

# Welcome to TIC

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The TIC is the only technology capable of transforming any exercise equipment into a smart exercise equipment.

[SIGN UP](#)

[LOGIN](#)



USER NAME



SIGN IN

## FIND NEARBY TIC

THIS SHOULD BE A  
LIST OF ALL  
NEARBY DEVICES

- ☐ TIC#1
- ☐ JESS' TIC
- ☐ MyTIC

we may want to have  
a user select  
historical workouts or  
new workout right  
after signing in.  
before pairing devices

# SELECT EXERCISE

CLICKING THIS SHOULD TAKE YOU  
TO A PAGE WITH VISUAL OF  
DIFFERENT WEIGHTED WORKOUTS  
SEE ATTACHMENT A



FREE WEIGHTS



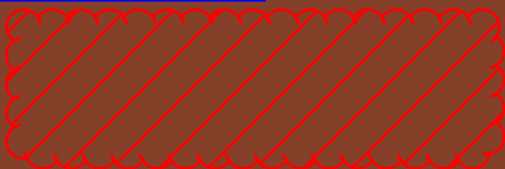
EXERCISE MACHINE QR CODE

ADD THIS EXERCISE  
NEED TO LINK  
THE MOMENT.  
THIS IS OUTSIDE  
OF THIS SCREEN



FREE FORM

EXERCISE

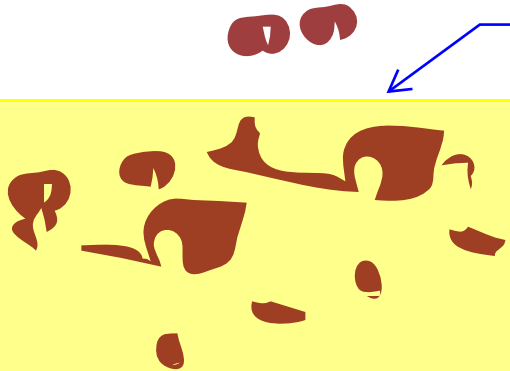


CHEST

GROUP

ATTACHMENT A

EXERCISE



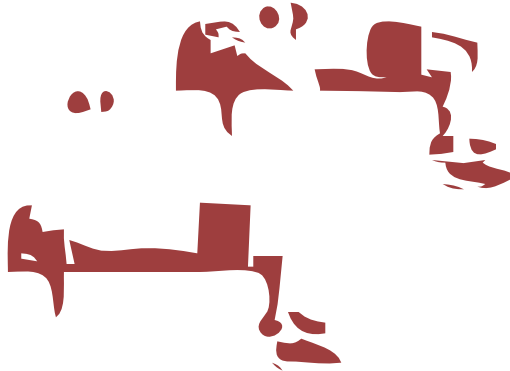
Bench Press



Incline Press



Chest Fly

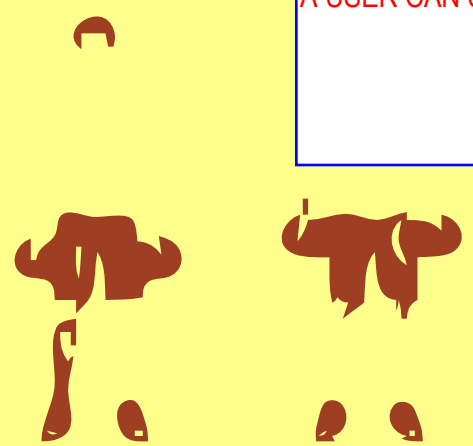


Hammer Press

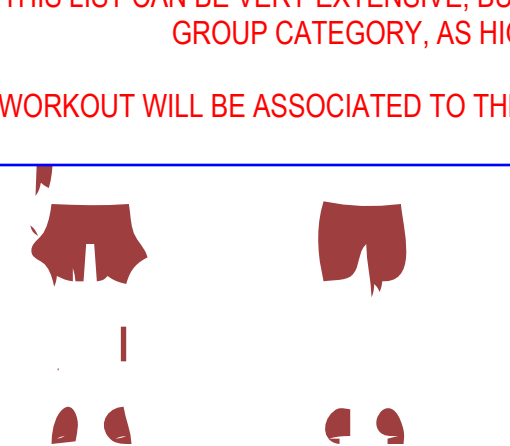
SHOULDERS



Shoulder Press



Shrug



Lateral Raise

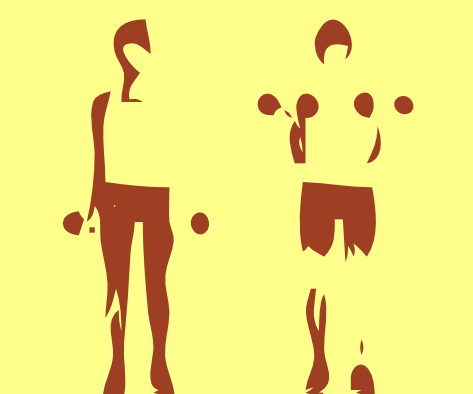


Front Raise

ARMS



Hammer Curl - Biceps



Bicep Curl



Tricep Kickback



Tricep Extension

BACK



