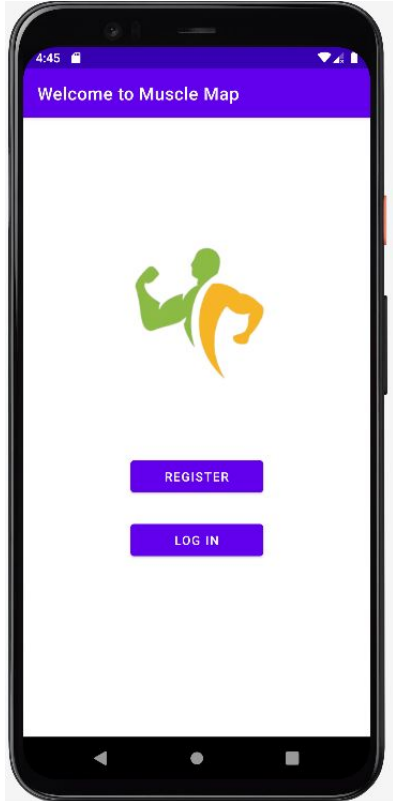# Muscle Map Walkthrough

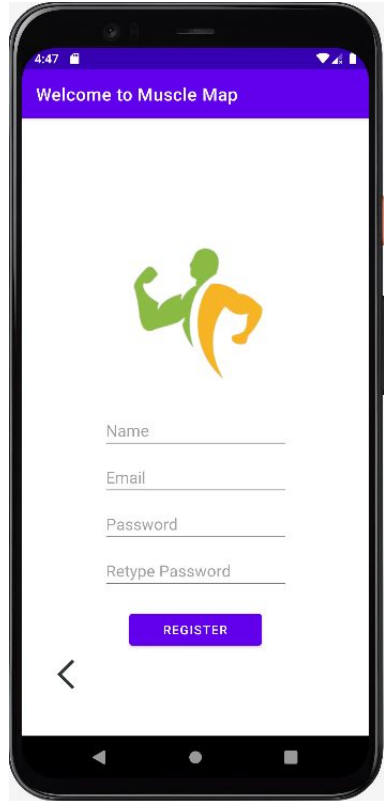Dmytro Vremenko, Frank Pizzella, Ryan Keleti

Welcome screen

Upon entering the application, the user will be presented with the welcome screen. Underneath the application icon, the user has the choice to click the **Register** button or the **Login** button, before proceeding to the main interface.
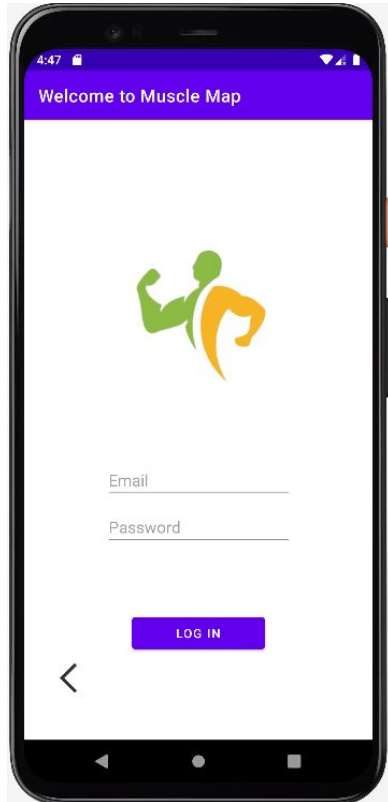
Registration screen

After clicking **Register** on the welcome screen, the user will be brought to the registration page. The user will need to input their name, an email address, a password, and the same password again for verification.

The user then clicks **Register**.
If the email is taken or an invalid email, an toast error is shown. If the password is less than 8 characters or does not match the retype field, a toast error is shown. After fixing any mistakes, the user can try again. If registration succeeds, the user is sent to the main interface as the new user.

The user can go back to the welcome page using the back arrow button or the Android back button.

Login screen

If the user instead clicks **Log in**, they are brought to the login page. Similar to the registration page, the user can return at any time to the welcome page using the back arrow button or the Android back button.

