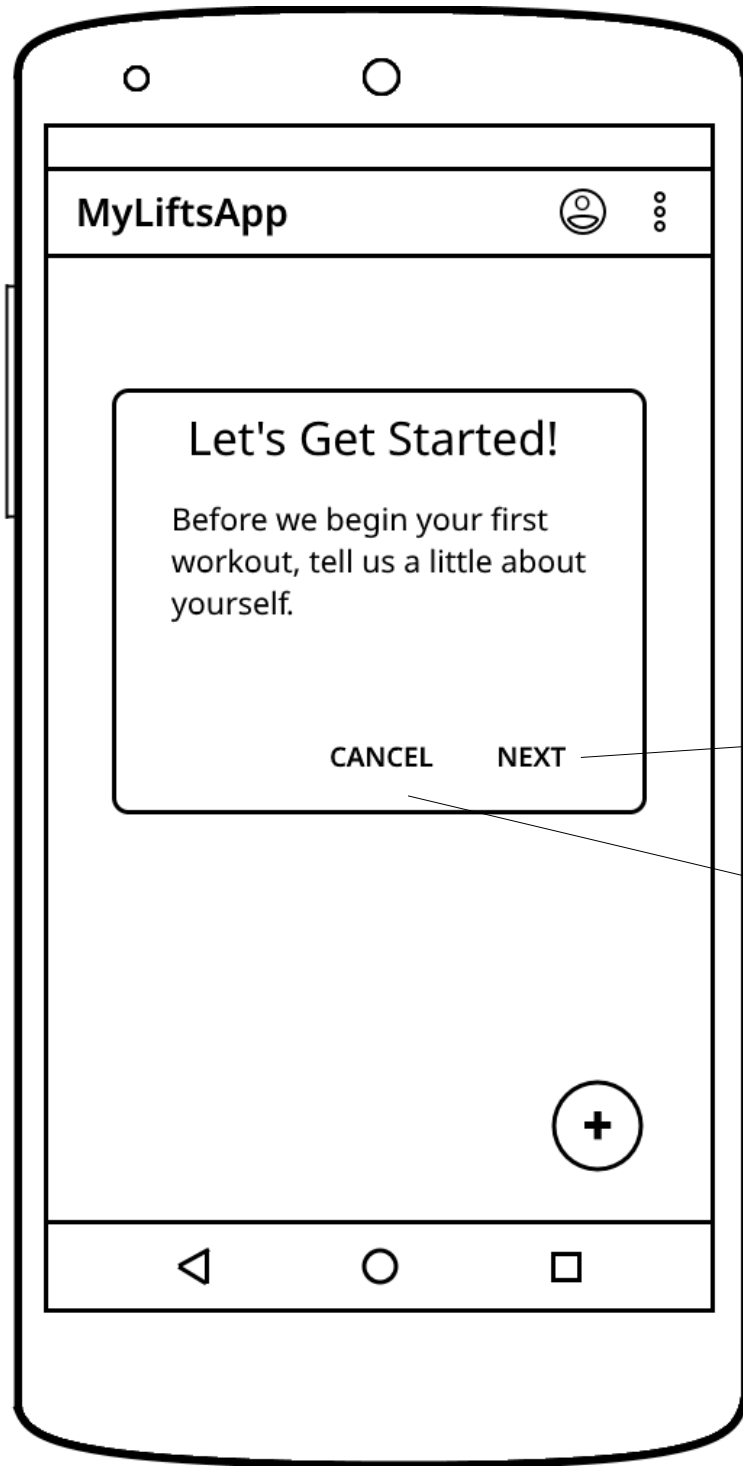


Placeholder name

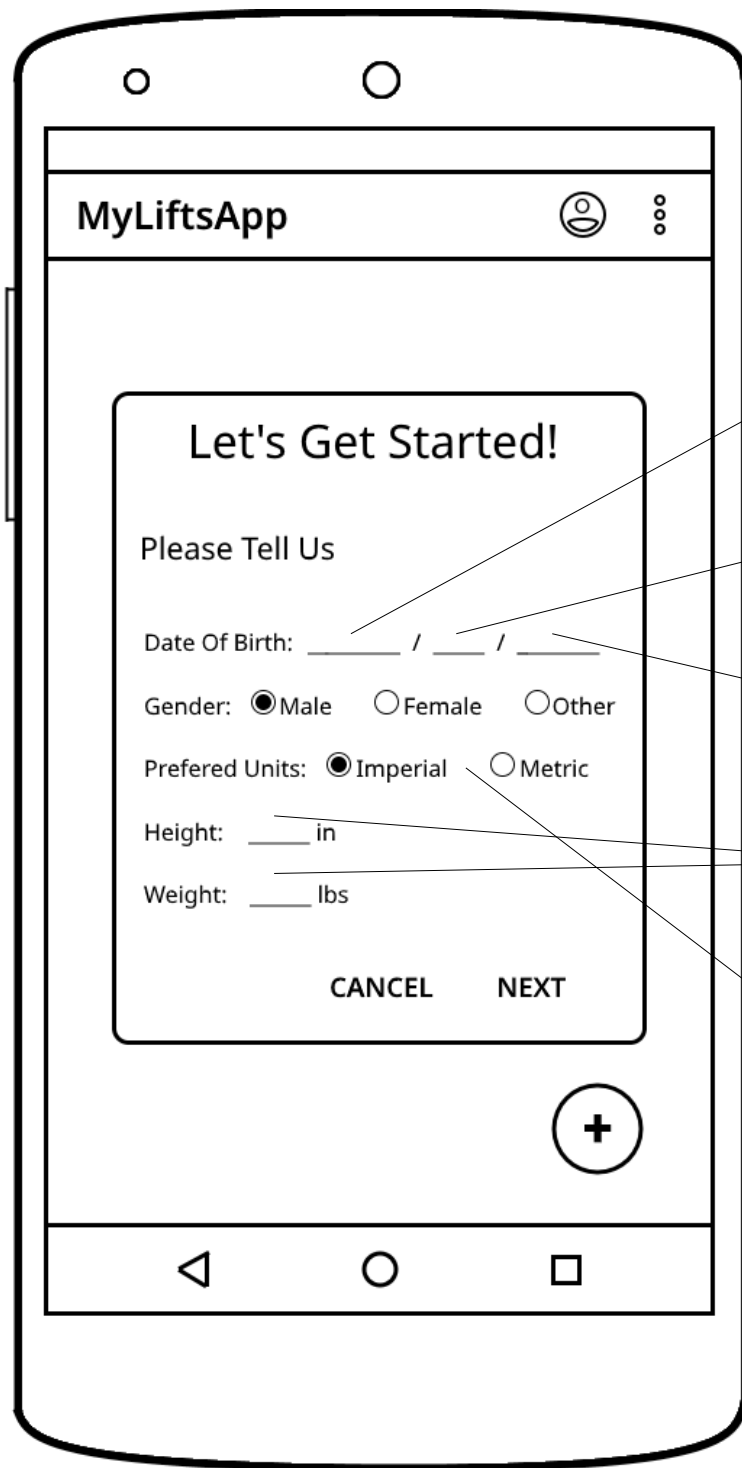
Displayed for a couple of seconds on first startup. Verifying login, Syncing with cloud, retrieving data for tables occurs now. May not appear long enough to be visible to human after first load if optimized properly



