AMRAP Workout



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WO2A - Incomplete AMRAP Workout



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WO2B - Complete AMRAP Workout

The screenshot shows a mobile application interface for a CrossTrack workout. At the top, the status bar displays 3G signal, cellular strength bars, a battery icon, and the time 5:01. The app's title bar reads "CrossTrack". The main background features the text "AS MANY Rep AS POSSIBLE!" in a large, stylized, red and yellow font. A dark gray dialog box is centered on the screen, containing the text "Please enter the number of rounds completed." Below this is a text input field with the label "Number:" on the left and "rounds" on the right. The input field contains the number "12" and is highlighted with an orange border. At the bottom of the dialog are two buttons: "Ok" and "Cancel". Below the dialog, the words "START", "PAUSE", "Resume", and "DONE" are displayed in a large, red, stylized font.

CrossTrack

AS MANY Rep
AS POSSIBLE!

Please enter the number of
rounds completed.

Number: 12 rounds

Ok Cancel

START PAUSE
Resume DONE

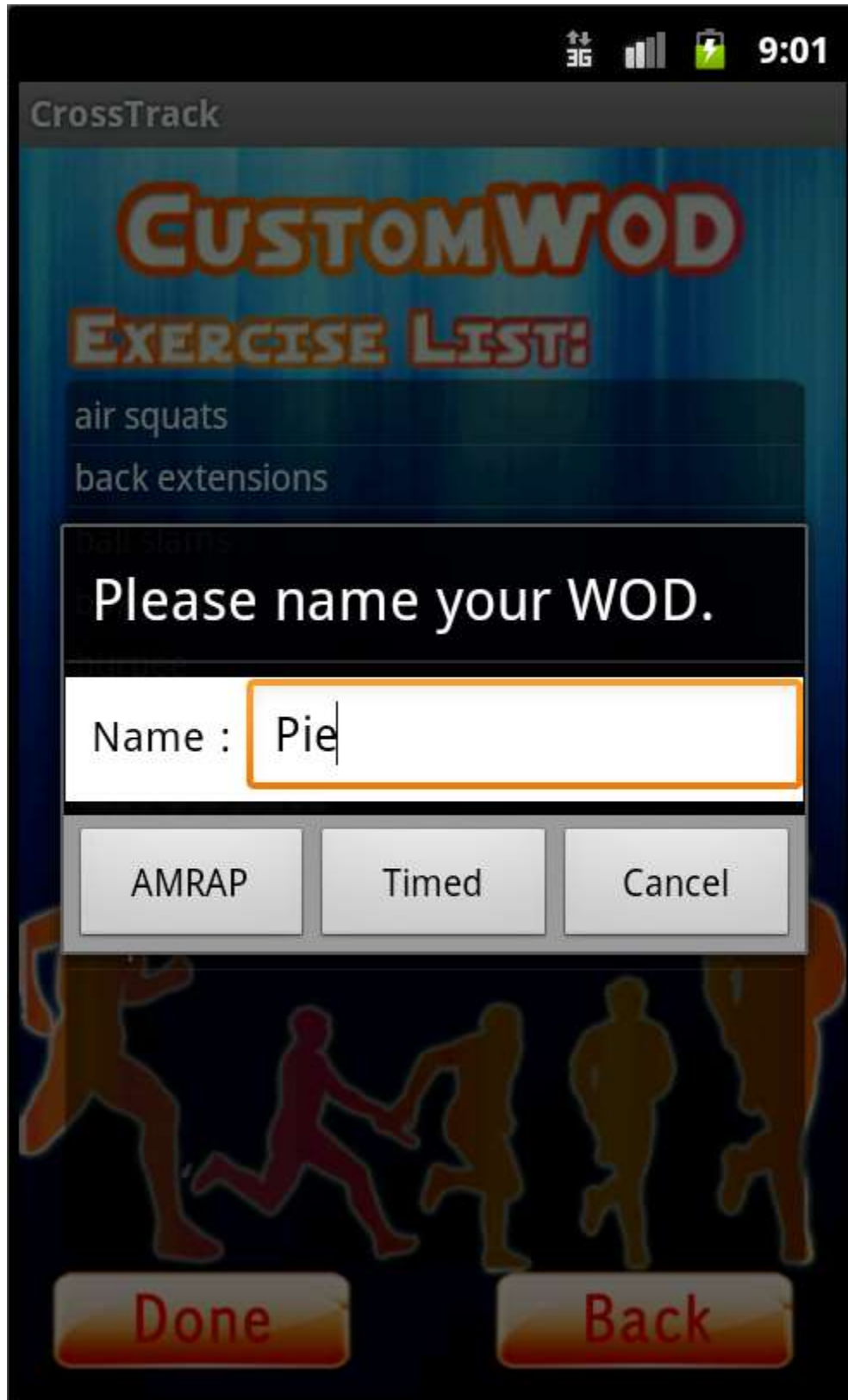
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CW1 - Custom Workout



