Opti

The **Opti**mized Gym Experience

Opti is a minimalistic gym tracking app that makes tracking your workouts and runs easy and fun

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Why did I make Opti?

To scratch my own itch!

I created Opti because I was looking for a simple and elegant app to track my workouts and runs. There are a lot of fitness on the App Store, however they are all way too complex for my needs.

Recently I found myself just using a google docs to track my workouts but it was getting messy and was not enjoyable to use. Even then I didn't even consider using a gym tracker app because of my previous experiences.

Now that I started to learn iOS development since December I decided to make my dreams a reality

Key Features

Track your Workouts:
- Log three different types of workouts (Push, Pull, Legs)
- View logged workouts
- View your current One Rep Max's for all your lifts

Track your Runs:
- Log runs without unnecessary BS
- View logged runs
- View your longest Run (To keep you chasing a new record)

Home Screen

The home screen is where the user can access most of the features of the app

What the User Can Do:

- Start any one of the three pre made workouts
- Click on one of the workout stats buttons to view their current 1RM (One Rep Max's)
- Click on the running button to go to the running home screen
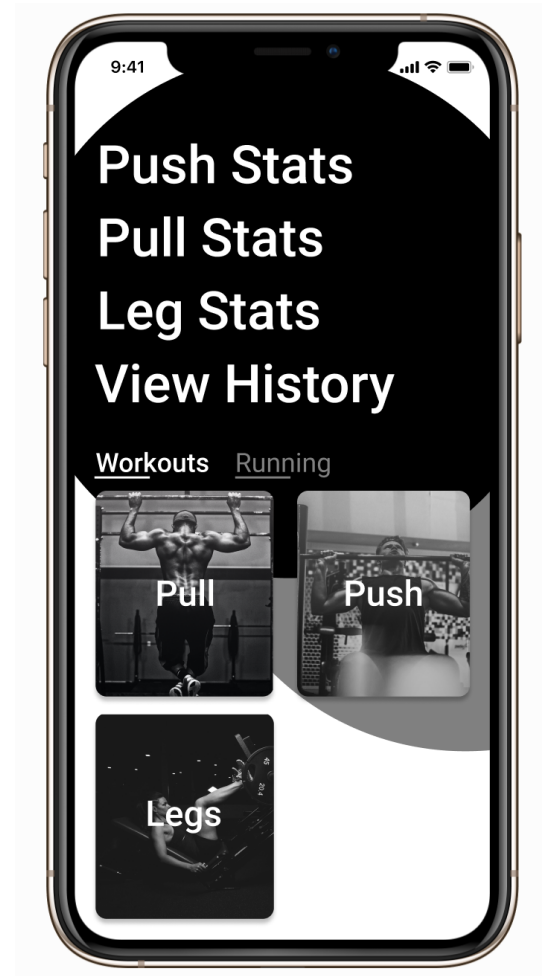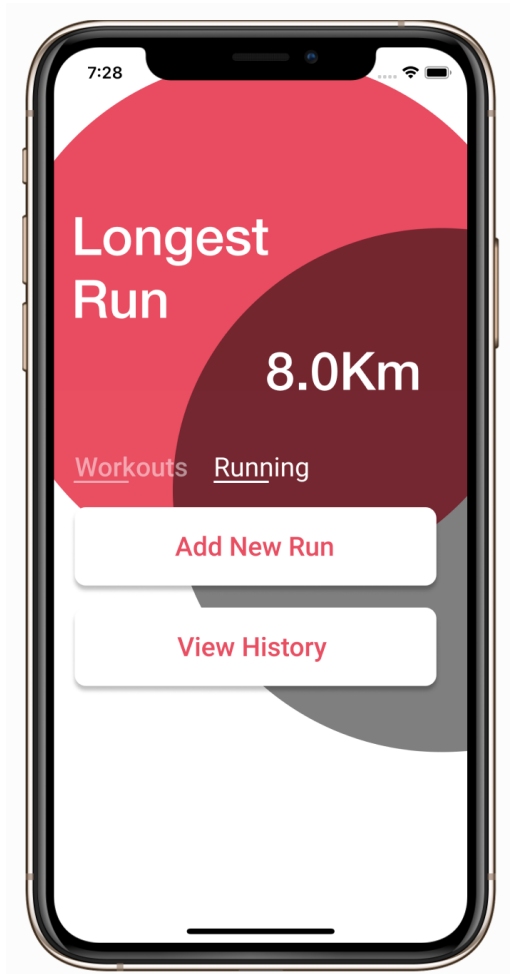
Running Home Screen

