CHAPTER 1

INTRODUCTION

1.1 Introduction to Android Application

Android Application is a software designed to run on an Android device or emulator. The term also refers to an APK file which stands for Android package. This file is a Zip archive containing app code, resources, and meta information.

Android applications are organized as a collection of components. There are four types of components, and applications can be composed of one or more of each type. A dynamic instance of a component corresponds to an application subset that can be executed independently of the others. So, in many ways, an Android application can be thought of as a collection of interacting components.

1.2 Introduction to Android Studio

Android Studio is the official Integrated Development Environment (IDE) for Android app development, based on IntelliJ IDEA . On top of IntelliJ's powerful code editor and developer tools, Android Studio offers even more features that enhance your productivity when building Android apps, such as:

- Powerful code editor with smart editing and code re-factoring.
- Emulator to show your code output in various resolutions, including Nexus 4, Nexus 7, Nexus 10, and many other android phones.
- Gradle based build support.
- Maven Support.
- Template-based wizards.
- Dracula Theme Environment to enjoy your coding experience
- Lint tools to catch performance, usability, version compatibility, and other problems.
- C++ and NDK support.
- Built-in support for Google Cloud Platform, making it easy to integrate Google Cloud Messaging and App Engine.

1.3 <u>Mini Project Description</u>

This project is about managing workout routines designed to keep you fit and healthy. The aim of these apps is to make your lifestyle healthier by tracking your workout pattern. The application includes a set of exercises which is to be carried out for a particular duration. A timer keeps track of time for which the user performs the exercise. It consists of a BMI (Body Mass Index) calculator which takes both weight and height of the user and determines the amount of obesity the user possess. This mobile application displays the animations of exercises for user's convenience to carry out the exercise.

CHAPTER 2

REQUIREMENT SPECIFICATION

2.1 Hardware Requirements

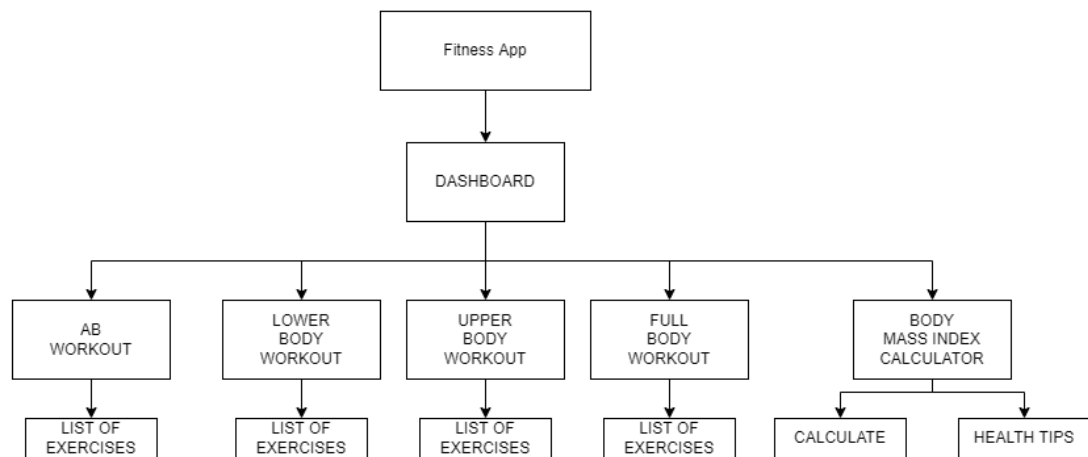- Processor: Minimum 1 GHz, or faster processor
- RAM: 2GB(recommend)

2.2 Software Requirements

- Operating System : Windows 10, Version 1909, OS Build 18363.719
- Tool/IDE (with version) used: Android Studio 4.2.2
- Emulator Used: Android device.
- Language used: Java and XML

CHAPTER 3

DESIGN

3.1 Architectural Diagram of the Application

Explanation

Application displays the dashboard to the user, the user is given several workout option based of muscle groups, user can choose particular workout like abs workout, lower body workout, upper body workout, and full body workout.

The dashboard also has an option to calculate users BMI (Body Mass Index), where the user has to enter current height and weight, and it displays if the user is healthy or obese.

The BMI calculator section also has a health tips section, which gives some general tips to become healthy and fit.

3.2 XML Code

activity_food_activity.xml

```xml
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:background="#FFFFFF"
    android:layout_height="match_parent">
    <ScrollView
        android:layout_width="match_parent"
        android:layout_height="match_parent">
        <LinearLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:gravity="center"
            android:orientation="vertical">
            <TextView
                android:id="@+id/textView"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginTop="40dp"
                android:layout_marginBottom="0dp"
                android:text="BMI Calculator"
                android:textColor="#4B04CA"
                android:textSize="24sp"
                android:textStyle="bold"
                app:layout_constraintBottom_toTopOf="@id/height"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent" />
            <LinearLayout
                android:id="@+id/heightDetails"
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:layout_margin="10dp"
                android:orientation="horizontal" >
                <TextView
                    android:id="@+id/height"
                    android:layout_width="106dp"
                    android:layout_height="36dp"
                    android:layout_marginStart="30dp"
                    android:layout_marginTop="30dp"
                    android:text="Height"
                    android:textSize="22sp"
                    android:textColor="@color/black"
                    android:layout_marginLeft="200dp"
                    app:layout_constraintBottom_toTopOf="@id/weight"
                    app:layout_constraintEnd_toStartOf="@id/heightInput"
```

```
            app:layout_constraintTop_toBottomOf="@id/textView" />
        <EditText
            android:id="@+id/heightInput"
            android:layout_width="175dp"
            android:layout_height="wrap_content"
            android:ems="10"
            android:text=""
            android:hint="in cm"
            android:layout_marginStart="30dp"
            android:layout_marginTop="30dp"
            app:layout_constraintBottom_toTopOf="@id/weightInput"
            app:layout_constraintEnd_toEndOf="parent"
            app:layout_constraintStart_toEndOf="@id/height"
            app:layout_constraintTop_toBottomOf="@id/textView" />
        </LinearLayout>
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal" >
        <TextView
            android:id="@+id/weight"
            android:layout_width="106dp"
            android:layout_height="36dp"
            android:layout_marginStart="30dp"
            android:layout_marginTop="30dp"
            android:layout_marginBottom="30dp"
            android:text="Weight"
            android:textSize="22sp"
            android:textColor="@color/black"
            app:layout_constraintBottom_toTopOf="@id/bmiBtn"
            app:layout_constraintEnd_toEndOf="parent"
            app:layout_constraintStart_toStartOf="parent"
            app:layout_constraintTop_toBottomOf="@id/height" />

        <EditText
            android:id="@+id/weightInput"
            android:layout_width="175dp"
            android:layout_height="wrap_content"
            android:ems="10"
            android:text=""
            android:hint="in kg"
            android:layout_marginStart="30dp"
            android:layout_marginTop="30dp"
            app:layout_constraintBottom_toTopOf="@id/bmiBtn"
            app:layout_constraintEnd_toEndOf="parent"
            app:layout_constraintStart_toEndOf="@id/weight"
            app:layout_constraintTop_toBottomOf="@id/heightInput" />
        </LinearLayout>
        <Button
            android:id="@+id/bmiBtn"
            android:layout_width="wrap_content"
```

```
        android:layout_height="50dp"
        android:textColor="@color/white"
        android:backgroundTint="#6504DD"
        android:text="Compute BMI" />
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal" >
    <TextView
        android:id="@+id/bmi"
        android:layout_width="106dp"
        android:layout_height="36dp"
        android:layout_marginStart="40dp"
        android:layout_marginTop="30dp"
        android:layout_marginBottom="30dp"
        android:text="Your BMI"
        android:textColor="@color/black"
        android:textSize="20sp"
        app:layout_constraintEnd_toStartOf="@id/bmiOutput"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@id/bmi"
        tools:layout_editor_absoluteX="13dp"
        tools:layout_editor_absoluteY="355dp" />
    <TextView
        android:id="@+id/bmiOutput"
        android:layout_width="106dp"
        android:layout_height="36dp"
        android:layout_marginStart="40dp"
        android:layout_marginTop="30dp"
        android:layout_marginBottom="30dp"
        android:text=""
        android:hint="in metrics"
        android:textColor="@color/black"
        android:textSize="20sp"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toEndOf="@id/bmi"
        app:layout_constraintTop_toBottomOf="@id/bmiBtn"
        tools:layout_editor_absoluteX="13dp"
        tools:layout_editor_absoluteY="355dp" />
    </LinearLayout>
    <TextView
        android:id="@+id/result"
        android:layout_width="wrap_content"
        android:layout_height="36dp"
        android:layout_marginBottom="30dp"
        android:text="BMI Category"
        android:textColor="@color/black"
        android:textSize="20sp"
        android:textAlignment="center"
        app:layout_constraintEnd_toStartOf="parent"
        app:layout_constraintStart_toStartOf="parent"
```

```
                app:layout_constraintTop_toBottomOf="@id/bmi"
                tools:layout_editor_absoluteX="13dp"
                tools:layout_editor_absoluteY="355dp" />
        <Button
                android:id="@+id/nutriBtn"
                android:layout_width="wrap_content"
                android:layout_height="50dp"
                android:textColor="@color/white"
                android:backgroundTint="#6504DD"
                android:text="Health Tips" />
        </LinearLayout>
    </ScrollView>
</RelativeLayout>
```