The user then inputs their credentials (email and password used in a previous registration page input), and presses **Log in**. If the inputs are invalid or do not match an existing user, a toast error is show.

Otherwise, the user is brought to the main interface as the logged in user.

Exercise screen
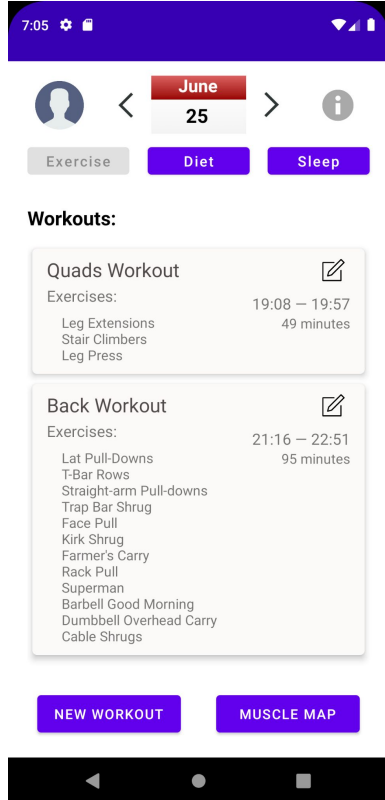
When the user first enters as a logged in user, they will be greeted by the exercise screen. On the top, common to the Exercise, Diet, and Sleep tabs, is the profile button and calendar.

The page displays a list of workouts done on the day shown in the calendar. By clicking the backwards/forwards arrow at the top (or by clicking the calendar and selecting a date), the user can view the workouts they input on that day.

Continued on next slide.
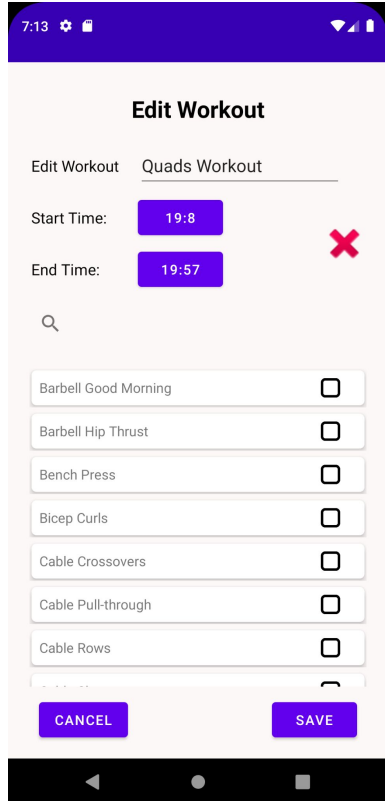
Exercise screen (continued)
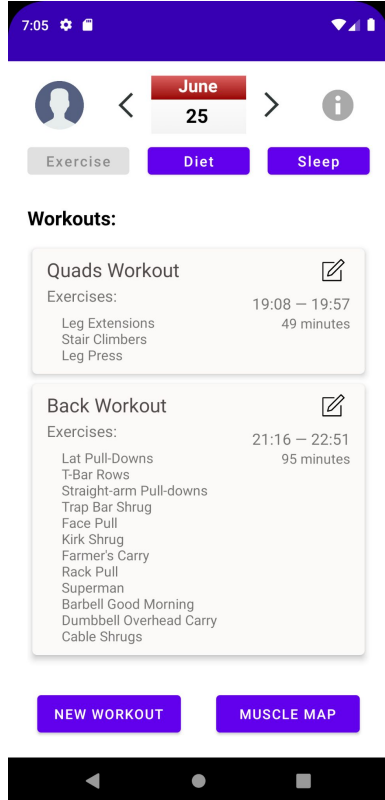
Each workout is a collection of exercises (predefined by the application). An item in the workout list consists of:

- A title (i.e., 'Quads Workout').
- A list of exercises (i.e., Leg Extensions, …).
- The start and stop times for the workout (i.e., 19:08 to 19:57).
- The duration of the workout (i.e., 49 minutes).

