Class OneRep

java.lang.Object
    OneRep

All Implemented Interfaces:

Cloneable , UserExp

```
public class OneRep
extends Object
implements UserExp, Cloneable
```

This class is supposed to help the user calculate their one rep max for three exercises: the deadlift, squat, and bench press. The user will be able to enter a weight between 1 and 1000 lbs and their reps will range from 1-10. To calculate the max, the O'Conner Formula is used.

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Constructor Summary

Constructors

Constructor	Description
OneRep()	This construcor is a default constructor.
OneRep(OneRep one)	This constructor is a copy constructor that deep copies a given OneRep object, and sets the values to a new one.

Method Summary

All Methods   Instance Methods   Concrete Methods

Modifier and Type	Method	Description
OneRep	**clone**()	
String	**display**()	This method is meant to display the object's values that were generated by the user's selections from within a file.
void	**exAsker**()	This method will ask the user about what specific exercise they want to calculate a one rep max for.
int	**makeMenu**()	This method creates a menu for the user to interact with.

void	**printElem()**	This method is supposed to print all of the maxes into a file.
boolean	**save()**	This method is supposed to help save all of the user's values generated by the user to a file.
boolean	**separate()**	This method will ask the user if they want to create a copy of the one rep max file to keep for themselves.
void	**setFile()**	This method is supposed to get the file name from the user.
void	**showOne(String** ex)	This method is meant to help show one set of maxes that the user already has saved.
String	**toString()**	

Methods inherited from class java.lang.**Object**

equals , getClass , hashCode , notify , notifyAll , wait , wait , wait

Constructor Details

OneRep

```
public OneRep()
```

This construcor is a default constructor. Its use is to create an object that allows for the calculation of maxes. That's why all of the variables are given default values.

OneRep

```
public OneRep(OneRep one)
```

This constructor is a copy constructor that deep copies a given OneRep object, and sets the values to a new one.

Parameters:

one - A OneRep object that will be used for setting a new OneRep copy object.

Method Details

makeMenu

```
public int makeMenu()
```

Description copied from interface: `UserExp`

This method creates a menu for the user to interact with. This helps with the flow of the program.

Specified by:

makeMenu in interface `UserExp`

Returns:

An integer value that represents the option that the user selects.

exAsker

```
public void exAsker()
```

This method will ask the user about what specific exercise they want to calculate a one rep max for.

showOne

```
public void showOne(String  ex)
```

This method is meant to help show one set of maxes that the user already has saved.

Parameters:

ex - A string variable that represents the exercise that the user is trying to see.

save

```
public boolean save()
```

Description copied from interface: `UserExp`

This method is supposed to help save all of the user's values generated by the user to a file. If the user has any values, they will be saved to a file.

Specified by:

save in interface `UserExp`

Returns:

A boolean value that represents whether or not the user has any data stored.

printElem

```
public void printElem()
             throws FileNotFoundException
```

This method is supposed to print all of the maxes into a file. If the file cannot be found or there are no maxes for a given exercise, the user is notified.

Throws:

`FileNotFoundException` - An exception that's thrown when the file cannot be found.

separate

`public boolean separate()`

This method will ask the user if they want to create a copy of the one rep max file to keep for themselves. If the user says yes, then a second copy is made. Otherwise, no copy is made.

Returns:

A boolean value that represents the user's decision to create another file.

clone

`public OneRep clone()`

setFile

`public void setFile()`

This method is supposed to get the file name from the user. After that, Elements from the current exercise ArrayLists will be printed into the user's file. The purpose of the method is to help give the user an opportunity to save their work into another file in case they don't want to use the default oneMax.txt file.

toString

`public String toString()`

Overrides:

`toString` in class `Object`

display

`public String display()`

Description copied from interface: `UserExp`

This method is meant to display the object's values that were generated by the user's selections from within a file.

Specified by:

`display` in interface `UserExp`

Returns:

A String value that represents what's in the file.