activity_main.xml

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:background="#22f1eaea"
    android:orientation="vertical"
    tools:context="com.example.fitnessapp.MainActivity">
    <androidx.appcompat.widget.Toolbar
        android:id="@+id/toolBar"
        android:layout_width="match_parent"
        android:layout_height="?attr/actionBarSize"
        android:background="@color/purple_700"
        android:textAlignment="textEnd"
        android:theme="@style/Theme.AppCompat.DayNight.DarkActionBar"
        app:title="Fitness App"
        app:titleTextColor="#FFF"
        android:gravity="end" />
  <ScrollView
        android:layout_width="fill_parent"
        android:layout_height="fill_parent"
        android:scrollbars="none" >
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_marginTop="10dp"
            android:orientation="vertical">
            <LinearLayout
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:layout_margin="10dp"
                android:layout_marginTop="15.0dp"
                android:background="@drawable/backgroundcrop"
```

```
        android:orientation="vertical" >

    <LinearLayout
        android:onClick="abworkout"
        android:layout_width="fill_parent"
        android:layout_height="150.0dp"
        android:layout_gravity="center"
        android:gravity="center"
        android:orientation="horizontal">
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="1.0"
            android:orientation="vertical">
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="monospace"
                android:padding="5dp"
                android:text="Ab workout"
                android:textColor="#FF000000"
                android:textSize="20dp"
                android:textStyle="bold" />
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="serif"
                android:padding="5.0dp"
                android:text=" 21 Days"
                android:textSize="20dp"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:padding="5dp"
                android:text="Desgined to increase core strength and reduce belly fat"
                android:textColor="#2D5A56"
                android:textStyle="italic" />
        </LinearLayout>
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="2. >
            <ImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:padding="2dp"
                android:src="@drawable/abs"/>
        </LinearLayout>
        <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
```

```
                    android:layout_weight="0.0" >

                    <ImageView
                        android:layout_width="fill_parent"
                        android:layout_height="wrap_content"
                        android:padding="5.0dp"
                        android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
                </LinearLayout>
            </LinearLayout>
            <Button
                android:id="@+id/startab"
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:background="@drawable/btn"
                android:text="GET STARTED"
                android:textColor="#FFF"/>
        </LinearLayout>
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_marginTop="15.0dp"
            android:background="@drawable/backgroundcrop"
            android:orientation="vertical" >
            <LinearLayout
                android:onClick="lowerbody"
                android:layout_width="fill_parent"
                android:layout_height="150.0dp"
                android:layout_gravity="center"
                android:gravity="center"
                android:orientation="horizontal">
                <LinearLayout
                    android:layout_width="fill_parent"
                    android:layout_height="wrap_content"
                    android:layout_weight="1.0"
                    android:orientation="vertical">
                    <TextView
                        android:layout_width="wrap_content"
                        android:layout_height="wrap_content"
                        android:fontFamily="monospace"
                        android:padding="5dp"
                        android:text="Lower Body Workout"
                        android:textColor="#FF000000"
                        android:textSize="20dp"
                        android:textStyle="bold" />
                    <TextView
                        android:layout_width="wrap_content"
                        android:layout_height="wrap_content"
                        android:fontFamily="serif"
                        android:padding="5.0dp"
                        android:text=" 15 Days"
                        android:textSize="20dp"
```

```
            android:textStyle="bold" />

        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:padding="5dp"
            android:text="Desgined to strengthen and tone glutes and legs"
            android:textColor="#2D5A56"
            android:textStyle="italic" />
    </LinearLayout>
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_weight="2.0">
        <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:padding="2dp"
            android:src="@drawable/leg2"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_weight="0.0" >
        <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:padding="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
    </LinearLayout>
  </LinearLayout>
  <Button
    android:id="@+id/startlower"
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:background="@drawable/btn"
    android:text="GET STARTED"
    android:textColor="#FFF"/>
</LinearLayout>
<LinearLayout
  android:layout_width="fill_parent"
  android:layout_height="wrap_content"
  android:layout_margin="10dp"
  android:layout_marginTop="15.0dp"
  android:background="@drawable/backgroundcrop"
  android:orientation="vertical" >
  <LinearLayout
    android:onClick="upperbody"
    android:layout_width="fill_parent"
    android:layout_height="150.0dp"
    android:layout_gravity="center"
    android:gravity="center"
```

```
        android:orientation="horizontal">
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_weight="1.0"
          android:orientation="vertical">
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"android:fontFamily="monospace"
            android:padding="5dp"
            android:text="Upper Body Workout"
            android:textColor="#FF000000"
            android:textSize="20dp"
            android:textStyle="bold"/>
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:fontFamily="serif"
            android:padding="5.0dp"
            android:text=" 15 Days"
            android:textSize="20dp"
            android:textStyle="bold" />
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:padding="5dp"
            android:text="Desgined for toning and strengthening the upper body"
            android:textColor="#2D5A56"
            android:textStyle="italic" />
        </LinearLayout>
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_weight="2.0">
          <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:padding="2dp"
            android:src="@drawable/arms2"/>
        </LinearLayout>
        <LinearLayout
          android:layout_width="wrap_content"
          android:layout_height="wrap_content"
          android:layout_weight="0.0" >
          <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:padding="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
      </LinearLayout>
    <Button
```

```
            android:id="@+id/startupper"
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:background="@drawable/btn"
            android:text="GET STARTED"
            android:textColor="#FFF"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:layout_marginTop="15.0dp"
        android:background="@drawable/backgroundcrop"
        android:orientation="vertical">
        <LinearLayout
            android:onClick="fullbody"
            android:layout_width="fill_parent"
            android:layout_height="150.0dp"
            android:layout_gravity="center"
            android:gravity="center"
            android:orientation="horizontal"
            android:baselineAligned="false">
            <LinearLayout
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:layout_weight="1.0"
                android:orientation="vertical">
                <TextView
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:fontFamily="monospace"
                    android:padding="5dp"
                    android:text="Full Body Workout"
                    android:textColor="#FF000000"
                    android:textSize="20dp"
                    android:textStyle="bold" />
                <TextView
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:fontFamily="serif"
                    android:padding="5.0dp"
                    android:text=" 30 Days"
                    android:textSize="20dp"
                    android:textStyle="bold"/>
                <TextView
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:padding="5dp"
                    android:text="Desgined for weight loss and to tone the body"
                    android:textColor="#2D5A56"
                    android:textStyle="italic" />
            </LinearLayout>
```

```xml
<LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_weight="2.0">
    <ImageView
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:padding="2dp"
        android:src="@drawable/full2"/>
</LinearLayout>
<LinearLayout
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_weight="0.0" >
    <ImageView
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:padding="5.0dp"
        android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
</LinearLayout>
</LinearLayout>
<Button
    android:id="@+id/startfull"
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:background="@drawable/btn"
    android:text="GET STARTED"
    android:textColor="#FFF"/>
</LinearLayout>
<LinearLayout
    android:onClick="food"
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_margin="10dp"
    android:layout_marginTop="15dp"
    android:background="@drawable/backgroundcrop"
    android:orientation="vertical" >
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="150dp"
        android:layout_gravity="center"
        android:gravity="center"
        android:orientation="horizontal" >
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="1.0"
            android:orientation="vertical">
            <TextView
                android:id="@+id/nutrition"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
```