Each workout can be edited after being input. To do so, click the edit icon.
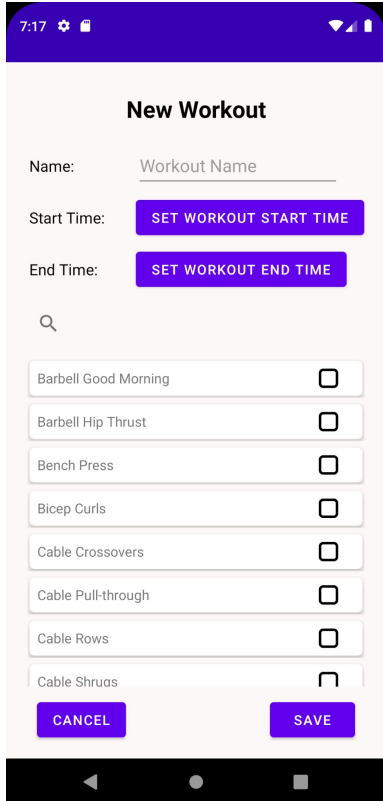
Edit Workout screen

A user might wish to change some details of their workout. After clicking the edit workout icon, the user is brought to this page. The user can then change the workout name, the start and stop times, and which exercises were in the workout (ones in the workout will be already checked).

The user can then hit the **Save** button to update the data, in which they are brought back to the exercise screen with the data changed. Otherwise, they can select the **Cancel** button or the Android back button to cancel any changes and return to the exercise screen.

The user can also choose to delete the workout using the red X. The workout is deleted and the user is brought back.

New Workout screen

After clicking the **New Workout** button on the exercise screen, the user is brought to this page.

The user enters the name of the workout, the start and end time, and selects the exercises in the list which are to be included in the workout.

The user clicks **Save** to save the new workout. If any fields are not filled in or no exercises are chosen, a toast error is shown. Otherwise the user is brought back to the exercise page with the new workout shown.

The user can hit **Cancel** or the Android back button to return without saving.

Muscle Map screen
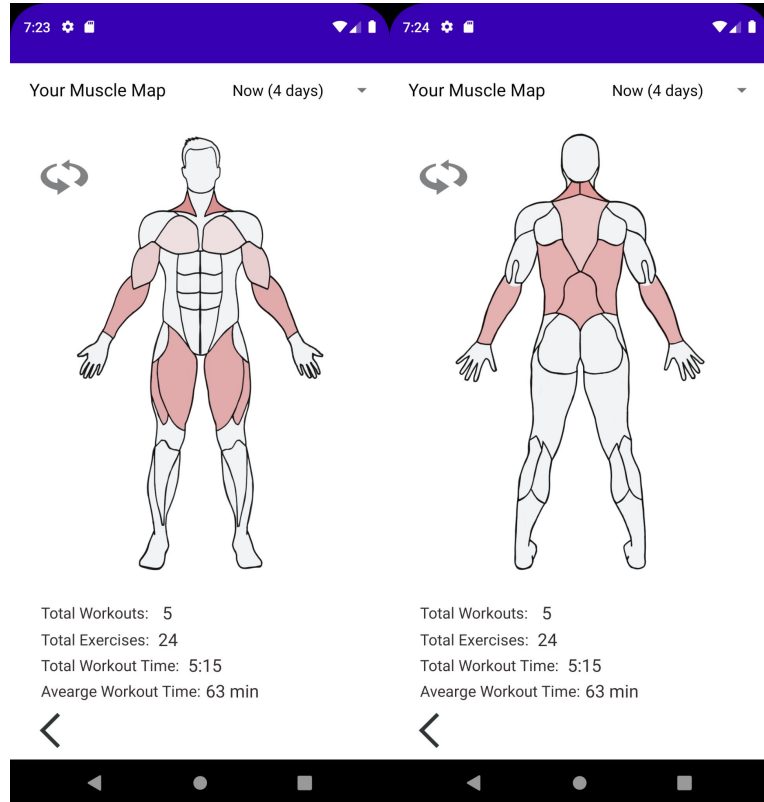
The user can click the **Muscle Map** button to display their workout activity statistics. On display is a flippable body image highlighting the areas of stress based on which exercises/workouts targeted those muscles. The darker the shade of red on a particular muscle group, the more strain. The user can use the flip button to change the orientation of the figure to see muscles on the back/front.

