

Intelligent Trainer project

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01 Background and Description

The goal of our project is to make the subject of physical activity accessible to the general public in a technological way.

We believe in maintaining a healthy lifestyle and want to make others understand the importance of training and make them start training without excuses of lack of knowledge.

Our application gives virtual support in everything related to physical activity without an active human factor.

02 Project Scope

Will be done

- ✓ Log in.
- ✓ Register.
- ✓ Questionnaire for adapting a training program.
- ✓ AI technology that examines the movement during training.
- ✓ A personal profile that includes a progress graph.

Will not be done

- × Log in with a social network.
- × Personal trainers log in.
- × Permissions of personal trainers to add training exercises.

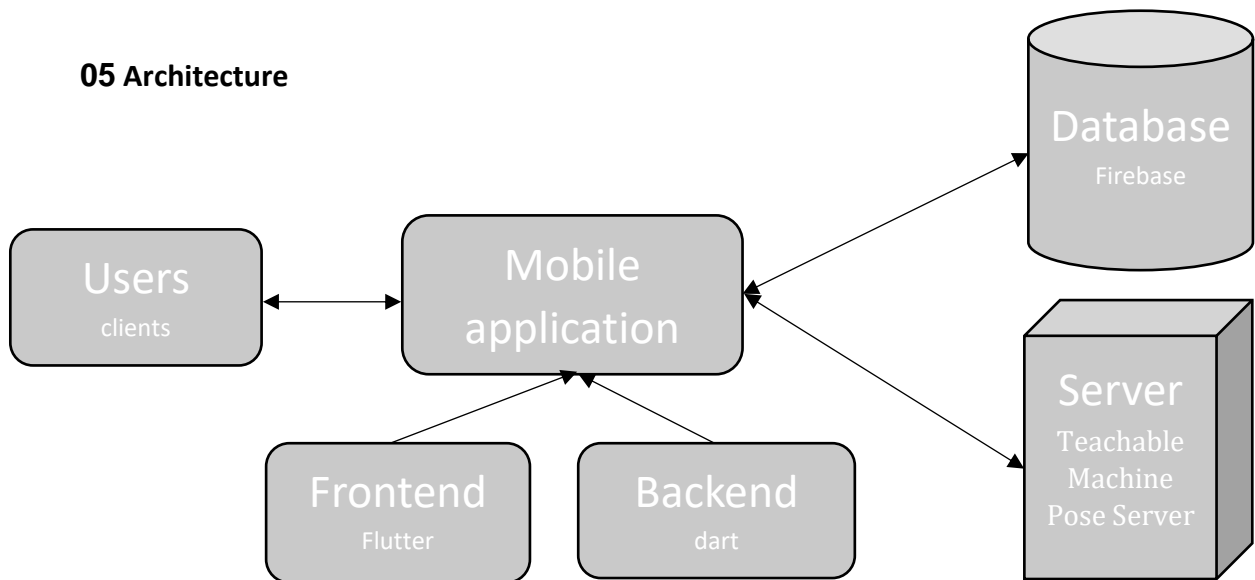
03 High-Level Requirements

- Ability to allow internal users to access the application without downloading any software.
- Ability to interface with the existing data warehouse application.
- Ability to use the app from anywhere and any time.
- Ability to train without any human intervention.

04 Users

Clients: Our app only supports users of type clients. The clients are individual persons who will use the app for personal training uses.

05 Architecture



06 User flows

- ❖ I signed up for the app, filled out a questionnaire, and received a personal training plan.
- ❖ I entered the application, clicked on the profile page, clicked on edit password and changed my password.
- ❖ I entered the app and saw my progress in a graph.
- ❖ I entered the application, clicked on an exercise I haven't done yet, an explanatory video about performing the exercise opened, I understood it and clicked start, a camera opened, I filmed myself exercising, and received feedback on the performance of the action.
- ❖ I entered the app, clicked on the start training page, and saw all the training I had to do this week.

07 Epics and User Stories

Profile for each user

- ➔ As a user, I would like to edit my password, so that I can maintain my privacy if I think the password has been exposed.
- ➔ As a user, I would like to have a personal profile, so that I can receive information that is only relevant to me.
- ➔ As a user, I would like to see my progress graph, so I can know if my achievements have improved.
- ➔ As a user, I would like to see the percentage of workouts I have done this week, so I can see my weekly progress.

- As a user, I would like to edit my training difficulty, so that I can adjust the training to my current level.

Training program

- As a user, I would like to fill out a questionnaire, so that I can receive a training program that fits my level.
- As a user, I want to perform a single exercise at a time, so that I can concentrate on the exercise without getting confused.
- As a user, I am interested in receiving a comprehensive training program, in order to train all parts of the body.
- As a user, I'm interested in knowing which exercises I haven't performed yet, so that I can plan my daily workout.
- As a user, I want to access the application from anywhere, so that I can exercise wherever I want - park, home, sea, etc.

The training course

- As a user, I am interested in receiving feedback about the execution of the movement, so that I can perform the movement correctly.
- As a user, I am interested in knowing how many sets I should perform of each exercise, so that I can know how much I focused on the muscle and how many more I have left to perform until the end of the exercise.
- As a user, I want the number of movements I do to be counted, so I can know when I've finished the set.
- As a user, I am interested in knowing which tools are needed for the exercise, so that I can perform the exercise correctly.
- As a user, I would like to receive an explanatory video about the exercise before performing it, so that I can learn the exercise.