```
                android:fontFamily="monospace"
                android:padding="5.0dp"
                android:text="Body Mass Index Calculator"
                android:textColor="#ff000000"
                android:textSize="20dp"
                android:textStyle="bold" />
              <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:padding="5.0dp"
                android:text="Suggestions "
                android:textStyle="bold"/>
          </LinearLayout>
          <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="2.0">
            <ImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:src="@drawable/nutrition"/>
          </LinearLayout>
          <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_weight="0.0">
            <ImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:padding="10.0dp"
                android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
          </LinearLayout>
        </LinearLayout>
        <Button
            android:id="@+id/checkBmi"
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:background="@drawable/btn"
            android:text="CHECK BMI"
            android:textColor="#FFF"/>
      </LinearLayout>
    </LinearLayout>
  </ScrollView>
</LinearLayout>
```

activity_second.xml

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
```

```
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="fill_parent"
android:layout_height="fill_parent"
android:background="#FFF"
android:orientation="vertical"
tools:context=".SecondActivity">
<androidx.appcompat.widget.Toolbar
    android:id="@+id/toolBar"
    android:layout_height="?attr/actionBarSize"
    android:layout_width="match_parent"
    android:background="@color/purple_700"
    android:textAlignment="textEnd"
    android:theme="@style/Theme.AppCompat.DayNight.DarkActionBar"
    app:title="Fitness App"
    app:titleTextColor="#FFF" />
<LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:layout_weight="1.0"
    android:orientation="vertical" >
    <ScrollView
        android:layout_width="fill_parent"
        android:layout_height="fill_parent"
        android:layout_weight="1.0"
        android:scrollbars="none">
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="fill_parent"
        android:orientation="vertical">
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="100dp"
        android:layout_gravity="center"
        android:gravity="center"
        android:orientation="vertical"    >
    <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/mountain_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"   >
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:layout_weight="1.0"
        android:orientation="vertical"     >
    <TextView
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:fontFamily="monospace"
```

```
            android:text="MOUNTAIN CLIMBER"
            android:textColor="#ff000000"
            android:textSize="15dp"
            android:textStyle="bold"/>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="3x30 reps"
            android:textStyle="bold"/>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="00:30 SEC"
            android:textColor="#790E8C"
            android:textStyle="bold"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_weight="2.0"    >
        <pl.droidsonroids.gif.GifImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:src="@drawable/exersice_1"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="center"
        android:gravity="center"
        android:layout_weight="0.0"    >
        <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
    </LinearLayout>
</LinearLayout>
<TableRow
    android:layout_width="fill_parent"
    android:layout_height="1.0dp"
    android:background="#ffaaa9a9"/>
</LinearLayout>
<LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="100dp"
    android:layout_gravity="center"
    android:gravity="center"
    android:orientation="vertical"    >
    <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/crunch_pose"
```

```
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_margin="10dp"
          android:orientation="horizontal" >
          <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_weight="1.0"
            android:orientation="vertical"  >
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:fontFamily="monospace"
              android:text="CRUNCHES"
              android:textColor="#ff000000"
              android:textSize="15dp"
              android:textStyle="bold"/>
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:text="3x30 reps"
              android:textStyle="bold"/>
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:text="00:30 SEC"
              android:textColor="#790E8C"
              android:textStyle="bold"/>
          </LinearLayout>
          <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="2.0"    >
            <pl.droidsonroids.gif.GifImageView
              android:layout_width="fill_parent"
              android:layout_height="wrap_content"
              android:src="@drawable/exersice_2"    />
          </LinearLayout>
          <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_gravity="center"
            android:gravity="center"
            android:layout_weight="0.0"  >
            <ImageView
              android:layout_width="fill_parent"
              android:layout_height="wrap_content"
              android:layout_margin="5.0dp"
              android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
          </LinearLayout>
        </LinearLayout>
```

```xml
        <TableRow
          android:layout_width="fill_parent"
          android:layout_height="1.0dp"
          android:background="#ffaaa9a9"/>
    </LinearLayout>
    <LinearLayout
      android:layout_width="fill_parent"
      android:layout_height="100dp"
      android:layout_gravity="center"
      android:gravity="center"
      android:orientation="vertical"   >
      <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/cycle_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"     >
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_margin="10dp"
          android:layout_weight="1.0"
          android:orientation="vertical"     >
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:fontFamily="monospace"
            android:text="BYCYCLE CRUNCHES"
            android:textColor="#ff000000"
            android:textSize="15dp"
            android:textStyle="bold"/>
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="3x30 reps"
            android:textStyle="bold"/>
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="00:30 SEC"
            android:textColor="#790E8C"
            android:textStyle="bold"/>
        </LinearLayout>
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_weight="2.0" >
          <pl.droidsonroids.gif.GifImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:src="@drawable/exersice_4"     />
```

```
          </LinearLayout>
          <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_gravity="center"
            android:gravity="center"
            android:layout_weight="0.0"   >
            <ImageView
              android:layout_width="fill_parent"
              android:layout_height="wrap_content"
              android:layout_margin="5.0dp"
              android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
          </LinearLayout>
        </LinearLayout>
        <TableRow
          android:layout_width="fill_parent"
          android:layout_height="1.0dp"
          android:background="#ffaaa9a9"/>
    </LinearLayout>
      <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="100dp"
        android:layout_gravity="center"
        android:gravity="center"
        android:orientation="vertical" >
        <LinearLayout
          android:onClick="Imagebuttonclicked"
          android:id="@+id/leg_pose"
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_margin="10dp"
          android:orientation="horizontal"     >
          <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_weight="1.0"
            android:orientation="vertical"  >
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:fontFamily="monospace"
              android:text="DOUBLE LEG RAISES"
              android:textColor="#ff000000"
              android:textSize="15dp"
              android:textStyle="bold"/>
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:text="3x30 reps"
              android:textStyle="bold"/>
            <TextView
```

```
          android:layout_width="wrap_content"
          android:layout_height="wrap_content"
          android:text="00:30 SEC"
          android:textColor="#790E8C"
          android:textStyle="bold"/>
      </LinearLayout>
      <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_weight="2.0"  >
        <pl.droidsonroids.gif.GifImageView
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:src="@drawable/exersice_5"      />
      </LinearLayout>
      <LinearLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="center"
        android:gravity="center"
        android:layout_weight="0.0"    >
        <ImageView
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_margin="5.0dp"
          android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
      </LinearLayout>
    </LinearLayout>
    <TableRow
      android:layout_width="fill_parent"
      android:layout_height="1.0dp"
      android:background="#ffaaa9a9"/>
  </LinearLayout>
  <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="100dp"
    android:layout_gravity="center"
    android:gravity="center"
    android:orientation="vertical"   >
    <LinearLayout
      android:onClick="Imagebuttonclicked"
      android:id="@+id/heel_pose"
      android:layout_width="fill_parent"
      android:layout_height="wrap_content"
      android:layout_margin="10dp"
      android:orientation="horizontal"  >
      <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:layout_weight="1.0"
        android:orientation="vertical" >
```

```xml
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:fontFamily="monospace"
              android:text="ALTERNATE HEEL TOUCHES"
              android:textColor="#ff000000"
              android:textSize="15dp"
              android:textStyle="bold"/>
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:text="3x30 reps"
              android:textStyle="bold"/>
            <TextView
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:text="00:30 SEC"
              android:textColor="#790E8C"
              android:textStyle="bold"/>
        </LinearLayout>
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_weight="2.0"    >
          <pl.droidsonroids.gif.GifImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:src="@drawable/exersice_6"  />
        </LinearLayout>
        <LinearLayout
          android:layout_width="wrap_content"
          android:layout_height="wrap_content"
          android:layout_gravity="center"
          android:gravity="center"
          android:layout_weight="0.0"     >
          <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
      </LinearLayout>
      <TableRow
        android:layout_width="fill_parent"
        android:layout_height="1.0dp"
        android:background="#ffaaa9a9"/>
    </LinearLayout>
    <LinearLayout
      android:layout_width="fill_parent"
      android:layout_height="100dp"
      android:layout_gravity="center"
      android:gravity="center"
```

```
android:orientation="vertical"   >
<LinearLayout
  android:onClick="Imagebuttonclicked"
