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**GT-RNOC**

BarcodeFitness-iPhone Specifications

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

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**Fall**

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# Functional Specification

## Complete scenario

### 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 emptily 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.

### Second and next application launch

* You like the app.
  + You can rate it at:
    - Home / Rate (Star button)
    - Home / More / Give us 5 starts 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.

### 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.

## 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

### Design for Scan

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

### Design for Performance history

1. Must be features:
   1. Displaying performance data list
2. Performance features:
   1. Displaying performance data per muscle group
   2. Display performance stats
   3. Allow to modify records
3. Delightful features:
   1. Share performance data

### Design for Share

1. Must be features:
   1. Integration with Facebook
   2. Sharing app recommendation post
2. Performance features:
   1. Sharing rich data
3. Delightful features:
   1. Multiple social media integration.

### Advanced Features

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

## 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.

## Launcher – workouts management

## Workout – exercises management

## Exercise – sets management

# Technical Specification