First Screen inside the actual app on first time start up. Dialog can only be dismissed by hitting cancel. Other icons are not accessible until dialog is removed

Next Button Progresses to next screen

Cancel Button Dismisses Dialog



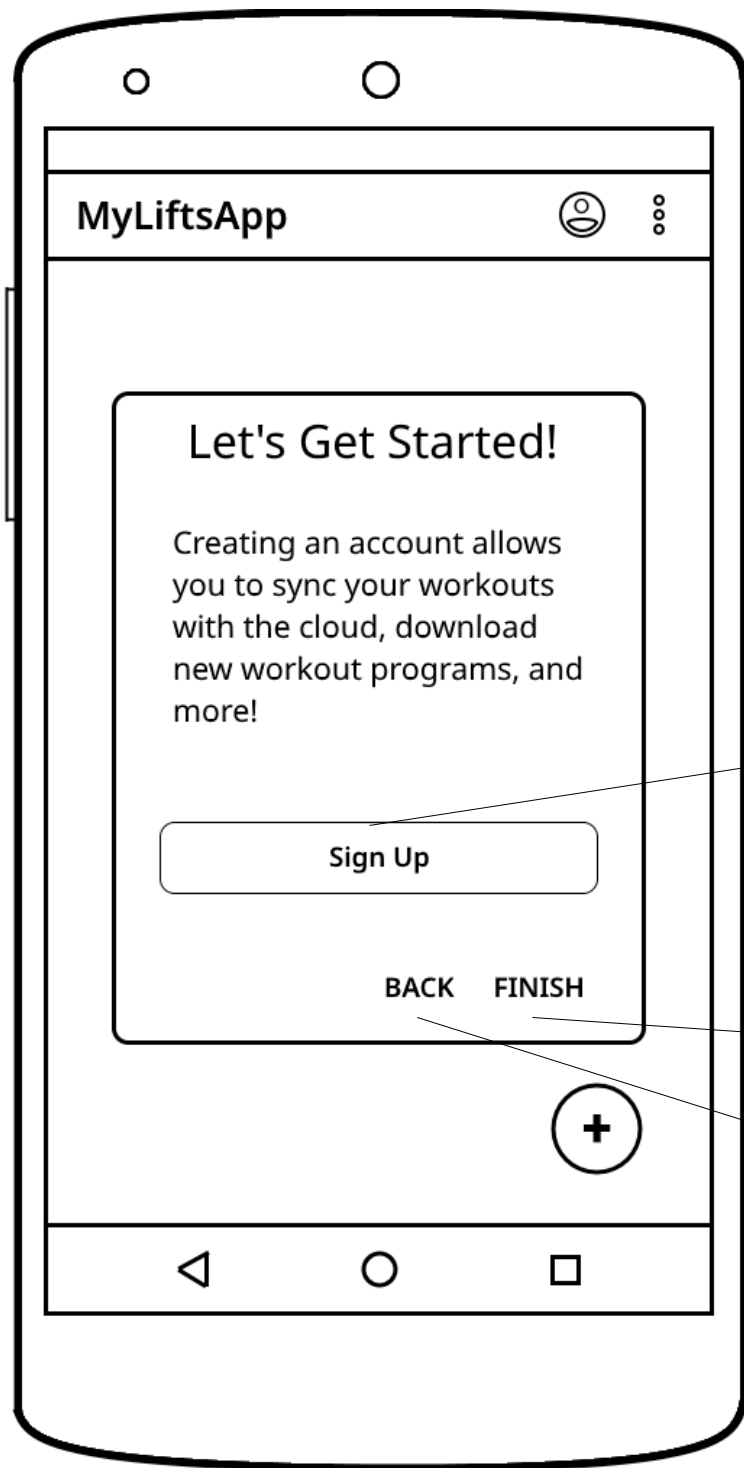
Bring up dialog with months to choose from when tapped