  android:id="@+id/ek_pose"
  android:layout_width="fill_parent"
  android:layout_height="wrap_content"
  android:layout_margin="10dp"
  android:orientation="horizontal"   >
  <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_margin="10dp"
    android:layout_weight="1.0"
    android:orientation="vertical"    >
    <TextView
      android:layout_width="wrap_content"
      android:layout_height="wrap_content"
      android:fontFamily="monospace"
      android:text="ELBOW-KNEE CRUNCH"
      android:textColor="#ff000000"
      android:textSize="15dp"
      android:textStyle="bold"/>
    <TextView
      android:layout_width="wrap_content"
      android:layout_height="wrap_content"
      android:text="3x30 reps"
      android:textStyle="bold"/>
    <TextView
      android:layout_width="wrap_content"
      android:layout_height="wrap_content"
      android:text="00:30 SEC"
      android:textColor="#790E8C"
      android:textStyle="bold"/>
  </LinearLayout>
  <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_weight="2.0"    >
    <pl.droidsonroids.gif.GifImageView
      android:layout_width="fill_parent"
      android:layout_height="wrap_content"
      android:src="@drawable/exersice_7"    />
  </LinearLayout>
  <LinearLayout
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_gravity="center"
    android:gravity="center"
    android:layout_weight="0.0"    >
    <ImageView
      android:layout_width="fill_parent"
      android:layout_height="wrap_content"
```

```
                android:layout_margin="5.0dp"
                android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
    </LinearLayout>
    <TableRow
        android:layout_width="fill_parent"
        android:layout_height="1.0dp"
        android:background="#ffaaa9a9"/>
</LinearLayout>
  <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="100dp"
    android:layout_gravity="center"
    android:gravity="center"
    android:orientation="vertical"     >
    <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/situp_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"     >
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_weight="1.0"
            android:orientation="vertical"     >
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="monospace"
                android:text="CRUNCH SIT-UPS"
                android:textColor="#ff000000"
                android:textSize="15dp"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="3x30 reps"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="00:30 SEC"
                android:textColor="#790E8C"
                android:textStyle="bold"/>
        </LinearLayout>
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_weight="2.0"     >
```

```xml
            <pl.droidsonroids.gif.GifImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:src="@drawable/exersice_8"          />
        </LinearLayout>
        <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_gravity="center"
            android:gravity="center"
            android:layout_weight="0.0"     >
            <ImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:layout_margin="5.0dp"
                android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
    </LinearLayout>
    <TableRow
        android:layout_width="fill_parent"
        android:layout_height="1.0dp"
        android:background="#ffaaa9a9"/>
</LinearLayout>
 <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="100dp"
    android:layout_gravity="center"
    android:gravity="center"
    android:orientation="vertical"   >
    <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/scissor_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"    >
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_weight="1.0"
            android:orientation="vertical"     >
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="monospace"
                android:text="ALTERNATE SCISSORS"
                android:textColor="#ff000000"
                android:textSize="15dp"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
```

```
            android:layout_height="wrap_content"
            android:text="3x30 reps"
            android:textStyle="bold"/>
          <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="00:30 SEC"
            android:textColor="#790E8C"
            android:textStyle="bold"/>
        </LinearLayout>
        <LinearLayout
          android:layout_width="fill_parent"
          android:layout_height="wrap_content"
          android:layout_weight="2.0"     >
          <pl.droidsonroids.gif.GifImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:src="@drawable/exersice_9"       />
        </LinearLayout>
        <LinearLayout
          android:layout_width="wrap_content"
          android:layout_height="wrap_content"
          android:layout_gravity="center"
          android:gravity="center"
          android:layout_weight="0.0"        >
          <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
      </LinearLayout>
      <TableRow
        android:layout_width="fill_parent"
        android:layout_height="1.0dp"
        android:background="#ffaaa9a9"/>
    </LinearLayout>
    <LinearLayout
      android:layout_width="fill_parent"
      android:layout_height="100dp"
      android:layout_gravity="center"
      android:gravity="center"
      android:orientation="vertical"  >
      <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/legraise_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"     >
        <LinearLayout
          android:layout_width="fill_parent"
```

```
              android:layout_height="wrap_content"
              android:layout_margin="10dp"
              android:layout_weight="1.0"
              android:orientation="vertical"    >
              <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="monospace"
                android:text="PLANK ALTERNATE LEG RAISE"
                android:textColor="#ff000000"
                android:textSize="15dp"
                android:textStyle="bold"/>
              <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="3x30 reps"
                android:textStyle="bold"/>
              <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="00:30 SEC"
                android:textColor="#790E8C"
                android:textStyle="bold"/>
          </LinearLayout>
          <LinearLayout
              android:layout_width="fill_parent"
              android:layout_height="wrap_content"
              android:layout_weight="2.0"   >
              <pl.droidsonroids.gif.GifImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:src="@drawable/exersice_11"    />
          </LinearLayout>
          <LinearLayout
              android:layout_width="wrap_content"
              android:layout_height="wrap_content"
              android:layout_gravity="center"
              android:gravity="center"
              android:layout_weight="0.0"      >
              <ImageView
                android:layout_width="fill_parent"
                android:layout_height="wrap_content"
                android:layout_margin="5.0dp"
                android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
          </LinearLayout>
        </LinearLayout>
        <TableRow
            android:layout_width="fill_parent"
            android:layout_height="1.0dp"
            android:background="#ffaaa9a9"/>
    </LinearLayout>
        <LinearLayout
```

```
android:layout_width="fill_parent"
android:layout_height="100dp"
android:layout_gravity="center"
android:gravity="center"
android:orientation="vertical"    >
<LinearLayout
    android:onClick="Imagebuttonclicked"
    android:id="@+id/twist_pose"
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_margin="10dp"
    android:orientation="horizontal"       >
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:layout_weight="1.0"
        android:orientation="vertical"        >
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:fontFamily="monospace"
            android:text="RUSSIAN TWISTS"
            android:textColor="#ff000000"
            android:textSize="15dp"
            android:textStyle="bold"/>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="3x30 reps"
            android:textStyle="bold"/>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="00:30 SEC"
            android:textColor="#790E8C"
            android:textStyle="bold"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_weight="2.0"    >
        <pl.droidsonroids.gif.GifImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:src="@drawable/exersice_12" />
    </LinearLayout>
    <LinearLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="center"
        android:gravity="center"
```

```
          android:layout_weight="0.0"   >
          <ImageView
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="5.0dp"
            android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
        </LinearLayout>
    </LinearLayout>
    <TableRow
        android:layout_width="fill_parent"
        android:layout_height="1.0dp"
        android:background="#ffaaa9a9"/>
  </LinearLayout>
  <LinearLayout
    android:layout_width="fill_parent"
    android:layout_height="100dp"
    android:layout_gravity="center"
    android:gravity="center"
    android:orientation="vertical"        >
    <LinearLayout
        android:onClick="Imagebuttonclicked"
        android:id="@+id/toe_pose"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:orientation="horizontal"       >
        <LinearLayout
            android:layout_width="fill_parent"
            android:layout_height="wrap_content"
            android:layout_margin="10dp"
            android:layout_weight="1.0"
            android:orientation="vertical"       >
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:fontFamily="monospace"
                android:text="RAISED TOE TOUCHES"
                android:textColor="#ff000000"
                android:textSize="15dp"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="3x30 reps"
                android:textStyle="bold"/>
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="00:30 SEC"
                android:textColor="#790E8C"
                android:textStyle="bold"/>
        </LinearLayout>
```

```
                <LinearLayout
                    android:layout_width="fill_parent"
                    android:layout_height="wrap_content"
                    android:layout_weight="2.0"        >
                    <pl.droidsonroids.gif.GifImageView
                        android:layout_width="fill_parent"
                        android:layout_height="wrap_content"
                        android:src="@drawable/exersice_14"        />
                </LinearLayout>
                <LinearLayout
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_gravity="center"
                    android:gravity="center"
                    android:layout_weight="0.0"      >
                    <ImageView
                        android:layout_width="fill_parent"
                        android:layout_height="wrap_content"
                        android:layout_margin="5.0dp"
                        android:src="@drawable/ic_baseline_keyboard_arrow_right_24"/>
                </LinearLayout>
            </LinearLayout>
            <TableRow
                android:layout_width="fill_parent"
                android:layout_height="1.0dp"
                android:background="#ffaaa9a9"/>
        </LinearLayout>
      </LinearLayout>
    </ScrollView>
  </LinearLayout>
</LinearLayout>
```