A spinner at the top allows the user to select how far back they want the included data to go. Below the figure are some general stats.

The user can return with the back arrow button or the android back button.

Diet screen
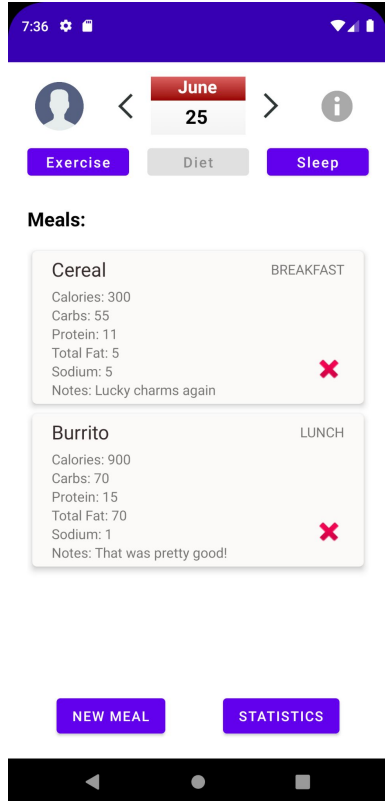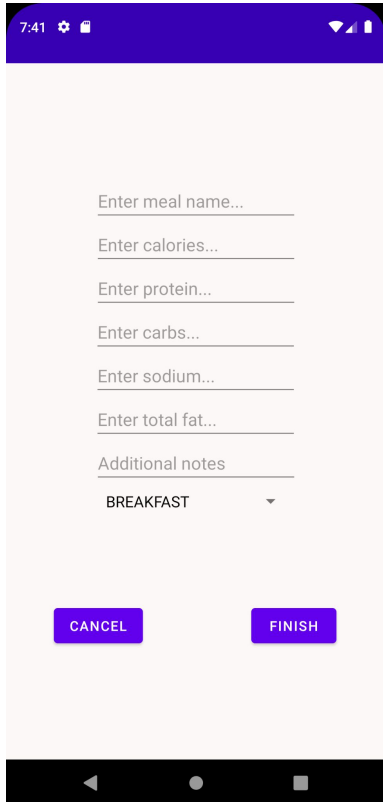
At the top row, the user can select **Diet**, which brings them to this page. All the top bar functionality remains the same as the exercise screen, and we can navigate back to exercises using the **Exercise** button.

Displayed on this page is a list of the meals for the calendar day on top (selected/changed exactly like on the exercise page).

Each meal consists of a name, meal type (Breakfast, Lunch, Dinner, or Snack), and some various nutrition values. By clicking on the red X, the user can remove a meal for that day.

New Meal screen

By clicking on the **New Meal** button on the diet page, the user is brought to an input screen for a new meal. After inputting the meal name and nutrition values, the user then selects from the spinner the meal type. The additional notes field is optional.

To save the meal, the user clicks **Finish**. If any of the required fields are missing, a toast error is shown. Otherwise, the meal is saved and the user returns to the diet screen.