Bring up list of day numbers

Bring up year picker

Units must change to Metric/Imperial based on Selection above

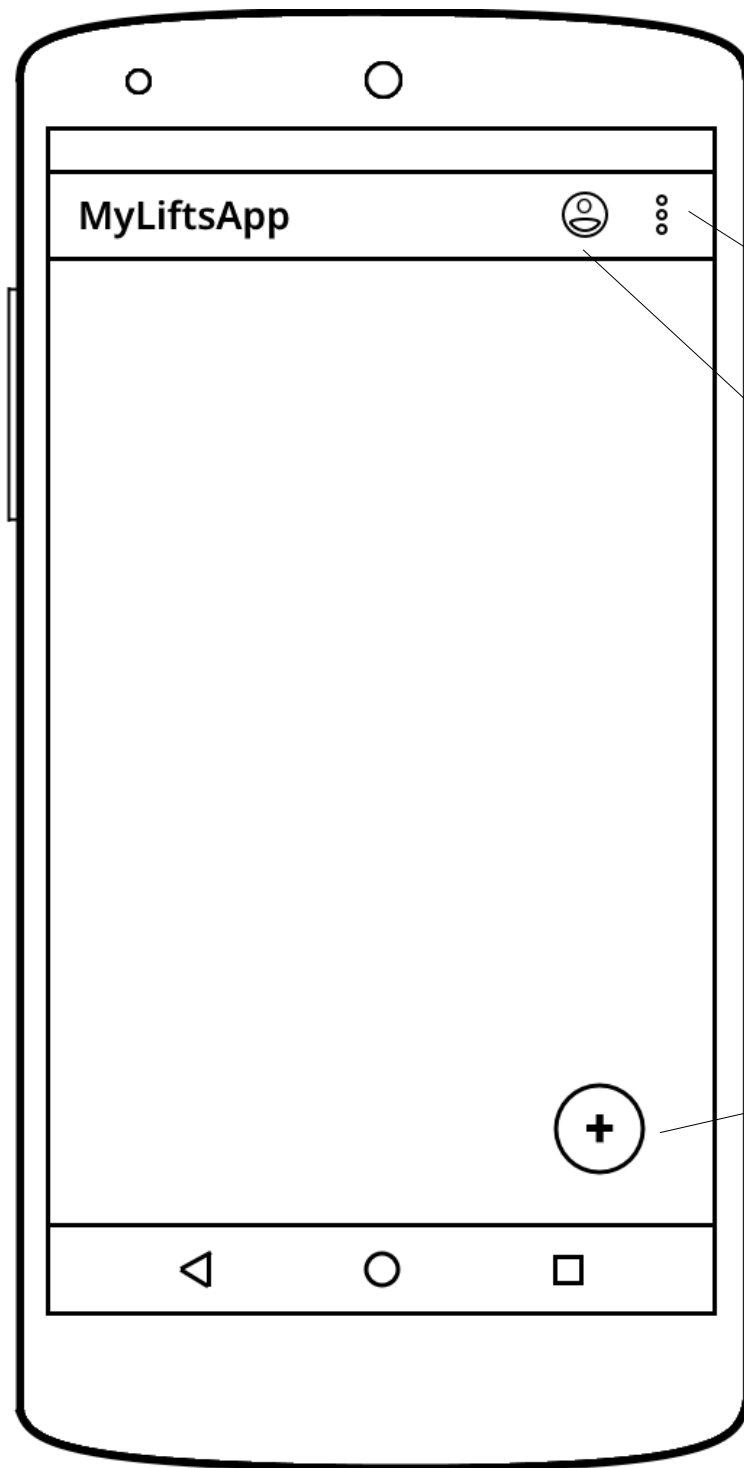
Changes displayed unit and triggers converting. Imperial values stored in DB