activity_splashscreen.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/splash"
    tools:context=".Splashscreen"
    <ImageView
        android:id="@+id/appsplash"
        android:layout_width="135dp"
        android:layout_height="135dp"
        android:src="@drawable/logo6"
        android:layout_alignParentTop="true"
        android:layout_alignParentStart="true"
        android:layout_alignParentEnd="true"
```

```
        android:layout_alignParentBottom="true"
        android:layout_marginStart="100dp"
        android:layout_marginEnd="100dp"
        android:layout_marginTop="200dp"
        android:layout_alignParentRight="true"
        android:layout_alignParentLeft="true" />
   <TextView
        android:id="@+id/appname"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentBottom="true"
        android:layout_centerHorizontal="true"
        android:layout_marginBottom="50dp"
        android:fontFamily="sans-serif-thin"
        android:text="Fitness App"
        android:textColor="#FFF"
        android:textSize="35sp"
        android:textStyle="bold"
        tools:fontFamily="sans-serif-light" />
</RelativeLayout>
```

activity_squat.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    android:background="#DCAABB"
    android:layout_height="match_parent">
    <ScrollView
        android:layout_width="match_parent"
        android:layout_height="match_parent>
        <LinearLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:orientation="vertical">
            <pl.droidsonroids.gif.GifImageView
                android:layout_marginTop="10dp"
                android:layout_width="fill_parent"
                android:layout_height="200dp"
                android:src="@drawable/exercise_17" />
            <Button
                android:layout_marginTop="35dp"
                android:id="@+id/time"
                android:layout_width="170dp"
                android:layout_height="170dp"
                android:layout_marginLeft="105dp"
                android:text="00:30"
                android:textSize="28sp"
                android:padding="15dp"
```

```xml
        android:background="@drawable/buttonbg" />
    <Button
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:id="@+id/startbutton"
        android:layout_gravity="center"
        android:gravity="center"
        android:layout_marginTop="20dp"
        android:background="@drawable/btnstartbg"
        android:text="START"
        android:textStyle="bold"
        android:textSize="25sp"
        android:layout_marginRight="08dp"
        android:textColor="@color/white" />
    <TextView
        android:layout_width="305dp"
        android:layout_height="wrap_content"
        android:layout_marginStart="25dp"
        android:textAlignment="center"
        android:layout_marginLeft="35dp"
        android:layout_marginTop="50dp"
        android:text="Steps to do the Exercise :"
        android:textColor="#686060"
        android:textSize="25sp"
        android:padding="7dp"
        android:textStyle="bold"
        android:background="@drawable/btnoutline"/>
    <androidx.cardview.widget.CardView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        app:cardCornerRadius="20dp"
        android:background="#ECEDE8"
        android:layout_marginBottom="10dp">
        <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginStart="5dp"
            android:layout_marginEnd="5dp"
            android:layout_marginLeft="5dp"
            android:background="#ECEDE8"
            android:layout_marginTop="25dp"
            android:orientation="horizontal">
            <TextView
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:background="#ffffff"
                android:text="@string/pose17"
                android:textColor="@android:color/black"
                android:textSize="18sp"/>
        </LinearLayout>
    </androidx.cardview.widget.CardView>
</LinearLayout>
```

```
    </ScrollView>
</RelativeLayout>
```

activity_staps.xml

```xml
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    android:background="#DCAABB"
    android:layout_height="match_parent">
    <ScrollView
        android:layout_width="match_parent"
        android:layout_height="match_parent>
        <LinearLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:orientation="vertical" >
            <pl.droidsonroids.gif.GifImageView
                android:layout_marginTop="10dp"
                android:layout_width="fill_parent"
                android:layout_height="200dp"
                android:src="@drawable/exercise_22" />
            <Button
                android:layout_marginTop="35dp"
                android:id="@+id/time"
                android:layout_width="170dp"
                android:layout_height="170dp"
                android:layout_marginLeft="105dp"
                android:text="00:30"
                android:textSize="28sp"
                android:padding="15dp"
                android:background="@drawable/buttonbg" />
            <Button
                android:id="@+id/startbutton"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_gravity="center"
                android:layout_marginRight="08dp"
                android:layout_marginTop="20dp"
                android:background="@drawable/btnstartbg"
                android:gravity="center"
                android:text="START"
                android:textColor="@color/white"
                android:textSize="25sp"
                android:textStyle="bold" />
            <TextView
                android:layout_width="305dp"
                android:layout_height="wrap_content"
                android:layout_marginStart="25dp"
```

```
            android:textAlignment="center"
            android:layout_marginLeft="35dp"
            android:layout_marginTop="50dp"
            android:text="Steps to do the Exercise :"
            android:textColor="#686060"
            android:textSize="25sp"
            android:padding="7dp"
            android:textStyle="bold"
            android:background="@drawable/btnoutline"/>

        <androidx.cardview.widget.CardView
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            app:cardCornerRadius="20dp"
            android:background="#ECEDE8"
            android:layout_marginBottom="10dp">
            <LinearLayout
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="5dp"
                android:layout_marginEnd="5dp"
                android:layout_marginLeft="5dp"
                android:background="#ECEDE8"
                android:layout_marginTop="25dp"
                android:orientation="horizontal">
                <TextView
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:background="#ffffff"
                    android:text="@string/pose22"
                    android:textColor="@android:color/black"
                    android:textSize="18sp"/>
            </LinearLayout>
        </androidx.cardview.widget.CardView>
      </LinearLayout>
    </ScrollView>
</RelativeLayout>
```

activity_third.xml

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout xmlns:android="http://schemas.an-
droid.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".ThirdActivity">
</androidx.constraintlayout.widget.ConstraintLayout>
```

nutrition.xml

```xml
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:background="#FFFFFF"
    android:layout_height="match_parent">
    <ScrollView
        android:layout_width="match_parent"
        android:layout_height="match_parent">
        <LinearLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:orientation="vertical">
            <TextView
                android:id="@+id/healthTips"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="140dp"
                android:layout_marginTop="40dp"
                android:layout_marginBottom="30dp"
                android:text="Health Tips"
                android:textColor="#4B04CA"
                android:textSize="24sp"
                android:textStyle="bold"
                app:layout_constraintBottom_toTopOf="@id/height"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent" />
            <TextView
                android:id="@+id/tips"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="10dp"
                android:layout_marginTop="0dp"
                android:layout_marginEnd="10dp"
                android:layout_marginBottom="10dp"
                android:text="@string/tips"
                android:textColor="@color/black"
                android:textSize="20sp"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toBottomOf="@id/bmi"
                tools:layout_editor_absoluteX="13dp"
                tools:layout_editor_absoluteY="355dp" />
        </LinearLayout>
    </ScrollView>
</RelativeLayout>
```

CHAPTER 4

IMPLEMENTATION

4.1 List of classes imported and their purpose in the application.

- **AppCompatActivity :** Base class for activities that wish to use some of the newer platform features on older Android devices.

- **Intent :** An intent is an abstract description of an operation to be performed. It can be used to navigate from one activity to another or from a fragment to an activity. Data can also be sent along with the intent.

- **Bundle :** Android Bundles are generally used for passing data from one activity to another. Bundles are used with intent and values are sent and retrieved in the same fashion, as it is done in the case of Intent.

- **Handler :** A Handler allows you to send and process Message and Runnable objects associated with a thread's MessageQueue. When you create a new Handler it is bound to a Looper. It will deliver messages and runnables to that Looper's message queue and execute them on Looper's thread. Hanlder has been used in the Splash activity to navigate to the main Activity after few seconds.

- **View :** Java Class that inherits directly from the Java Object class, the root of the Java class hierarchy. Views are the basic building block for all Android GUI elements and serve as the base class for all GUI widgets.

- **Button :** A `Button` class represents a push button widget in Android. The full package path for the button class is `android.widgets.Button.` Buttons are clicked to perform an action. A button can display text or an icon, or both.

- **EditText :** EditText is a standard entry widget in android apps. It is an overlay over TextView that configures itself to be editable. EditText is a subclass of TextView with text editing operations

- **Log :** The Android SDK includes a useful logging utility class called `android.util.Log`. The class allows you to log messages categorized based severity; each type of logging message has its own message.

- **ImageView :** This class is used to display any kind of image resource in the android application. ImageView is also used in applying tints to an image in order to reuse a drawable resource and create overlays on background images.

- **Animation :** This is used for adding a motion effect to any view, image, or text. With the help of an animation, you can add motion or can change the shape of a specific view. Animation in Android is generally used to give your UI a rich look and feel.

- **AnimationUtils** : Defines common utilities for working with animations.

- **CountDownTimer** : This class is used to schedule a countdown until a time in the future defined by the user, with regular notifications on intervals along the way.

List of important library functions used and their descriptions.

- **findViewById() :** Finds a view that was identified by the id attribute from the XML that was processed in OnCreate(Bundle).

- **getText() :** To get the text entered in the EditText views.

- **toString() :** It's a method in java's Object class, which is the superclass of every java object. It is meant for returning a textual representation of an object.

- **String.valueOf() :** method converts different types of values into string. By the help of string valueOf() method, you can convert int to string, long to string, boolean to string, character to string, float to string, double to string, object to string and char array to string.

- **parseDouble() :** this returns a new double initialized to the value represented by the specified String, as done by the valueOf method of class Double**.**

- **setText() :** This is used to set the current text that is to be read by this StringChar-acterIterator. This method takes the text to be set as a parameter and sets the text of this StringCharacterIterator at that text.

- **putExtra() :** Adds extended data to the intent. It has two parameters, first one specifies the name of the extra data and the second parameter is the data itself.

- **setOnClickListener() :** OnClickListener and wires the listener to the button using setOnClickListener. As the result, the system executes the code you write in onClick after the user presses the button.

- **getId() :** returns the android id value.

- **Log.i() :** this is used to post useful information to the log.

- **setAnimation :** Sets the next animation to play for this view.

- **Integer.valueOf()** : It is used to return an Integer instance.

- **getStringExtra()** : Returns the value of an item previously added with putExtra(), or null if no String value was found.

- **setContentView() :** It helps to set our content or render our layout on the screen.

- **getIntent() :** It is used to pass data from an activity to another.

- **addFlags() :** This helps to add additional flags to a particular intent.

4.2 Java Code with proper comment lines

FoodActivity.java

package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;
import android.widget.EditText;
import android.widget.TextView;
import java.text.DecimalFormat;