The user can hit **Cancel** or the Android back button to return without saving.
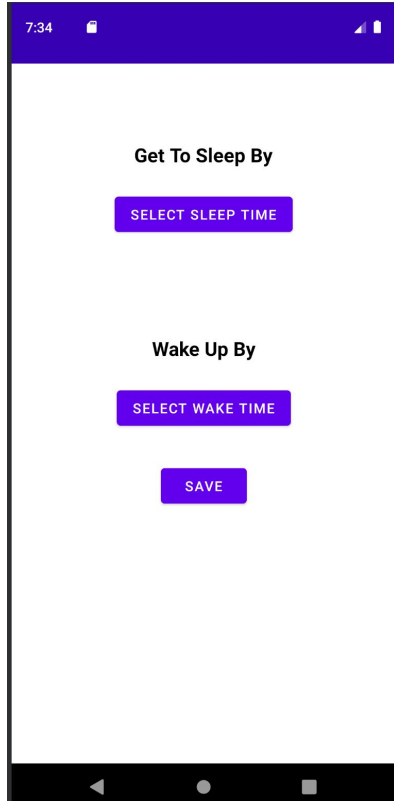
Diet Statistics screen
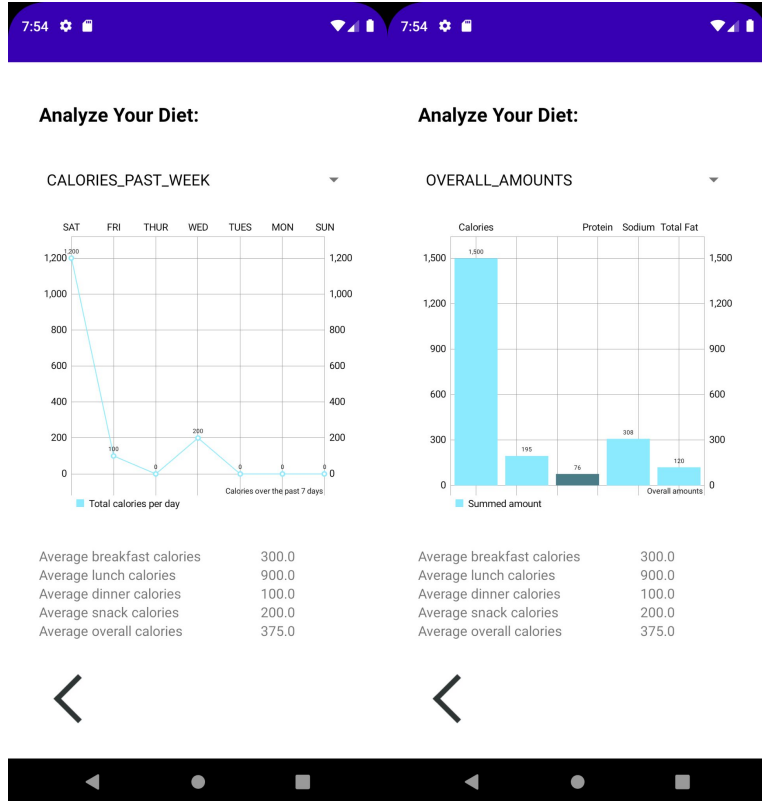
After clicking the **Statistics** button, the user is brought to the diet analysis page. Here, some average stats are displayed, along with graphs which can be selected from the spinner at the top. For example, the calories last week graph displays the total calories each day the user logged over the last week from the current selected calendar day.

The user can return with the back arrow button or the android back button.

New Sleep Log screen

Clicking the **Set Sleep Time** button brings you to the sleep log entry age.

You are given the ability to manually enter the time you go to sleep and the time you wake up. The app does the rest by saving this information and displaying a breakdown to you at a later time.

Profile Display screen

When clicking on the profile icon in the left top corner of the screen, the user is taken to their profile display page. Here the user is able to see their registered name, email address and has the capability of logging out of the application with the use of the **LOGOUT button**. To exit the screen, the user can press the back arrow or the android back button.

Once logged out, the user will be brought to the welcome screen.