Sign Up is Optional

Dismisses Dialog, Saves data to DB

Move back to previous screen. Allows User to make changes or cancel without Saving data

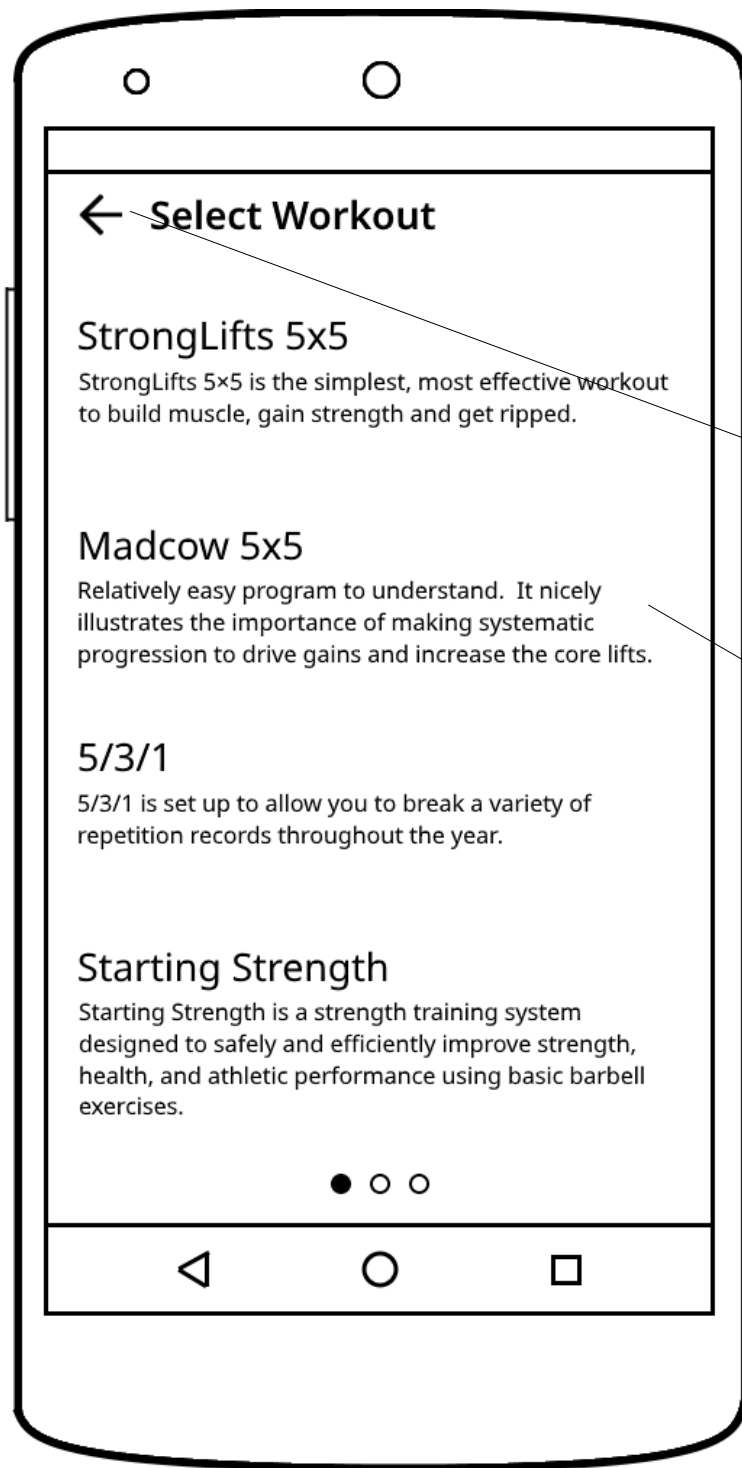


The Main Activity of the app.
Workouts will appear here once
they are created

Options

Profile icon. Allows user to
update their data and view
progress. Also allows user to
login or create account

Add Workout Icon. Tapping this starts the new
workout activity. User clicks here to create and
start their first workout or start a new workout
program