```java
public class FoodActivitty extends AppCompatActivity {
    EditText hgt,wgt;
    Button bmiBtn,nutriBtn;
    TextView bmi,result;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_food_activitty);


        hgt = findViewById(R.id.heightInput);
        wgt = findViewById(R.id.weightInput);
        bmiBtn = findViewById(R.id.bmiBtn);
        nutriBtn = findViewById(R.id.nutriBtn);
        bmi = findViewById(R.id.bmiOutput);
        result = findViewById(R.id.result);

        bmiBtn.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Double height,weight,ans;
                height = Double.parseDouble(hgt.getText().toString());
                weight = Double.parseDouble(wgt.getText().toString());
                //ans = Double.valueOf(Math.round((weight/(height*height))*10000));
                ans = (weight/(height*height))*10000;
                String s = String.format("%.1f", ans);
                bmi.setText(String.valueOf(s));
                Double res = Double.parseDouble(s);
                if(res<=18.5)
                    result.setText("Underweight");
                else if(res>18.5 && res<=24.9)
                    result.setText("Normal Weight");
                else if(res>=25 && res<=29.9)
                    result.setText("Overweight");
                else if(res>=30.0)
                    result.setText("Obesity");
            }
```

```
         });

      nutriBtn.setOnClickListener(new View.OnClickListener() {
       @Override
         public void onClick(View view) {
          Intent intent = new Intent(FoodActivitty.this,Nutrition.class);
          startActivity(intent);
          }
       });
   }
}
```

MainActivity.java

```
package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;
import android.widget.TextView;
import android.widget.Toolbar;

public class MainActivity extends AppCompatActivity {
   Button button1, button2, button3,button4,checkBmi;
   @Override
   protected void onCreate(Bundle savedInstanceState) {
      super.onCreate(savedInstanceState);
      setContentView(R.layout.activity_main);

      androidx.appcompat.widget.Toolbar toolbar = findViewById(R.id.toolBar);
      setSupportActionBar(toolbar);
      button1= findViewById(R.id.startab);
      button2= findViewById(R.id.startlower);
      button3= findViewById(R.id.startupper);
      button4= findViewById(R.id.startfull);
      checkBmi= findViewById(R.id.checkBmi);
      button1.setOnClickListener(new View.OnClickListener() {
         @Override
         public void onClick(View v) {
            Intent intent = new Intent(MainActivity.this,SecondActivity.class);
            startActivity(intent);
         }
      });

      button2.setOnClickListener(new View.OnClickListener() {
         @Override
         public void onClick(View v) {
            Intent intent = new Intent(MainActivity.this,SecondActivity2.class);
            startActivity(intent);
         }
```

```java
        });
        button3.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                Intent intent = new Intent(MainActivity.this,SecondActivity3.class);
                startActivity(intent);
            }
        });
        button4.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                Intent intent = new Intent(MainActivity.this,SecondActivity4.class);
                startActivity(intent);
            }
        });
        checkBmi.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Intent intent = new Intent(MainActivity.this,FoodActivitty.class);
                startActivity(intent);
            }
        });
    }
}
```

Nutrition.java

```java
package com.example.fitnessapp;

import android.os.Bundle;
import androidx.appcompat.app.AppCompatActivity;
public class Nutrition extends AppCompatActivity {
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.nutrition);
    }
}
```
SecondActivity.java

```java
package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity;
import androidx.appcompat.widget.Toolbar;
import android.content.Intent;
import android.os.Bundle;
import android.util.Log;
import android.view.View;
import android.widget.Button;
import android.widget.ImageView;

public class SecondActivity extends AppCompatActivity {
    int[] newArray;
```

```java
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_second);
        androidx.appcompat.widget.Toolbar toolbar = findViewById(R.id.toolBar);
        setSupportActionBar(toolbar);
        newArray = new int[]{
            R.id.mountain_pose, R.id.crunch_pose, R.id.cycle_pose, R.id.leg_pose,
R.id.heel_pose, R.id.ek_pose, R.id.situp_pose, R.id.scissor_pose, R.id.legraise_pose,
R.id.twist_pose, R.id.toe_pose
        };
    }
    public void Imagebuttonclicked(View view) {
        for (int i = 0; i < newArray.length; i++) {
            if (view.getId() == newArray[i]) {
                int value = i + 1;
                Log.i("FIRST", String.valueOf(value));
                Intent intent = new Intent(SecondActivity.this, ThirdActivity.class);
                intent.putExtra("value", String.valueOf(value));
                startActivity(intent);
            }
        }
    }
}
```

SecondActivity2.java

```java
package com.example.fitnessapp;


import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.util.Log;
import android.view.View;
public class SecondActivity2 extends AppCompatActivity {
    int[] newArray;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_second2);
        androidx.appcompat.widget.Toolbar toolbar = findViewById(R.id.toolBar);
        setSupportActionBar(toolbar);
        newArray = new int[]{
            R.id.bridge_pose,
R.id.jsquat_pose,R.id.squat_pose,R.id.lunge_pose,R.id.rlunge_pose,R.id.sts_pose,R.id.ks
quat_pose
        };
    }
    public void Imagebuttonclicked(View view) {
        for (int i = 0; i < newArray.length; i++) {
            if (view.getId() == newArray[i]) {
```

```
        int value = i + 1;
        Log.i("FIRST", String.valueOf(value));
        Intent intent = new Intent(SecondActivity2.this, ThirdActivity2.class);
        intent.putExtra("value", String.valueOf(value));
        startActivity(intent);
      }
    }
  }
}
```

SecondActivity3.java

package com.example.fitnessapp;


```
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.util.Log;
import android.view.View;
public class SecondActivity3 extends AppCompatActivity {
  int[] newArray;
  @Override
  protected void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    setContentView(R.layout.activity_second3);
    androidx.appcompat.widget.Toolbar toolbar = findViewById(R.id.toolBar);
    setSupportActionBar(toolbar);
    newArray = new int[]{
R.id.dips_pose,R.id.praise_pose,R.id.push_pose,R.id.staps_pose,R.id.ud-
plank_pose,R.id.armc_pose,R.id.arms_pose
    };
  }
  public void Imagebuttonclicked(View view) {
    for (int i = 0; i < newArray.length; i++) {
      if (view.getId() == newArray[i]) {
        int value = i + 1;
        Log.i("FIRST", String.valueOf(value));
        Intent intent = new Intent(SecondActivity3.this, ThirdActivity3.class);
        intent.putExtra("value", String.valueOf(value));
        startActivity(intent);
      }
    }
  }
}
```

SecondActivity4.java

package com.example.fitnessapp;


```
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
```

```java
import android.os.Bundle;
import android.util.Log;
import android.view.View;
public class SecondActivity4 extends AppCompatActivity {
    int[] newArray;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_second4);
        androidx.appcompat.widget.Toolbar toolbar = findViewById(R.id.toolBar);
        setSupportActionBar(toolbar);
        newArray = new int[]{
                R.id.mountain_pose,R.id.crunch_pose,R.id.cy-
cle_pose,R.id.heel_pose,R.id.scis-
sor_pose,R.id.twist_pose,R.id.bridge_pose,R.id.toe_pose,
R.id.squat_pose,R.id.lunge_pose,R.id.rlunge_pose,R.id.staps_pose,R.id.ud-
plank_pose,R.id.armc_pose        };
    }
    public void Imagebuttonclicked(View view) {
        for (int i = 0; i < newArray.length; i++) {
            if (view.getId() == newArray[i]) {
                int value = i + 1;
                Log.i("FIRST", String.valueOf(value));
                Intent intent = new Intent(SecondActivity4.this, ThridActivity4.class);
                intent.putExtra("value", String.valueOf(value));
                startActivity(intent);            }
        }
    }
}
```

Splashscreen.java

```java
package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.media.Image;
import android.os.Bundle;
import android.os.Handler;
import android.view.animation.Animation;
import android.view.animation.AnimationUtils;
import android.widget.ImageView;
import android.widget.TextView;

public class Splashscreen extends AppCompatActivity {

    Animation up,down;
    ImageView imageView;
    TextView textView;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
```