The running home screen is where the user can access the running features of the app

What the User Can Do:

- Add a new run
- View their run history
- View their longest run to keep them motivated

Workout Screens

Push

Push Workout   Save   Discard

Flat Barbell Bench Press

	Reps		Weight
1	8	X	150
2	8	X	150
3	6	X	150

Close-Grip Bench Press

	Reps		Weight
1	6	X	115
2	6	X	115

Standing Military Press

	Reps		Weight
1		X	
2		X	

Dumbbel Lateral Raise

	Reps		Weight
1		X	
2		X	

Pull

Pull Workout   Save   Discard

Barbell Deadlift

	Reps		Weight
1	4	X	125
2	5	X	125
3	5	X	125

Barbell Row

	Reps		Weight
1		X	
2		X	
3		X	

Wide-Grip Pullup

	Reps		Weight
1		X	
2		X	
3		X	

One-Arm Dumbbell Row

	Reps		Weight
1		X	
2		X	
3		X	

Legs

Legs Workout   Save   Discard

Barbell Back Squat

	Reps		Weight
1	8	X	135
2	7	X	135
3	7	X	135

Barbell Front Squat

	Reps		Weight
1		X	
2		X	
3		X	

Bulgarian Split Squat

	Reps		Weight
1		X	
2		X	
3		X	

Standing Calf Raise

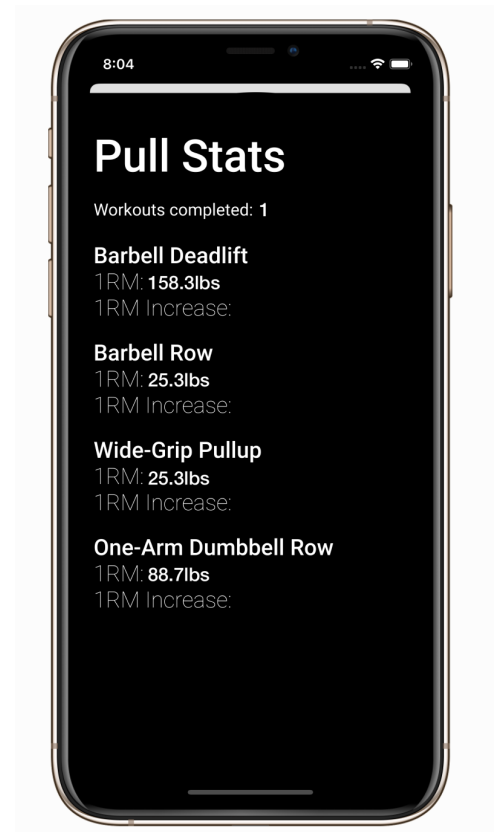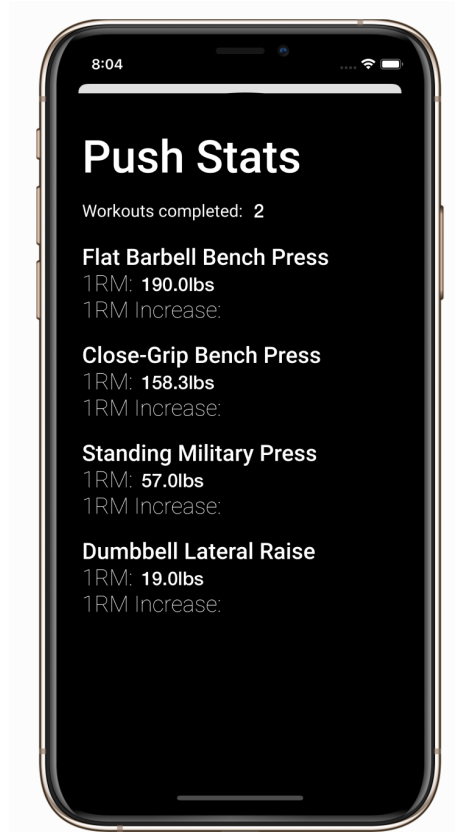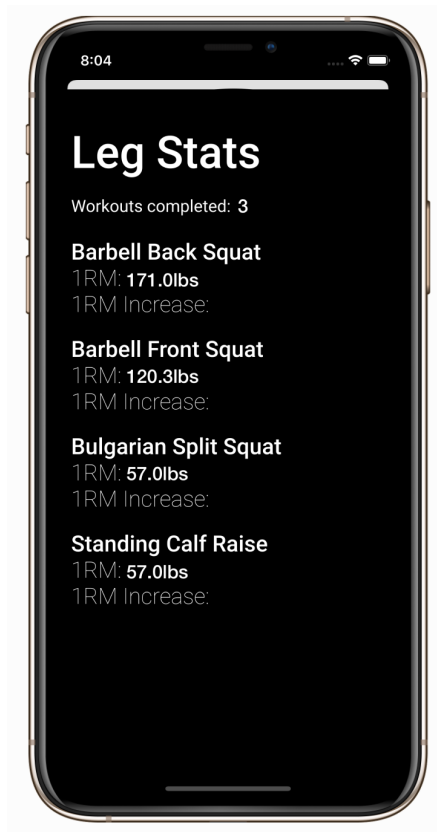|	Reps		Weight
1		X	
2		X	
3		X	