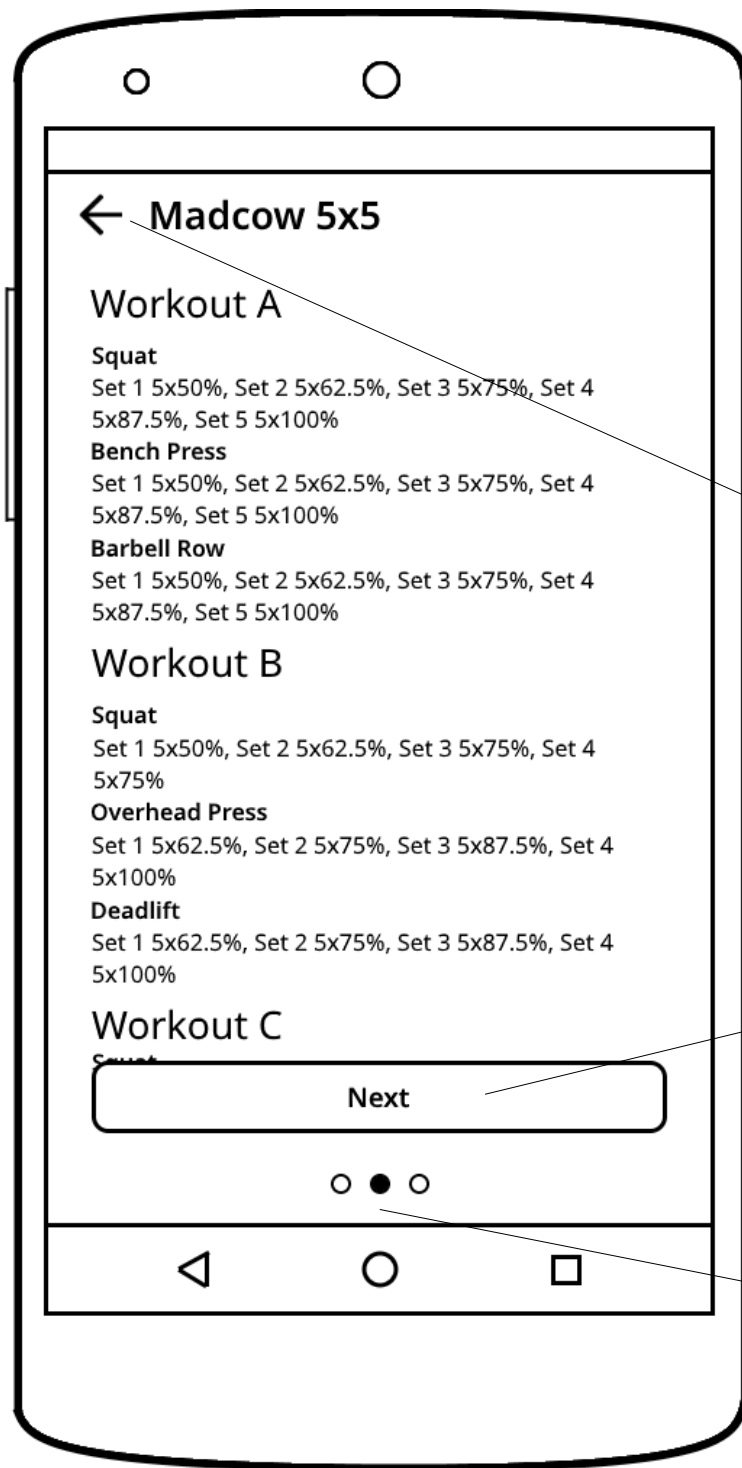


New Workout Activity. Uses Fragments to seamlessly transition between screens

Back Button closes activity and returns to Main Activity

Tapping a workout brings selects it and transitions to the next screen

Workouts will be in a list view

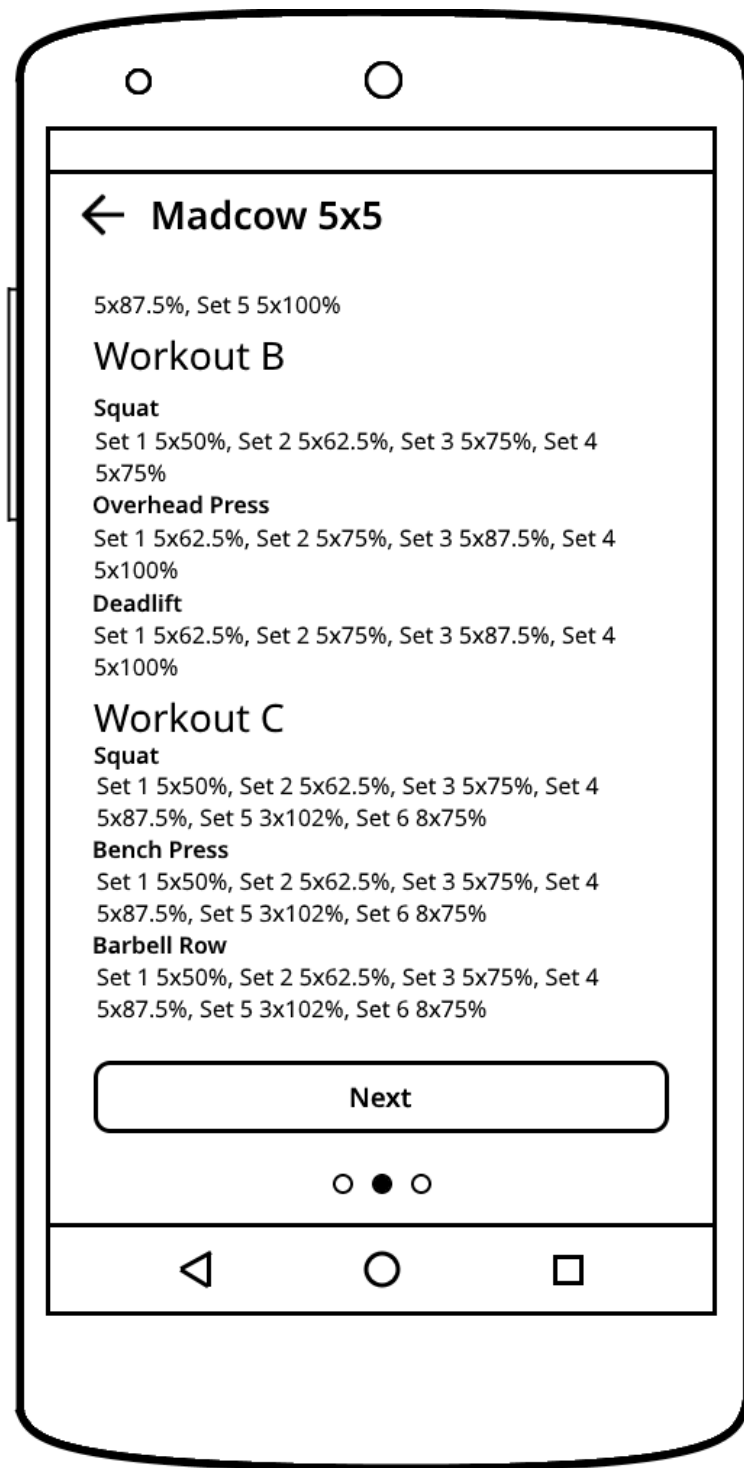


Next fragment of the Activity. Breakdown of the workout program listed. Each workout in the program, each lift, number of sets, reps, and weight. Placed in a scroll view or list view

Back button returns to previous screen so user can make a new selection

