

User Manual

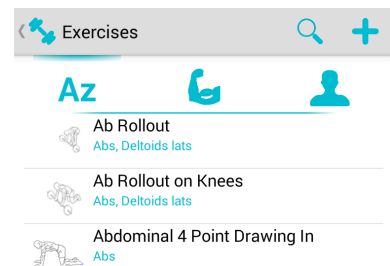


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Exercises

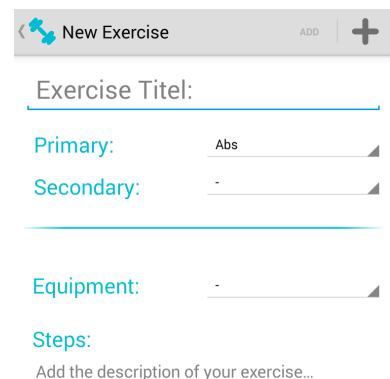
Browse though Exercises

In this view, you can browse through a variety of predefined exercises, which are sorted alphabetically or grouped by muscle groups. You can also search for exercises by pressing the magnifier-icon at the top.



Create your own Exercises

There is also the possibility to create user-defined exercises to cover all your needs. Therefore, press the plus-button located at the top right corner, fill in the blanks and commit your changes by pressing the plus-button again.



Scheduler

Select a Schedule

Here you can choose between three default schedules, which contain sets of predefined exercises.

Create your own Schedule

You might also create your own schedule, by pressing the plus-button located at the top right corner. In the appearing view, you can choose a name, the cycle duration and by clicking on the single days the exercises according to your wants.

Today's Training

Overview

Start your daily workout by launching "Today's Training". You will get an overview of today's exercises.

Log your Progress

After pressing the "Start Workout" button at the bottom the first exercise will be displayed. Type in the weight, repetitions and sets for each of your exercises, between which you can switch by using the arrow buttons at the bottom. When you have finished your workout, press "Finish Workout" to save your changes.

Workout Schedule

- Dieting ☒
- Cardio ☐
- Muscle Growth ☐

New Workout Schedule




Enter a name Length: 7 days

Mo Tu We Th Fr Sa Su
1 2 3 4 5 6 7

Select a day!

- Ab Rollout ☐
- Ab Rollout on Knees ☐

Today's Training

-  Ab Rollout
Abs, Deltoids lats
-  Ab Rollout on Knees
Abs, Deltoids lats
-  Abdominal 4 Point Drawing In
Abs

Today's Exercises

Ab Rollout



Weight:

Repetitions:

Sets:



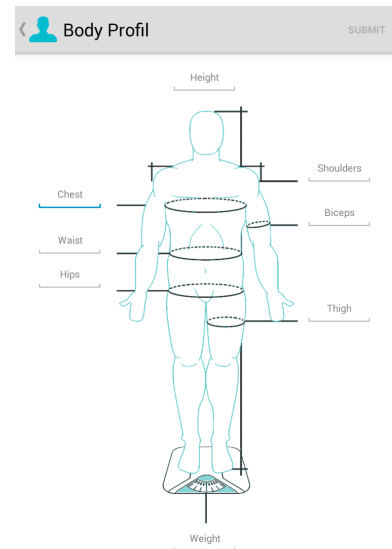
Finish Workout





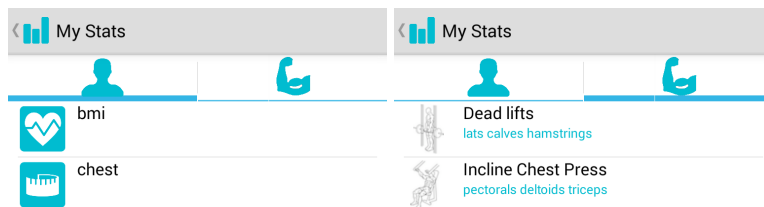
Body Profile

Here you can enter your body measurements and save them by pressing "Submit".



Statistics

Keep track of your progresses by selecting the body or the exercises tab and choosing a measurement or exercise. Only those items are displayed, for which data exists.



Credits

At the credits-page you will find some information about resources and one important button. When you press "Wipe user data!", all your user defined exercises and schedulers as well as the statistics will be permanently deleted.



[Wipe user data!](#)



Special thanks to everkinetic.com for providing the exercise images.

FH | JOANNEUM
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