```
      setContentView(R.layout.activity_splashscreen)
      ImageView imageView= findViewById(R.id.appsplash);
      up = AnimationUtils.loadAnimation(getApplicationContext(),R.anim.up);
      imageView.setAnimation(up)
      TextView textView= findViewById(R.id.appname);
      down = AnimationUtils.loadAnimation(getApplicationContext(),R.anim.down);
      textView.setAnimation(down);
      new Handler().postDelayed(new Runnable() {
         @Override
         public void run() {
            startActivity(new Intent(getApplicationContext(),MainActivity.class));
            finish();
         }
      },3500 ) ;
   }
}
```

ThirdActivity.java

package com.example.fitnessapp;

```
      import androidx.appcompat.app.AppCompatActivity
      import android.content.Intent;
      import android.os.Bundle;
      import android.os.CountDownTimer;
      import android.view.View;
      import android.widget.Button;
      import android.widget.TextView;
```

public class ThirdActivity extends AppCompatActivity {

```
   String buttonvalue;
   Button startBtn;
   private CountDownTimer countDownTimer ;
   TextView mtextview ;
   private boolean MTimeRunning;
   private long MTimeLeft;
   @Override
   protected void onCreate(Bundle savedInstanceState) {
      super.onCreate(savedInstanceState);
      setContentView(R.layout.activity_third2)
      Intent intent = getIntent();
      buttonvalue=intent.getStringExtra("value")
      int intvalue = Integer.valueOf(buttonvalue);
      switch(intvalue){

         case 1:
            setContentView(R.layout.activity_mountain);
            break;
         case 2:
            setContentView(R.layout.activity_crunch);
            break;
```

```java
        case 3:
          setContentView(R.layout.activity_cycle);
          break;
        case 4:
          setContentView(R.layout.activity_leg);
          break;
        case 5:
          setContentView(R.layout.activity_heel);
          break;
        case 6:
          setContentView(R.layout.activity_ek);
          break;
        case 7:
          setContentView(R.layout.activity_situp);
          break;
        case 8:
          setContentView(R.layout.activity_scissor);
          break;
        case 9:
          setContentView(R.layout.activity_legraise);
          break;
        case 10:
          setContentView(R.layout.activity_twist);
          break;
        case 11:
          setContentView(R.layout.activity_toe);
          break;
    }

    startBtn = findViewById(R.id.startbutton);
    mtextview = findViewById(R.id.time);
    startBtn.setOnClickListener(new View.OnClickListener() {
      @Override
      public void onClick(View v) {
        if (MTimeRunning)
        {
          stoptimer();
        }
        else{
          starttimer()
        }
      }
    });
  }

  private void stoptimer()
  {
    countDownTimer.cancel();
    MTimeRunning = false;
    startBtn.setText("START");
  }
```

```java
private void starttimer()
{

    final CharSequence value1 = mtextview.getText();
    String num1 = value1.toString();
    String num2= num1.substring(0,2);
    String num3 = num1.substring(3,5);
    final int number = Integer.valueOf(num2) * 30+ Integer.valueOf(num3);
    MTimeLeft = number*1000;
    countDownTimer= new CountDownTimer(MTimeLeft,1000) {
        @Override
        public void onTick(long millisUntilFinished) {
            MTimeLeft = millisUntilFinished;
            updateTimer()
        }
        @Override
        public void onFinish() {
            int newvalue = Integer.valueOf(buttonvalue)+1;
            if(newvalue <=7) {
                Intent intent = new Intent(ThirdActivity.this, ThirdActivity.class);
                intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                intent.putExtra("value", String.valueOf(newvalue));
                startActivity(intent);
            }
            else{
                newvalue=1;
                Intent intent= new Intent(ThirdActivity.this, ThirdActivity.class);
                intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                intent.putExtra("value", String.valueOf(newvalue));
                startActivity(intent);
            }
        }
    }.start();
    startBtn.setText("PAUSE");
    MTimeRunning= true;
}
private void updateTimer(
{
    int minutes= (int) MTimeLeft/60000;
    int seconds = (int) MTimeLeft%60000 /1000;
    String timeLeftText=" ";
    if( minutes<10)
        timeLeftText="0";
    timeLeftText = timeLeftText + minutes + ":";
    if(seconds <10)
        timeLeftText+="0";
    timeLeftText+= seconds;
    mtextview.setText(timeLeftText);
}
@Override
public void onBackPressed() {
```

```
        super.onBackPressed();
    }
}
```

ThirdActivity2.java

package com.example.fitnessapp;

```
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.os.CountDownTimer;
import android.view.View;
import android.widget.Button;
import android.widget.TextView;

public class ThirdActivity2 extends AppCompatActivity {
    String buttonvalue;
    Button startBtn;
    private CountDownTimer countDownTimer ;
    TextView mtextview ;
    private boolean MTimeRunning;
    private long MTimeLeft;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_third3)
        Intent intent = getIntent();
        buttonvalue=intent.getStringExtra("value");
        int intvalue = Integer.valueOf(buttonvalue);
        switch(intvalue){

            case 1:
                setContentView(R.layout.activity_bridge);
                break;
            case 2:
                setContentView(R.layout.activity_jsquat);
                break;
            case 3:
                setContentView(R.layout.activity_squat);
                break;
            case 4:
                setContentView(R.layout.activity_lunge);
                break;
            case 5:
                setContentView(R.layout.activity_rlunge);
                break;
            case 6:
                setContentView(R.layout.activity_sts);
                break
            case 7:
                setContentView(R.layout.activity_ksquat);
```

```java
        break;
      }

    startBtn = findViewById(R.id.startbutton);
    mtextview = findViewById(R.id.time);
    startBtn.setOnClickListener(new View.OnClickListener() {
      @Override
      public void onClick(View v) {
        if (MTimeRunning)
        {
          stoptimer()
        }
        else{
          starttimer();
        }
      }
    });
  }

  private void stoptimer()
  {
    countDownTimer.cancel();
    MTimeRunning = false;
    startBtn.setText("START");
  }

  private void starttimer()
  {
    final CharSequence value1 = mtextview.getText();
    String num1 = value1.toString();
    String num2= num1.substring(0,2);
    String num3 = num1.substring(3,5);
    final int number = Integer.valueOf(num2) * 30+ Integer.valueOf(num3);
    MTimeLeft = number*1000;
    countDownTimer= new CountDownTimer(MTimeLeft,1000) {
      @Override
      public void onTick(long millisUntilFinished)
        MTimeLeft = millisUntilFinished;
        updateTimer();
      }
      @Override
      public void onFinish() {
        int newvalue = Integer.valueOf(buttonvalue)+1;
        if(newvalue <=7) {
          Intent intent = new Intent(ThirdActivity2.this, ThirdActivity2.class)
          intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
          intent.putExtra("value", String.valueOf(newvalue));
          startActivity(intent);
        }
        else
          newvalue=1;
          Intent intent= new Intent(ThirdActivity2.this, ThirdActivity2.class);
```

```
            intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
            intent.putExtra("value", String.valueOf(newvalue));
            startActivity(intent);
        }
    }
}.start();
startBtn.setText("PAUSE");
MTimeRunning= true
}
private void updateTimer(
{
    int minutes= (int) MTimeLeft/60000;
    int seconds = (int) MTimeLeft%60000 /1000;
    String timeLeftText=" ";
    if( minutes<10)
        timeLeftText="0";
    timeLeftText = timeLeftText + minutes + ":";
    if(seconds <10)
        timeLeftText+="0";
    timeLeftText+= seconds;
    mtextview.setText(timeLeftText);

@Override
public void onBackPressed()
    super.onBackPressed();


}
```

ThirdActivity3.java

```
package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity
import android.content.Intent;
import android.os.Bundle;
import android.os.CountDownTimer;
import android.view.View;
import android.widget.Button;
import android.widget.TextView;

public class ThirdActivity3 extends AppCompatActivity {
    String buttonvalue;
    Button startBtn;
    private CountDownTimer countDownTimer ;
    TextView mtextview ;
    private boolean MTimeRunning;
    private long MTimeLeft
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_third4);
```

```java
        Intent intent = getIntent();
        buttonvalue=intent.getStringExtra("value");
        int intvalue = Integer.valueOf(buttonvalue);
        switch(intvalue){

            case 1:
                setContentView(R.layout.activity_dips);
                break;
            case 2:
                setContentView(R.layout.activity_praise);
                break;
            case 3:
                setContentView(R.layout.activity_push);
                break;
            case 4:
                setContentView(R.layout.activity_staps);
                break;
            case 5:
                setContentView(R.layout.activity_udplank);
                break;
            case 6:
                setContentView(R.layout.activity_armc);
                break;
            case 7:
                setContentView(R.layout.activity_arms);
                break;
        }

        startBtn = findViewById(R.id.startbutton);
        mtextview = findViewById(R.id.time);
        startBtn.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                if (MTimeRunning)
                {
                    stoptimer();
                }
                else{
                    starttimer();
                }
            }
        });
    }
    private void stoptimer()
    {
        countDownTimer.cancel();
        MTimeRunning = false;
        startBtn.setText("START");
    }
    private void starttimer()
    {
```