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CW2 - Name Custom Workout



The screenshot shows a mobile application interface for CrossTrack. At the top, the status bar displays 3G signal, battery level, and the time 9:01. The app's title bar reads "CrossTrack". The main screen features a "CUSTOMWOD" title and an "EXERCISE LIST:" section. Below this, a list of exercises is visible, including "air squats", "back extensions", and "ball slams". A modal dialog box is open, prompting the user to "Please name your WOD." with a text input field containing "Pie". The dialog box has three buttons: "AMRAP", "Timed", and "Cancel". At the bottom of the app, there are two large buttons: "Done" and "Back". The background of the app features silhouettes of athletes in various poses.

CrossTrack

CUSTOMWOD

EXERCISE LIST:

- air squats
- back extensions
- ball slams

Please name your WOD.

Name : Pie

AMRAP Timed Cancel

Done Back

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CW3 - AMRAP Custom Workout

The screenshot shows a mobile application interface for 'CrossTrack'. At the top, the status bar displays '3G', signal strength, battery level, and the time '9:02'. The app's title bar reads 'CrossTrack'. The main screen has a blue background with the text 'CUSTOMWOD' in large, bold, orange-outlined letters, followed by 'EXERCISE LIST:' in a similar style. Below this, a list of exercises is visible, including 'air squats' and 'back extensions'. A modal dialog box is open in the center, titled 'Please enter workout time.' It contains a text input field with the value '45' and the label 'Mins' to its right. Below the input field are two buttons: 'OK' and 'Cancel'. At the bottom of the app screen, there are two large, orange, rounded buttons labeled 'Done' and 'Back'. The background of the app also features silhouettes of athletes in various poses.

CrossTrack

CUSTOMWOD

EXERCISE LIST:

- air squats
- back extensions

Please enter workout time.

Workout Time: 45 Mins

OK Cancel

Done Back

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CW4 - Exercise

3G

8:36

CrossTrack

CUSTOMWOD

DESCRIPTION:

deadlift
Barbell is lifted from the ground until the athlete reaches an upright standing position

REP:

WEIGHT:

UNIT:

Done

Back



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ST1 - Statistics



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ST2 - Weigh In

The screenshot shows a mobile application interface for 'CrossTrack'. The top status bar displays '3G', signal strength, battery level, and the time '9:03'. The app's title bar is 'CrossTrack'. The main screen is titled 'STATISTICS' and features a green button labeled 'History'. A modal dialog is overlaid on the screen with the text 'Please enter your weight.' and a text input field containing '255' followed by the unit 'pound'. Below the input field are two buttons: 'Ok' and 'Cancel'. The background of the app has a dark blue gradient with silhouettes of athletes in various poses at the bottom.