Exercises

```
BICEP_CURLS( name: "Bicep Curls", ExerciseDifficulty.EASY, MuscleGroup.BICEPS),
BENCH_PRESS( name: "Bench Press", ExerciseDifficulty.MEDIUM, MuscleGroup.PECS),
SQUATS( name: "Squats", ExerciseDifficulty.EASY, MuscleGroup.HAMSTRINGS),
DEADLIFTS( name: "DeadLifts", ExerciseDifficulty.HARD, MuscleGroup.HAMSTRINGS),
DIPS( name: "Dips", ExerciseDifficulty.MEDIUM, MuscleGroup.TRICEPS),
JUMP_ROPE( name: "Jump Rope", ExerciseDifficulty.EASY, MuscleGroup.CALVES),
PULL_UPS( name: "Pull-ups", ExerciseDifficulty.EASY, MuscleGroup.TRAPS),
OVERHEAD_PRESS( name: "Overhead Press", ExerciseDifficulty.MEDIUM, MuscleGroup.SHOULDERS),
CLOSE_GRIP_BENCH_PRESS( name: "Close Grip Bench Press", ExerciseDifficulty.HARD, MuscleGroup.TRICEPS),
SIT_UPS( name: "Sit-ups", ExerciseDifficulty.EASY, MuscleGroup.ABS),
DUMBBELL_FLYES( name: "Dumbbell Flyes", ExerciseDifficulty.HARD, MuscleGroup.PECS),
CABLE_CROSSOVERS( name: "Cable Crossovers", ExerciseDifficulty.MEDIUM, MuscleGroup.PECS),
CHEST_PRESS( name: "Chest Press", ExerciseDifficulty.EASY, MuscleGroup.PECS),
LAT_PULLDOWNS( name: "Lat Pull-Downs", ExerciseDifficulty.EASY, MuscleGroup.LATS),
SEATED_CABLE_ROWS( name: "Cable Rows", ExerciseDifficulty.EASY, MuscleGroup.TRAPS),
TBAR_ROWS( name: "T-Bar Rows", ExerciseDifficulty.MEDIUM, MuscleGroup.LATS),
STRAIGHT_ARM_PULLDOWNS( name: "Straight-arm Pull-downs", ExerciseDifficulty.MEDIUM, MuscleGroup.LATS),
FACE_PULL( name: "Face Pull", ExerciseDifficulty.EASY, MuscleGroup.TRAPS),
TRAP_BAR_SHRUG( name: "Trap Bar Shrug", ExerciseDifficulty.EASY, MuscleGroup.UPPER_TRAPS),
KIRK_SHRUG( name: "Kirk Shrug", ExerciseDifficulty.MEDIUM, MuscleGroup.UPPER_TRAPS),
FARMERS_CARRY( name: "Farmer's Carry", ExerciseDifficulty.MEDIUM, MuscleGroup.UPPER_TRAPS),
CABLE_SHRUGS( name: "Cable Shrugs", ExerciseDifficulty.EASY, MuscleGroup.UPPER_TRAPS),
OVERHEAD_BARBELL_SHRUG( name: "Overhead Barbell Shrug", ExerciseDifficulty.HARD, MuscleGroup.TRAPS),
DUMBBELL_OVERHEAD_CARRY( name: "Dumbbell Overhead Carry", ExerciseDifficulty.HARD, MuscleGroup.TRAPS),
SCAPTION( name: "Scaption", ExerciseDifficulty.MEDIUM, MuscleGroup.TRAPS),
RACK_PULL( name: "Rack Pull", ExerciseDifficulty.HARD, MuscleGroup.LOWER_BACK),
SUPERMAN( name: "Superman", ExerciseDifficulty.MEDIUM, MuscleGroup.LOWER_BACK),
BARBELL_GOODMORNING( name: "Barbell Good Morning", ExerciseDifficulty.HARD, MuscleGroup.LOWER_BACK),
BARBELL_HIP_THRUST( name: "Barbell Hip Thrust", ExerciseDifficulty.EASY, MuscleGroup.GLUTS),
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Exercises