Next button progresses to final screen. Next Button above list view so user isn't forced to scroll through all the information

Notice highlighted dot has changed to indicate where in the process the user is



Continuation of previous screen to show scrolling

← Madcow 5x5

Enter your one rep max (1RM) for each lift. If you don't know it, leave it blank.

Squat	1RM: _____ lbs
Bench Press	1RM: _____ lbs
Barbell Row	1RM: _____ lbs
Overhead Press	1RM: _____ lbs
Deadlift	1RM: _____ lbs

Start Workout

○ ○ ●

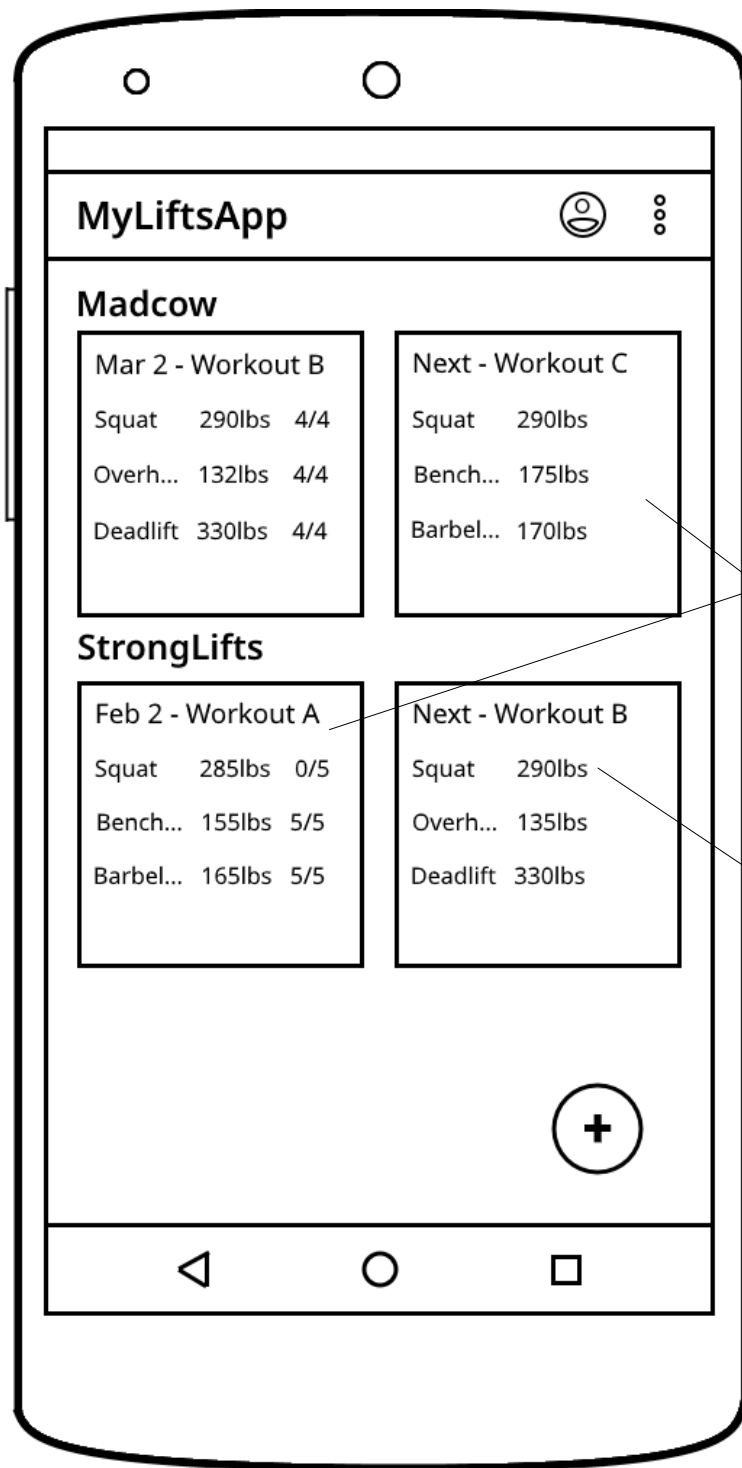
Final Fragment of the Activity. User enters weights that will be used to generate workout weights

