

BarcodeFitness-iPhone Specifications

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This document is the functional and technical specification of BarcodeFitness-iPhone.

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A. Functional Specification

1. Complete scenario

a. First application launch

- You downloaded BarcodeFitness and pressed the app icon to enter the app.
- The Home page is displayed
- You want to go to the CRC but does know went it is opened:
 - Home / More / CRC hours of operation (Press the Title will have the same effect as pressing More)
 - When finished: Back / Done.
- You want to go to the CRC:
 - Home / More / Go to CRC with BeeHive. BeeHive gives the best time to go, the itinerary and sets a reminder to leave in time.
- You are at CRC and wants to begin workout:
 - Home / Start workout (Central part of logo).
 - There's no workouts yet
 - Press Add workout
 - Type a name (The app automatically suggest Louis the day of week as first part of workout name)
 - Select an image (The app automatically selects the image corresponding to the day of week and automatically scrolls to this image)
 - Press Save
 - You are ready to start: select your first workout:
 - The general timer is on.
 - There's no exercises yet
 - The app intelligently and non-intrusively gives you instructions to configure you workout.
 - Press Add exercise
 - Scan QR code in CRC and the exercise is added automatically
 - Select in the list the exercises (Multi selection and search mode implemented. Furthermore, the number or selected exercises is indicated.)
 - Select on the body [Not implemented yet]
 - Create a new exercise [Not implemented yet]
 - Select an image (The app automatically selects the image corresponding to the day of week and automatically scrolls to this image)
 - Press Save
 - You added 4 exercises
 - Select anyone to begin.

- As it is the first time you use the app, there's no sets in any of the exercises.
 - You can add then very rapidly with Add set and adjust reps and weight by pressing the set record text.
 - Note that the default record is 10 x 30 lb, and that each new set is, by default, the copy of the previous one. This allows extremely quick setup.
 - Swipe to delete a set. (You will see that sets will automatically be renumbered.)
- If you are not sure to know how to use the equipment:
 - Press the video button to view the YouTube video.
- When a set is done, validate it by pressing the check box or the right side of the cell (where previous performance is displayed)
 - The cell changes style and give sensitive feedback.
 - Unselect by pressing again.
- When all sets in done in exercise, you can:
 - go to the next one use navigation shortcuts on the top right corner
 - go back to List
 - In List you can notice that the pie charts as well as the descriptions are updated. Giving a very clear view of how far you are in your current workout.
- When all exercises are completed,
 - The app automatically congratulates you and proposes you to finish and save.
- Independently, you can add notes
 - If there's no notes, the "Your notes..." placeholder is displayed.
 - Directly pressing on the note will position you at the end of existing text. This mode is optimal for adding text.
 - Pressing the Note button will select the entire text. This mode is optimal for replacing text.
 - Pressing return dismisses the keyboard.
- To exit workout you can:
 - Finish workout if you want to save your performance in history.
 - If the app detects an empty workout, and intelligent instruction alert is displayed instead of finishing confirmation alert.

- If Finish, land back to Home page.
- Quit workout you do not want to add a new record in performance history.
 - If Quit, land back on Launcher.
- Both clean the progression and prepare for next launch.

b. Second and next application launch

- You like the app.
 - You can rate it at:
 - Home / Rate (Star button)
 - Home / More / Give us 5 stars on App Store
 - You can share the app on Facebook [not implemented yet] at
 - Home / Share (Action button)
 - You can visit GT-RNOC Facebook page and let a comment at
 - Home / More / Visit our Facebook page.
- You are at CRC and wants to begin workout:
 - Home / Start workout (Central part of logo).
 - One workout is already configured, but you can still add a new one:
 - Press Add workout
 - Type a name (The app automatically suggest Louis the day of week as first part of workout name)
 - Select an image (The app automatically selects the image corresponding to the day of week and automatically scrolls to this image)
 - Press Save
 - You are ready to start: select you the workout you want:
 - You can find it by yourself
 - Find it with search mode (drag to make search bar appear)
 - Use the Magic button to select a workout automatically.
 - You can notice that descriptions are updated with previous performance data.
 - Press the Info button to toggle between stats and notes.
 - Inside a workout, you find all data you configured last time
 - The exercises are preconfigured
 - The sets are preconfigured
 - You can still adjust and edit all workout data by adding, deleting or reordering.
 - Note that exercises always keep track of your previous performance and display in sets the “vs ... x ... lb” to have a simple and efficient way to see your progress compared to previous workout.
- The app is each time more intelligent and almost no configuration is needed from the second use onwards.

