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Intro to Embedded System

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"Embedded Fitness" project

1. Connect the battery to the microcontroller.

2. Attach the microcontroller to the user's chest.

3. The User click a button to turn on microcontroller.

4. 4 LEDs (Neopixels) on microcontroller will indicate which exercise the user is performing

    A. 0: Situps

    B. 1: Pushups

    C. 2: Jumping Jacks

    D. 3: Squats

5. whenever a user moves his or her body up or down, the accelerator counts the number.

    A. Use no.7 neo pixels to count number of exercises

6. After 15 repetitions of each exercise, the neo pixel 9 lights up. And the count does not rise until the reset button is pressed.

7. Press the reset button to return the count to zero.

8. If the user is working out and want to do another exercise without completing user routine, press the reset button and turn the count to zero, the user can do another exercise.