



TEAM APEX

VISION DOCUMENT – VERSION 4.0

Team Apex: APEX Fitness

ICS 499 – Capstone

System Overview

This application is designed for all levels of users to have the ability to customize and track their own exercise workouts based on the machines or equipment available to them. This is also a perfect

application for beginners, who are looking to stay fit but don't have countless hours searching the web for exercises based on limited equipment. The application will monitor and alert the users to stay focused on their fitness goal.

Attributes

- Choose your exercises to create a custom workout
- Target specific body parts to workout
- Exercises are specifically tailored for you based on your personal profile
- Track previously completed workouts
- Easily add or remove equipment based on what's currently available
- Optional e-mail reminders to keep you on track
- Great for home gyms, or when on the road using hotel gyms
- Easy to use regardless of user's level of fitness expertise
- Completely free!!!!

Key Features

- Get available exercises for all body parts using your gym equipment
- Create and track new workouts
- Reuse previously completed workouts
- Includes recommended exercises for your goals you set via your profile
- Includes bodyweight exercises to complete your workout routines
- Add or remove your gym equipment
- View previously completed workouts
- E-mail reminders sent after 48 hours of inactivity

Capabilities

- Get available exercises for all body parts using your gym equipment
 - Simply use a searchable list to find all the equipment you have available to use whether it's a local gym, home gym, or hotel gym. You can look it up to find new exercises based on the equipment you select. Enter all the equipment you have, then search to generate a list of exercises organized by body part.
- Create and track new workouts
 - Create new workouts consisting of your available exercises. When your workout is complete you can enter the number of sets, reps, and weight you did for each exercise during the workout.
- Reuse previously completed workouts
 - Save the user time by allowing him/her to reuse a previous workout plan.
- Includes recommended exercises for your goals you set via your profile
 - Whether you select Weight Loss, Muscle Gain, both, or neither you will receive a list of exercises with certain recommended exercises highlighted based on your selection.
- Includes bodyweight exercises to complete your workout routines
 - You can also include bodyweight exercises in your search to get a complete workout routine. Or even get a workout in using only bodyweight exercises if no equipment is available for you to use.
- Update/add or remove your gym equipment
 - Add or remove gym equipment from your profile to receive an updated list of exercises based on your currently available equipment.
- View previously completed workouts
 - Enable users to see the history of completed workouts, enabling users to see the details (sets, reps, weight) of those workouts.
- E-mail reminders sent after 48 hours of inactivity
 - Users will receive an email reminder if a workout is not completed within 48 hours of the last completed workout