Robust

Summary:

Robust is consisted of two parts -- Creating a new training split and Owned training splits.

In a new training split, users set their goal and add body parts they want to train in order to achieve their goal. For each body part, users can add as many equipments as they wish and set how many sets and repetitions for one equipment.

As for existed training splits, there is a Goal List listing all the existing training splits users have created. While tapping on a goal cell, users are directed to three tab bar views. The first and the default one is an overview of the training split. Users can tap a body part cell to get training detail of it.The second tab is for personal spreadsheets. Users can create today's training record, which is based on one of the body parts of the selected goal. The third tab is an analysis for weight and body fat percentage(tentative). Users can find changes in their weight and body fat percentage via line charts. When saving a new record and turning to line charts tab, users only need to tap the refresh button and newly-redrawn line charts show up.

Unlike other apps offering existing combinations for users' training splits, this app provides users a simple and custom way to make their own training splits. Users can keep track of any training plan for specific body part. Also, the analysis helps users understand whether the training split is useful or not and then modify their training splits. Robust provides a more flexible way to train yourself.

This app stores training splits and users' records in local devices and uses data in the records to analyze users' body conditions. When users are able to delete selected rows, an updated file will replace the original one in time.

There are three custom classes designed for goal, body part(menu) and record. They help divide data into meaningful and storable units. (Also for showing stuff in table view.) Picker views are used for variety of elements and stack views are used for easier layout constraints. Social networking service is supported. Users can post their training photos to Facebook. A third-party framework is used for drawing line charts.