c. Advanced features

- Edit modes
 - On Launcher, Workout page and Exercise page, the Edit button allows to enter edition mode in addition to the swipe gesture.
 - In Launcher the Edit mode allows:
 - Reordering
 - Renaming
 - Deleting
 - In Workout page the Edit mode allows:
 - Reordering
 - Deleting
 - In Exercise page the Edit mode allows:
 - Deleting
- Search modes
 - In Launcher the search mode allows to
 - Find workouts
 - Select workouts for renaming
 - Select workouts for deleting
 - Select workout to start workout
 - In Exercise List the search mode allows to
 - Find Exercises
 - Select exercises to add to current workout (multi-selection implemented).
- Intelligent rest timer
 - Easy timer usage
 - Set mode and rest time by pressing timer cell left side
 - Begin rest or Reset timer by pressing timer cell right side
 - The rest timer has 3 modes
 - Automatic timer mode
 - The timer is automatically triggered at the end of each set and sets an alarm
 - The timer can still be triggered and stopped manually
 - Manual timer mode
 - The timer has to be triggered manually to allow the user to choose the exact moment he wants to trigger it.
 - This is the default mode.
 - Alarm off mode
 - The timer can still be triggered and stopped manually, but no alarm will be set.
 - The timer is intelligent
 - The timer automatically rejects a 00:00 rest time with intuitive animations

- The timer automatically resets itself when dismissing the alarm notification
 - The timer can be edited while running and intelligently display both times
 - The timer changes color depending on timer states
- Intelligent note taking
 -
 - Furthermore, adding notes is an choice that the app intelligently proposes you to do at finishing (in case you forgot to do it)
- Intelligent alerting and notifications
 - There is complete alert automation for
 - Finish workout scenarios
 - Timer notifications
 - Connection notifications
- Magic launcher
 - The magic launcher choses automatically the best workout for you
- Magic info
 - The info button in Launcher allows toggling between workout stats and note data.
- Magic status bar
 - The status bar becomes white for a few second when you press long on the navigation bar. This allows an optimal UI partially hiding the status bar when not needed and clearly displaying it when needed.
- Home page shortcut
 - The Title is active. It is a second way to access the More page for better ergonomics.
- Mini game
 - The scroll view of Launcher hides a mini game. Will you manage to scroll until the end? No so easy.

2. Missing features functional design

- There is 6 flows in this app:
 - 3 are completely implemented
 - Main flow: Start workout
 - Secondary flow: More
 - Tertiary flow: Rate
 - 3 are partially implemented
 - Secondary flow: Scan
 - Secondary flow: Performance history
 - Tertiary flow: Share

a. Design for Scan

- 1) Must be features:
 - a) Scanning
 - b) Displaying exercise name
 - c) Link to exercise video
- 2) Performance features:
 - a) Display last performance on this exercise
 - b) Display stats on this exercise
 - c) Share stats on this exercise
- 3) Delightful features:
 - a) Add this exercises to an existing workout
 - b) Create workout form Scan flow and add scanned exercise to new workout

b. Design for Performance history

- 1) Must be features:
 - a) Displaying performance data list
- 2) Performance features:
 - a) Displaying performance data per muscle group
 - b) Display performance stats
 - c) Allow to modify records
- 3) Delightful features:
 - a) Share performance data

c. Design for Share

- 1) Must be features:

- a) Integration with Facebook
- b) Sharing app recommendation post
- 2) Performance features:
 - a) Sharing rich data
- 3) Delightful features:
 - a) Multiple social media integration.

d. Advanced Features

- 1) Creation of custom exercises (needs backend upgrade)
- 2) Syncing performance data
- 3) Multimedia features
 - a) Share short videos
 - b) Access music
- 4) Motivation features
 - a) Send post to Facebook at workout beginning and receive like notifications from friends.
 - b) Leaderboard
- 5) Advanced contents
 - a) Preconfigured routines for targeted sports and adapted according users physiology.

3. Home Page

- There's 3 main buttons
 - Start workout
 - Scan
 - Performance history
- And 4 secondary buttons
 - 3 tool buttons
 - Share ([not implemented yet, requires Facebook API] allows to share this app on social media.)
 - Rate (direct link to App Store to rate the app)
 - More (Segue to More page)
 - And the Title (Segue to More page)
- The main buttons are designed with the application logo. To make it clear which part of the logo corresponds to which button:
 - A continuous animation with labels is implemented. Animations cycle: Start workout > Scan > Performance history > Start workout > ...
 - The animation reloads each time the view controller appears.

4. Launcher – workouts management

5. Workout – exercises management

6. Exercise – sets management

B. Technical Specification