CrossTrack

STATISTICS

$\Delta_L \arg f(z) = (\pi/2)(S_1 + S_2)$

History

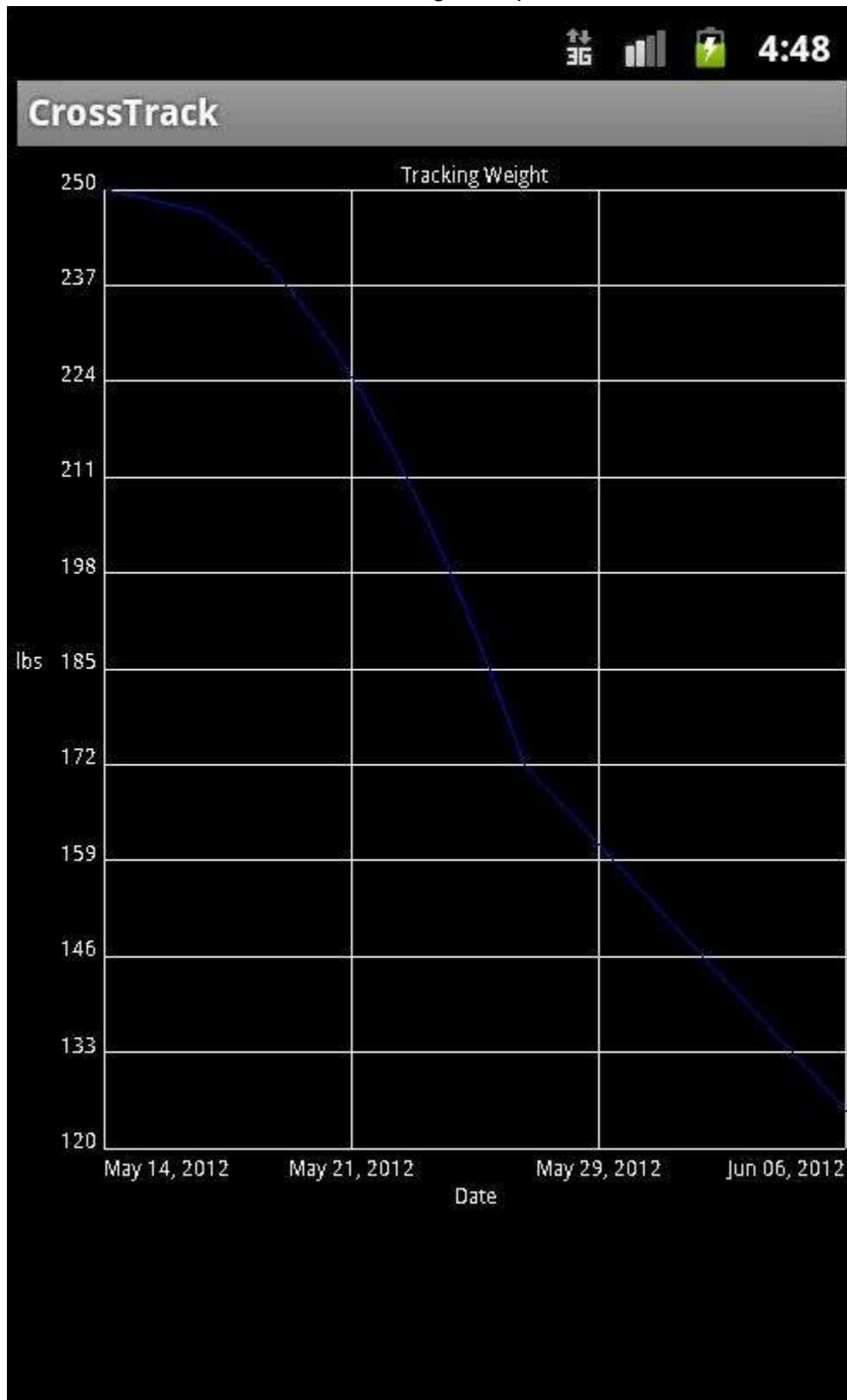
Please enter your weight.