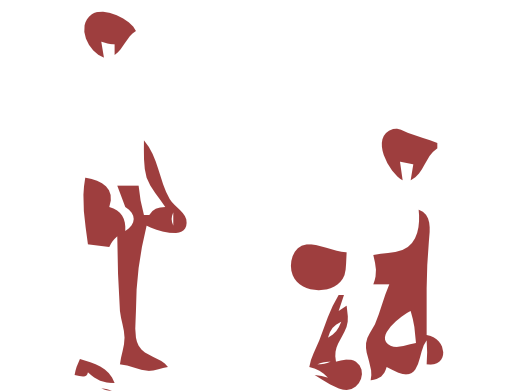
Reverse Fly



Single Arm Row



Bent-Over Row



Deadlift

LEGS



Squat



Sumo Squat



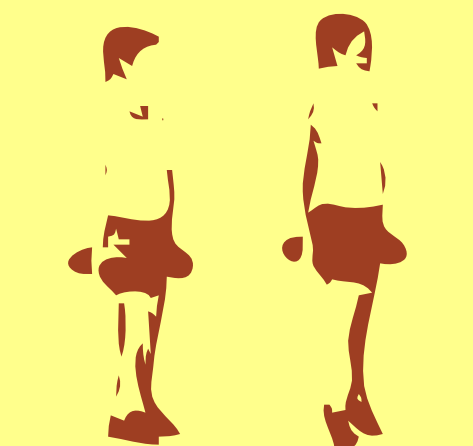
Goblet Squat



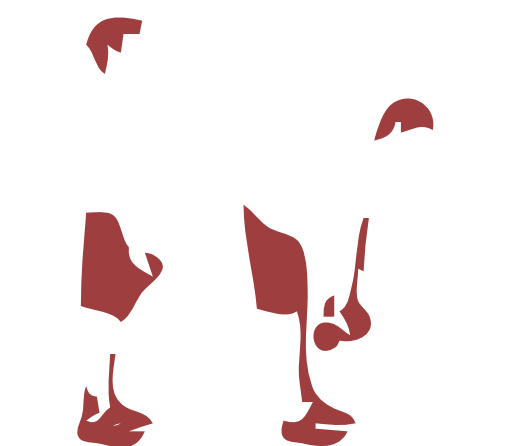
Lunge



Step Up



Calf Raise



Romanian Deadlift



Hip Raise

CORE



Russian Twist



Side Bend



Wood Chopper



V Up

FREE WEIGHT OR FREEFORM EXERCISES SHOULD HAVE A LIST OF BASIC EXERCISES A USER CAN SELECT. THIS LIST CAN BE VERY EXTENSIVE, BUT LETS INCORPORATE A FEW EXERCISES PER GROUP CATEGORY, AS HIGHLIGHTED

THE WORKOUT WILL BE ASSOCIATED TO THE USER SELECTED EXERCISE

< ENTER WEIGHT



ENTER

WEIGHT

FEEDBACK OF  
WEIGHT ENTERED  
NEED TO SPECIFY  
UNITS - kg or lb

UNITS WILL BE  
NEEDED FOR THE  
FORCE  
CALCULATION.

1

4

7

5

8

0

6

9

×

## 5 - Exercise UI

Leg Raises

Reps

Set



Time

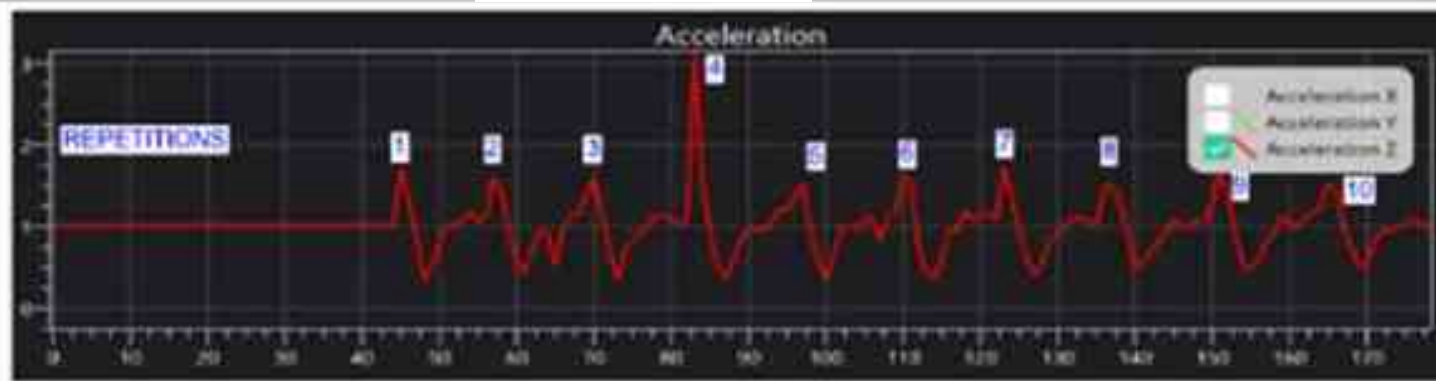
Energy

EXERCISE  
SELECTED

REPTETITIONS

SET OF EXERCISE

TIME ELAPSED



Start/Stop

Historical

Performance

SELECTING HISTORICAL SHOULD  
GIVE YOU THE ABILITY TO FILTER  
EXERCISES BY DAY, TYPE, ETC,  
AND THE USER WILL BE ABLE TO  
SEE SPECIFIC WORKOUT  
INFORMATION

PERFORMANCE IS  
SOMETHING THAT  
WILL BE USED TO  
COMPARE THE  
SAME WORKOUT  
OVER TIME.