```
REVERSE_LUNGE( name: "Reverse Lunge", ExerciseDifficulty.EASY, MuscleGroup.GLUTS),
SUMO_GOBLET_SQUAT( name: "Sumo Goblet Squat", ExerciseDifficulty.EASY, MuscleGroup.GLUTS),
DONKEY_KICKS( name: "Donkey Kicks", ExerciseDifficulty.MEDIUM, MuscleGroup.GLUTS),
SPLIT_SQUATS( name: "Split Squats", ExerciseDifficulty.EASY, MuscleGroup.GLUTS),
LATERAL_LUNGES( name: "Lateral Lunges", ExerciseDifficulty.EASY, MuscleGroup.GLUTS),
MACHINE_LEG_CURL( name: "Machine Leg Curl", ExerciseDifficulty.EASY, MuscleGroup.HAMSTRINGS),
CABLE_PULL_THROUGH( name: "Cable Pull-through", ExerciseDifficulty.MEDIUM, MuscleGroup.HAMSTRINGS),
NORDIC_HAMSTRING_CURL( name: "Nordic Hamstring Curls", ExerciseDifficulty.HARD, MuscleGroup.HAMSTRINGS),
WALKING_LUNGES( name: "Walking Lunges", ExerciseDifficulty.MEDIUM, MuscleGroup.HAMSTRINGS),
INVERTED_HAMSTRING( name: "Inverted Hamstring", ExerciseDifficulty.MEDIUM, MuscleGroup.HAMSTRINGS),
KETTLEBELL_SKI_SWINGS( name: "Kettlebell Ski Swing", ExerciseDifficulty.HARD, MuscleGroup.HAMSTRINGS),
CALF_RAISES( name: "Calf Raises", ExerciseDifficulty.EASY, MuscleGroup.CALVES),
JUMPING_JAKCS( name: "Jumping Jacks", ExerciseDifficulty.EASY, MuscleGroup.CALVES),
FRONT_RAISE( name: "Front Raise", ExerciseDifficulty.MEDIUM, MuscleGroup.SHOULDERS),
SEATED_DUMBELL_PRESS( name: "Seated Dumbbell Press", ExerciseDifficulty.MEDIUM, MuscleGroup.SHOULDERS),
DUMBBELL_LATERAL_RAISES( name: "Dumbbell Lateral Raises", ExerciseDifficulty.MEDIUM, MuscleGroup.SHOULDERS),
PUSH_PRESS( name: "Push Press", ExerciseDifficulty.MEDIUM, MuscleGroup.SHOULDERS),
PLANK( name: "Plank", ExerciseDifficulty.EASY, MuscleGroup.ABS),
CRUNCHES( name: "Crunches", ExerciseDifficulty.EASY, MuscleGroup.ABS),
TORSO_TWISTS( name: "Torso Twists", ExerciseDifficulty.EASY, MuscleGroup.ABS),
FLUTTER_KICKS( name: "Flutter Kicks", ExerciseDifficulty.MEDIUM, MuscleGroup.ABS),
FLATBENCH_LEG_RAISE( name: "Flat Bench Leg Raise", ExerciseDifficulty.MEDIUM, MuscleGroup.ABS),
MOUNTAIN_CLIMBERS( name: "Mountain Climbers", ExerciseDifficulty.EASY, MuscleGroup.ABS),
SLIDE_PLANK( name: "Side Plank", ExerciseDifficulty.MEDIUM, MuscleGroup.ABS),
HEEL_TAPS( name: "Heel Taps", ExerciseDifficulty.MEDIUM, MuscleGroup.ABS),
HAMMER_CURL( name: "Hammer Curl", ExerciseDifficulty.EASY, MuscleGroup.BICEPS),
CHIN_UPS( name: "Chin-Ups", ExerciseDifficulty.MEDIUM, MuscleGroup.BICEPS),
EZ_BAR_CURL( name: "EZ Bar Curl", ExerciseDifficulty.EASY, MuscleGroup.BICEPS),
PUSHUPS( name: "Push-Ups", ExerciseDifficulty.EASY, MuscleGroup.TRICEPS),
ROPE_PUSHDOWN( name: "Rope Pushdown", ExerciseDifficulty.EASY, MuscleGroup.TRICEPS),
TRICEPT_EXTENSIONS( name: "Tricept Extensions", ExerciseDifficulty.MEDIUM, MuscleGroup.TRICEPS),
BARBELL_REVERSE_BICEPS_CURLS( name: "Reverse Biceps Curls", ExerciseDifficulty.EASY, MuscleGroup.FOREARMS),
```

Exercises

```
WRIST_ROLLERS( name: "Wrist Rollers", ExerciseDifficulty.MEDIUM, MuscleGroup.FOREARMS),
PINCH_CARRIES( name: "Pinch Carries", ExerciseDifficulty.MEDIUM, MuscleGroup.FOREARMS),
LEG_EXTENSIONS( name: "Leg Extensions", ExerciseDifficulty.MEDIUM, MuscleGroup.QUADS),
LEG_PRESS( name: "Leg Press", ExerciseDifficulty.MEDIUM, MuscleGroup.QUADS),
STAIR_CLIMBERS( name: "Stair Climbers", ExerciseDifficulty.EASY, MuscleGroup.QUADS);
```

GitHub Link

https://github.com/dimavrem22/NU_MAD_SM2022_Final_Project_5

Video Link:

https://youtu.be/3Wc1Fw6QOdU