Weight : 255 pound

Ok Cancel

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ST3 - Weight Graph



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ST4 - Personal Bests



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ST5 - History



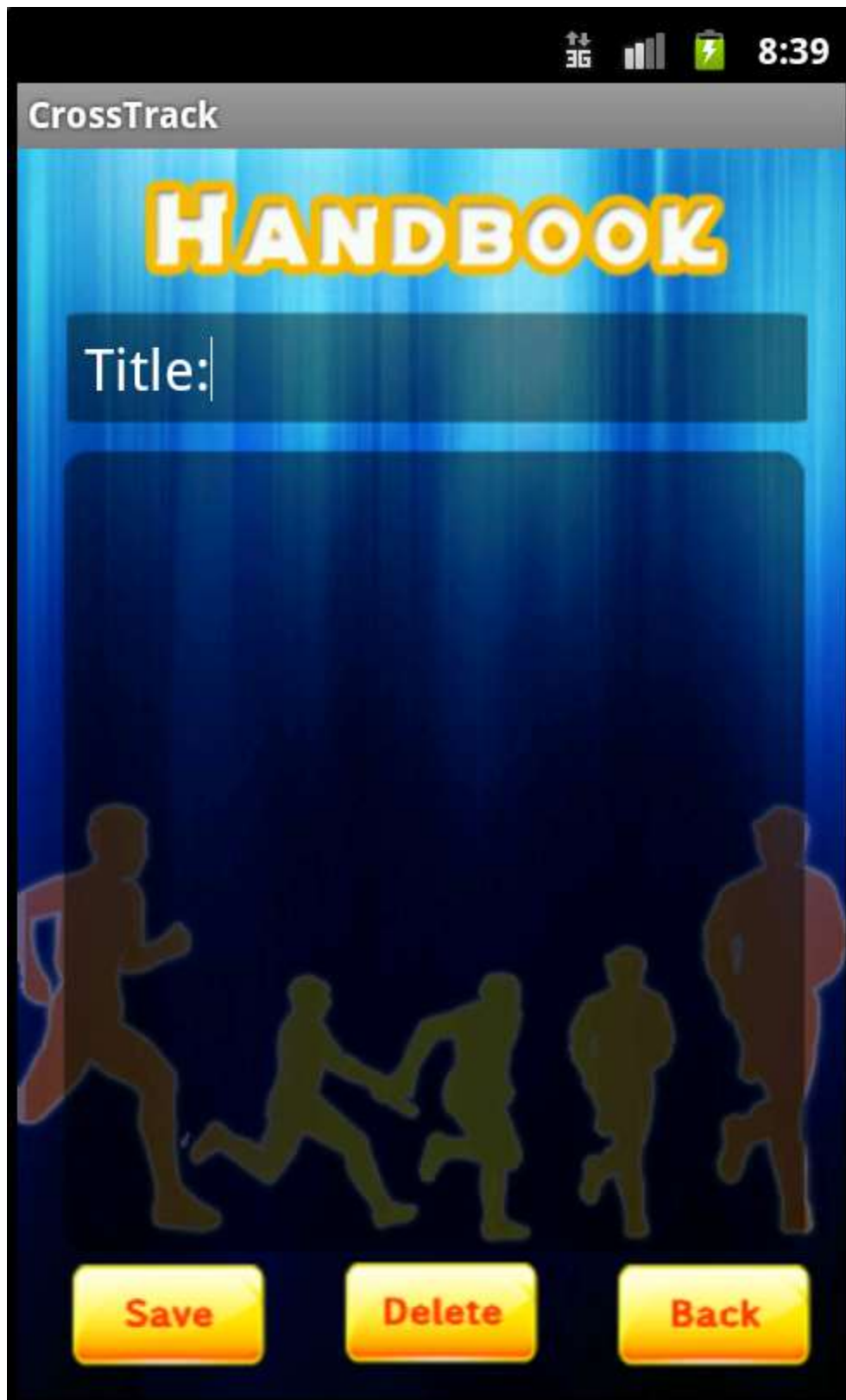
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HB1 - Handbook



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HB2 - Note



The image shows a mobile application interface for "CrossTrack". At the top, a status bar displays "3G", signal strength, battery level, and the time "8:39". Below this is a grey header with the text "CrossTrack". The main content area has a blue gradient background with the word "HANDBOOK" in large, bold, yellow-outlined letters. Below the title is a dark blue rectangular input field with the text "Title:" and a cursor. Underneath the input field is a large, empty dark blue rectangular area. At the bottom of the screen, there are three yellow buttons with red text: "Save", "Delete", and "Back". The background of the app features silhouettes of five athletes in various running and jumping poses.