As Workouts are completed, max weight lifted for each exercise is stored. These values can be used to pre-fill each text box

Leaving a line blank will result in the default value of the exercise being used, normally 45lbs

Back button moves to previous fragment

Start Workout finishes the fragment and moves to workout Activity

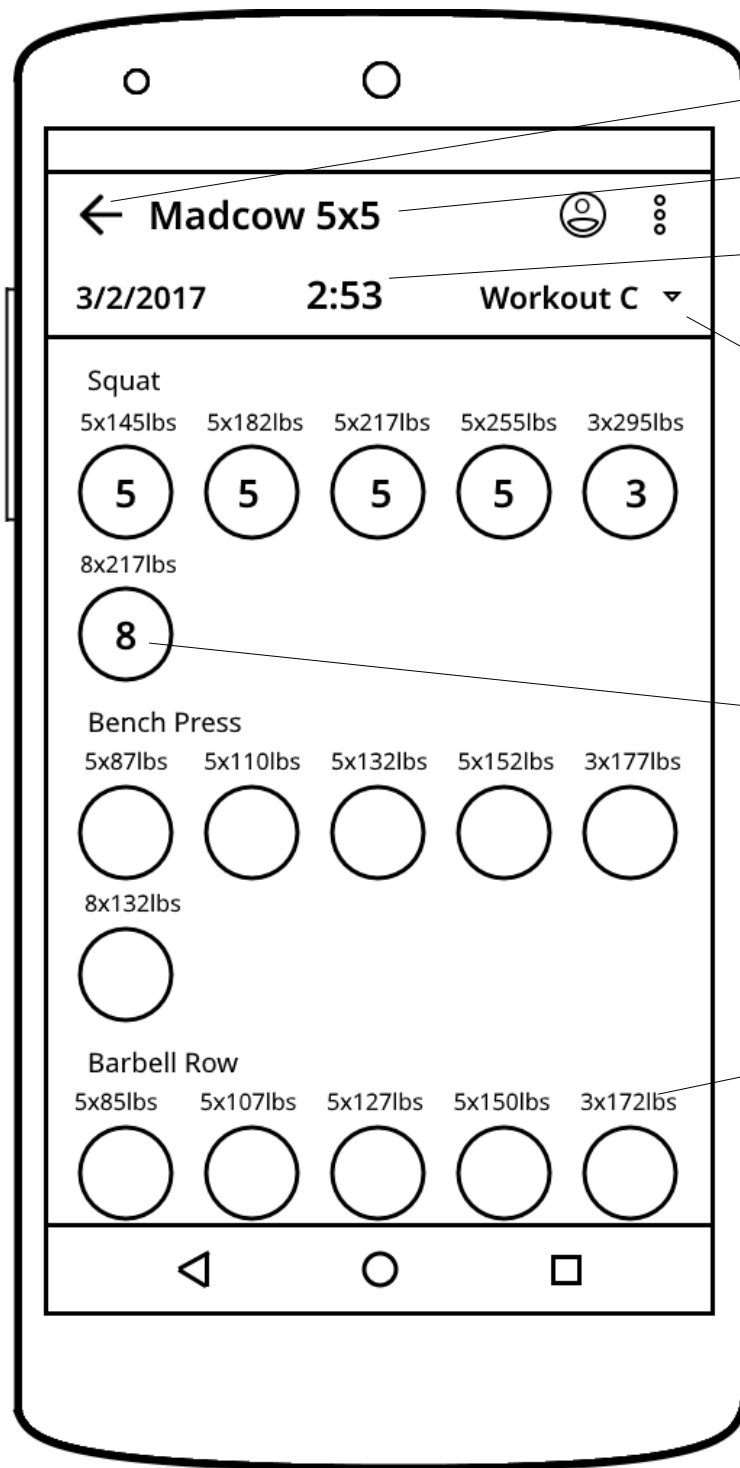


Example of Main Activity once workouts have been started and completed

Selecting previous Workout allows user to review

Selecting next workout starts workout activity

