

Lifterify Epics

Epic	Description
<i>EP-01: Training Activity Management</i>	<p>The system must allow the users to plan, log and track their weightlifting training activity in a simple, comfortable and powerful way.</p> <p>This includes:</p> <ul style="list-style-type: none">• Create, update and delete training plans• Log training sessions: which exercises, in what order, and movement-specific parameters like weight, reps, duration, rest, etc.• Track information such as personal records, total amount of weight, total training time, training volume, percentage of exercise over total work out...• Compare plan with actual activity: better or worse performance, missed exercises, missed sessions.

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<i>EP-02: User Management</i>	<p>The system must support two different profiles: guest and registered.</p> <p>Guest users can get basic information about weightlifting sport, what services the system provides and how they can use the system. Also, guest users can manage their training activity in a single device, and sign up into the system providing the necessary data, thus becoming a registered user.</p> <p>Registered users can do everything guest users can and, in addition, manage an user profile with personal and training data that brings them additional services, such as device synchronization or sharing their activity on social media.</p>

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<i>EP-03: Weightlifting Training Programs</i>	<p>The system should offer out-of-the-box training programs so the users can select an already defined training plan and start the work out right after.</p> <p>Each program must be correctly classified (beginner/basic, intermediate, pro...) and described based on its target.</p> <p>Training programs free the users from spending time in exercise selection, session configuration, scheduling and milestone setting.</p>

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<i>EP-04: Training Recommendation System</i>	<p>The system should keep track of and analyze training data from the user and give them feedback.</p> <p>Such information includes:</p> <ul style="list-style-type: none"> • Weightlifting programs adjusted by level and/or goals • Planning and scheduling advice • Exercise suggestions to prevent, overcome or compensate certain weaknesses

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<i>EP-05: Social Network</i>	<p>The system should let users follow other users, as well as share their recent activity, personal record, interests, etc.</p>