CrossTrack

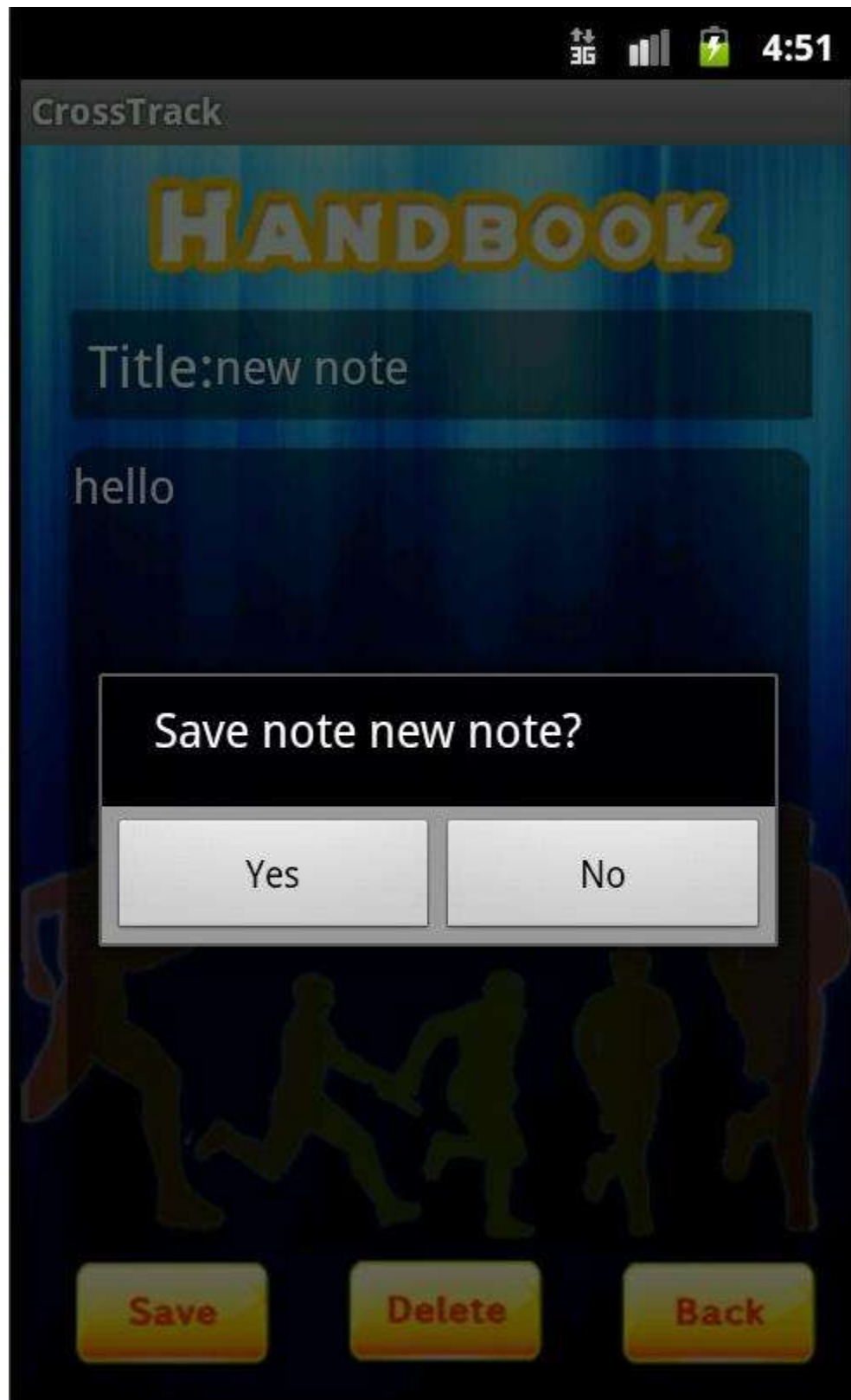
HANDBOOK

Title:

Save Delete Back

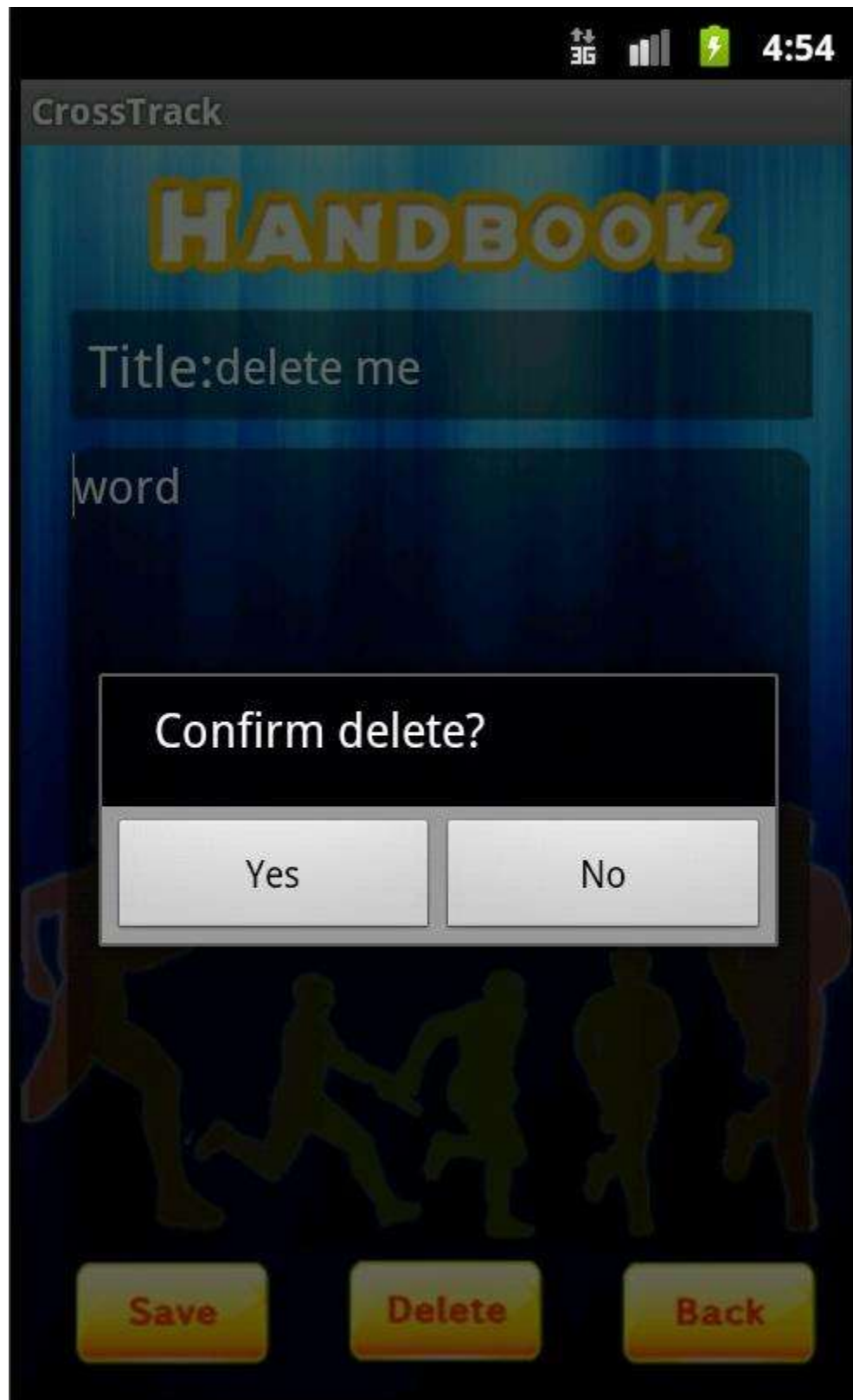
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HB2A - Save Note