Weights in next workout are based on what the user previously lifted in any workout program, not just the same program



Back button returns to Main Activity

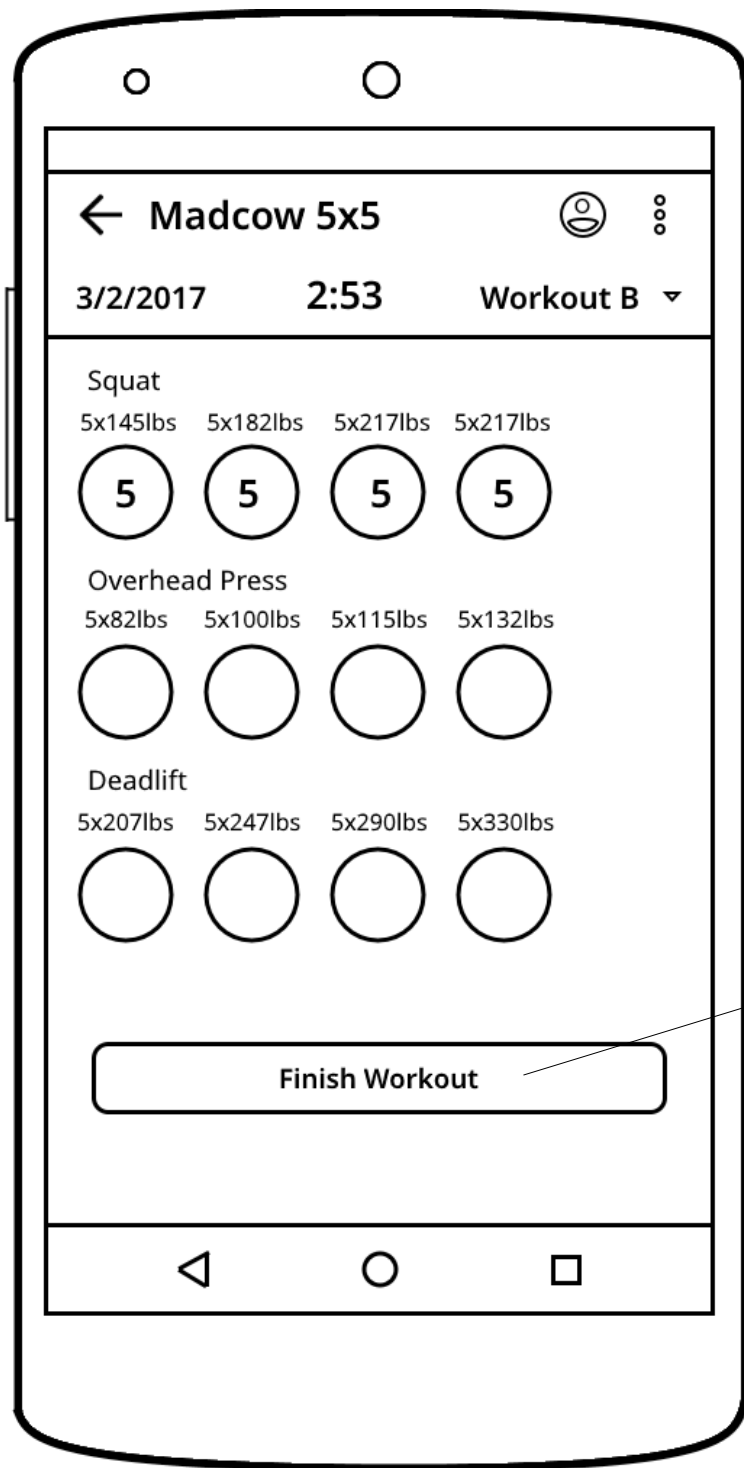
Name of program that is being worked

Timer to show time between completion of sets

Change between workouts in the program, or add accessory work

Tapping the circle displays number of reps completed. Each tap lowers the number of reps from the number needed to pass the set

Weights rounded based on plates the user has in their gym



Example of another workout in the program

Saves progress and exits to Main Activity