```
    final CharSequence value1 = mtextview.getText();
    String num1 = value1.toString();
    String num2= num1.substring(0,2);
    String num3 = num1.substring(3,5);
    final int number = Integer.valueOf(num2) * 30+ Integer.valueOf(num3);
    MTimeLeft = number*1000;
    countDownTimer= new CountDownTimer(MTimeLeft,1000) {
        @Override
        public void onTick(long millisUntilFinished) {

            MTimeLeft = millisUntilFinished;
            updateTimer()
        }
        @Override
        public void onFinish() {

            int newvalue = Integer.valueOf(buttonvalue)+1;
            if(newvalue <=7) {
                Intent intent = new Intent(ThirdActivity3.this, ThirdActivity3.class);
                intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                intent.putExtra("value", String.valueOf(newvalue));
                startActivity(intent);
            }
            else{

                newvalue=1;
                Intent intent= new Intent(ThirdActivity3.this, ThirdActivity3.class);
                intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                intent.putExtra("value", String.valueOf(newvalue));
                startActivity(intent);
            }
        }
    }.start();
    startBtn.setText("PAUSE");
    MTimeRunning= true
}
private void updateTimer(
{
    int minutes= (int) MTimeLeft/60000;
    int seconds = (int) MTimeLeft%60000 /1000;
    String timeLeftText=" ";
    if( minutes<10)
        timeLeftText="0";
    timeLeftText = timeLeftText + minutes + ":";
    if(seconds <10)
        timeLeftText+="0";
    timeLeftText+= seconds;
    mtextview.setText(timeLeftText);

}
```

```java
    @Override
    public void onBackPressed()
        super.onBackPressed();
    }
}
```

ThirdActivity4.java

```java
package com.example.fitnessapp;

import androidx.appcompat.app.AppCompatActivity
import android.content.Intent;
import android.os.Bundle;
import android.os.CountDownTimer;
import android.view.View;
import android.widget.Button;
import android.widget.TextView;

public class ThridActivity4 extends AppCompatActivity {

    String buttonvalue;
    Button startBtn;
    private CountDownTimer countDownTimer ;
    TextView mtextview ;
    private boolean MTimeRunning;
    private long MTimeLeft;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_thrid4);
        Intent intent = getIntent();
        buttonvalue=intent.getStringExtra("value");
        int intvalue = Integer.valueOf(buttonvalue);

        switch(intvalue){

            case 1:
                setContentView(R.layout.activity_mountain);
                break;
            case 2:
                setContentView(R.layout.activity_crunch);
                break;
            case 3:
                setContentView(R.layout.activity_cycle);
                break;
            case 4:
                setContentView(R.layout.activity_heel);
                break;
            case 5:
                setContentView(R.layout.activity_scissor);
                break;
```

```
case 6:
    setContentView(R.layout.activity_twist);
    break;
case 7:
    setContentView(R.layout.activity_bridge);
    break;
case 8:
    setContentView(R.layout.activity_toe);
    break;
case 9:
    setContentView(R.layout.activity_squat);
    break;
case 10:
    setContentView(R.layout.activity_lunge);
    break;
case 11:
    setContentView(R.layout.activity_rlunge);
    break;
case 12:
    setContentView(R.layout.activity_staps);
    break;
case 13:
    setContentView(R.layout.activity_udplank);
    break;
case 14:
    setContentView(R.layout.activity_armc);
    break;
}

startBtn = findViewById(R.id.startbutton);
mtextview = findViewById(R.id.time)
startBtn.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View v) {
        if (MTimeRunning)

            stoptimer();
        }
        else{
            starttimer()
        }
    }
});
}

private void stoptimer()
{
    countDownTimer.cancel();
    MTimeRunning = false;
    startBtn.setText("START");
```

```java
    }
    private void starttimer()
    {
        final CharSequence value1 = mtextview.getText();
        String num1 = value1.toString();
        String num2= num1.substring(0,2);
        String num3 = num1.substring(3,5);
        final int number = Integer.valueOf(num2) * 30+ Integer.valueOf(num3);
        MTimeLeft = number*1000;
        countDownTimer= new CountDownTimer(MTimeLeft,1000) {
            @Override
            public void onTick(long millisUntilFinished) {

                MTimeLeft = millisUntilFinished;
                updateTimer();
            }
            @Override
            public void onFinish() {

                int newvalue = Integer.valueOf(buttonvalue)+1;
                if(newvalue <=7) {
                    Intent intent = new Intent(ThridActivity4.this, ThridActivity4.class);
                    intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                    intent.putExtra("value", String.valueOf(newvalue));
                    startActivity(intent);
                }
                else{

                    newvalue=1;
                    Intent intent= new Intent(ThridActivity4.this, ThridActivity4.class);
                    intent.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK);
                    intent.putExtra("value", String.valueOf(newvalue));
                    startActivity(intent);
                }
            }
        }.start();
        startBtn.setText("PAUSE");
        MTimeRunning= true;
    }
    private void updateTimer()
    {
        int minutes= (int) MTimeLeft/60000;
        int seconds = (int) MTimeLeft%60000 /1000;

        String timeLeftText=" ";
        if( minutes<10)
            timeLeftText="0";
        timeLeftText = timeLeftText + minutes + ":";
        if(seconds <10)
            timeLeftText+="0";
        timeLeftText+= seconds;
        mtextview.setText(timeLeftText);
```
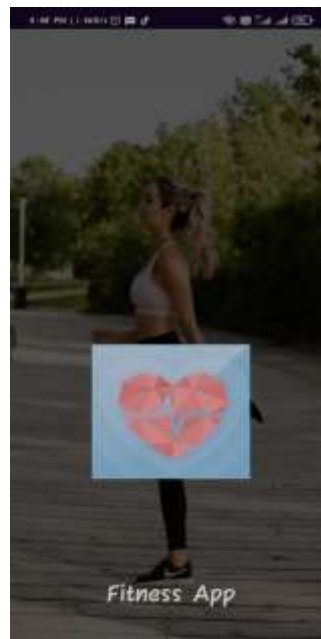
```
    }

    @Override
    public void onBackPressed() {

        super.onBackPressed();
    }

}
```

CHAPTER 5

RESULTS AND DISCUSSION

5.1   Screenshots

Fig 5.1.1 : Splash Screen

Fig 5.1.2 : Dashboard

Fig 5.1.3 : Leg Exercise List

Fig 5.1.4 : Upper Body Exercise List

Fig 5.1.5 : Exercise with countdown and steps

Fig 5.1.6 : Exercise with countdown and steps
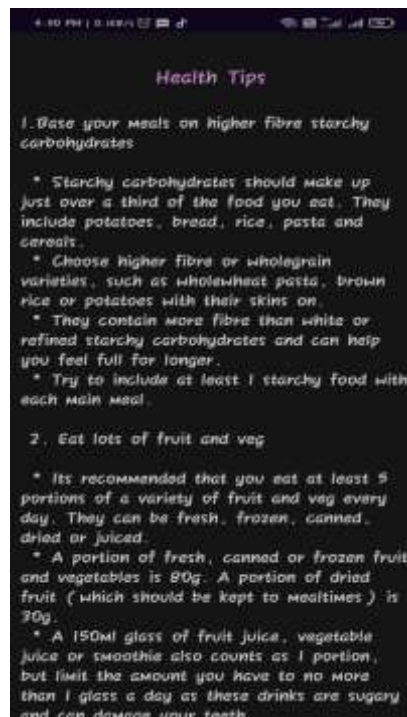
Fig 5.1.7 : BMI calculator

Fig 5.1.8 : Health tips

Chapter 6

CONCLUSION & FUTURE ENHANCEMENTS

This project is more informative and more helpful for understanding the concept of android app development. It is an android based application that enables the user to keep an eye on their fitness regime. The project has been completed successfully with maximum satisfaction. The constraints are met and overcome successfully. The project gives a good idea on developing a user-friendly application satisfying the user. The system is very flexible and versatile. This application has a user-friendly screen that enables the user to use it without any inconvenience. We were able able to understand the importance of designing a good and clean interface for android applications. We tested different layouts for presenting the data of the user and decided to use simpler layout as it provided a modern look for the application.

Future Enhancements for this application would be

- Improvement in UI
- A registration page
- Verification email can be sent to the user when they complete the signup process.
- OTP can be sent to the users registered email address
- Activity tracking mobile app development
- Developing need-based customized app
- Activity sleep, calorie intake tracking
- Metabolism tracking, Water intake tracking
- Goal setting
- Progress tracker
- Push notification systems and reminders

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