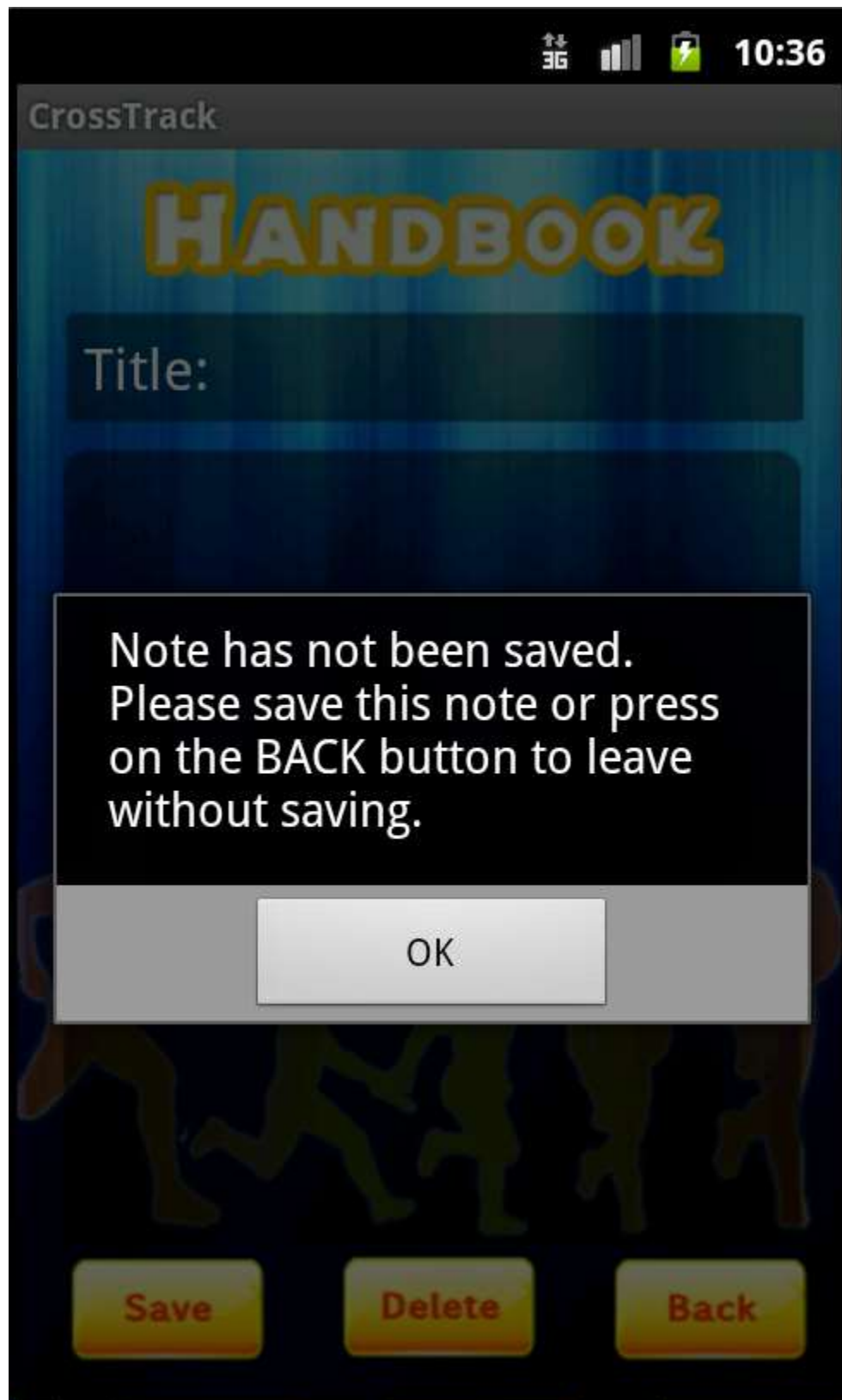
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HB2B - Delete Note



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HB2C - Delete Unsaved Note



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HB2D - Back