What the User Can Do:

- Log one of the three pre made workouts
- Save the workout or discard it

Future Improvements:

- Rather than using static images as the backgrounds I will make the layout using UI elements in swift with constrains (The app only works on my phone size, 375x812). This was done to test the idea and prototype in a much shorter time frame.
- Custom exercises using tableviews rather than just the three pre loaded ones. I did this so I can use the app for my workouts while I continue development.

Workout Stats Screens

Leg Stats

Workouts completed: 3

Barbell Back Squat
1RM: **171.0lbs**
1RM Increase:

Barbell Front Squat
1RM: **120.3lbs**
1RM Increase:

Bulgarian Split Squat
1RM: **57.0lbs**
1RM Increase:

Standing Calf Raise
1RM: **57.0lbs**
1RM Increase:

Push Stats

Workouts completed: 2

Flat Barbell Bench Press
1RM: **190.0lbs**
1RM Increase:

Close-Grip Bench Press
1RM: **158.3lbs**
1RM Increase:

Standing Military Press
1RM: **57.0lbs**
1RM Increase:

Dumbbell Lateral Raise
1RM: **19.0lbs**
1RM Increase:

Pull Stats

Workouts completed: 1

Barbell Deadlift
1RM: **158.3lbs**
1RM Increase:

Barbell Row
1RM: **25.3lbs**
1RM Increase:

Wide-Grip Pullup
1RM: **25.3lbs**
1RM Increase:

One-Arm Dumbbell Row
1RM: **88.7lbs**
1RM Increase:

What the User Can Do:

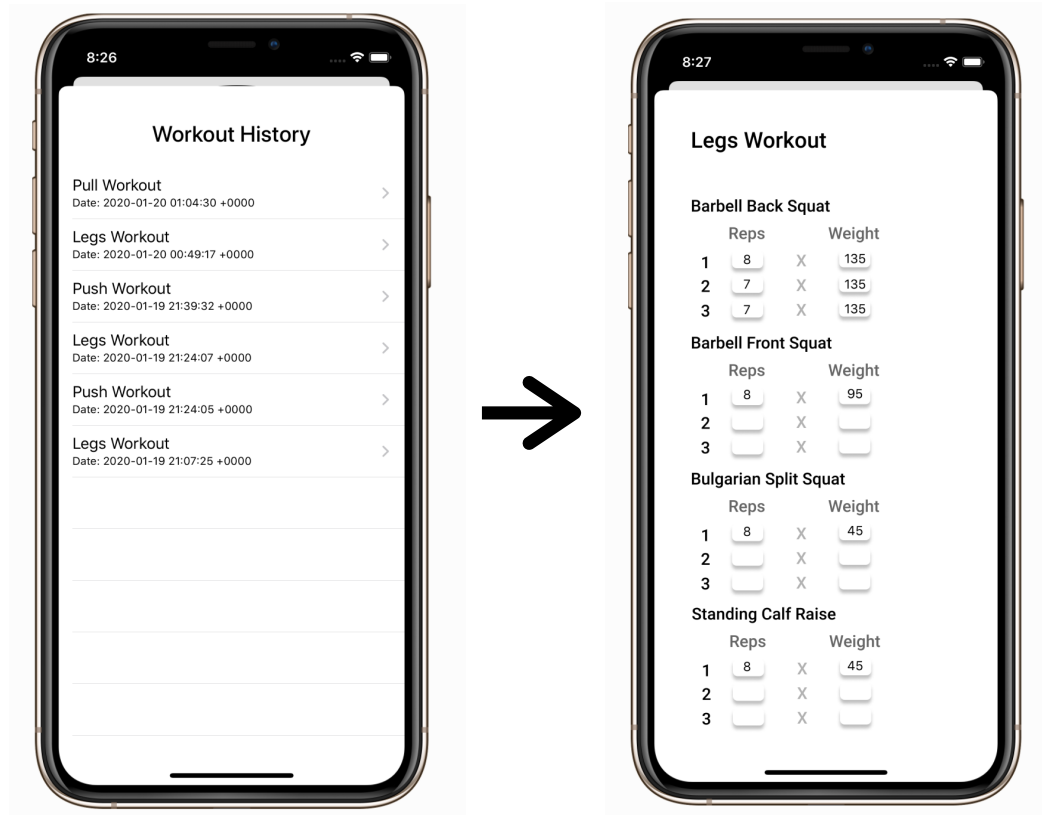- View their current one rep max's for all of their lifts

Future Improvements:

- Add the one rep max increase functionality so that the user can see their progress and stay motivated

History Screens

Workout History

The user can view their logged workouts by clicking the view history button on the home screen
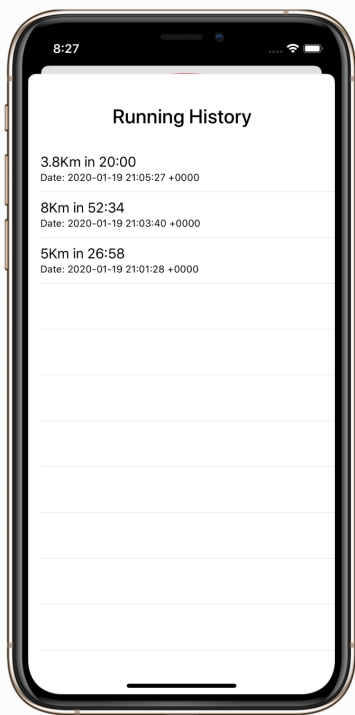

Running History

The user can view their logged runs by clicking the view history button on the running home screen

Future Improvements:
- More info when a user selects a logged run
- Potentially add a running map to track a users outdoor runs (If possible, not in the near future)

What's next for Opti?

Originally I thought that this project would simply something to submit for the Shopify internship but...

Opti

Now that I have made a working prototype of something that's been in the back of my mind for a while I have decided to commit to this project and bring it to the app store before the end of this semester.

Here is my plan:

- Make it compatible on all screen sizes
- Allow users to be able to edit past workouts
- Allow users to add their own workouts
- Improve the backend aspect with realm
- Potentially add cloud storage that is linked to a users account using firebase
- In-app purchase based on subscription model (14 days free then $x.xx/month)