

Welcome to TIC

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 SECTION



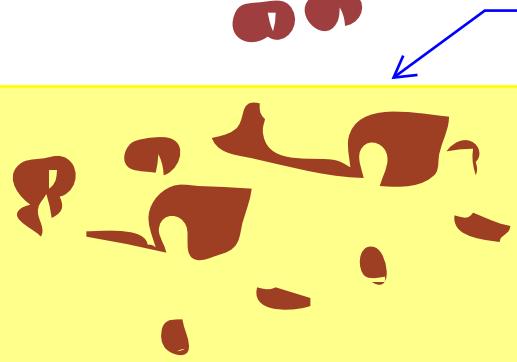
FREE FORM

EXERCISE



CHEST

GROUP



Bench Press



Incline Press

ATTACHMENT A



Chest Fly



Hammer Press

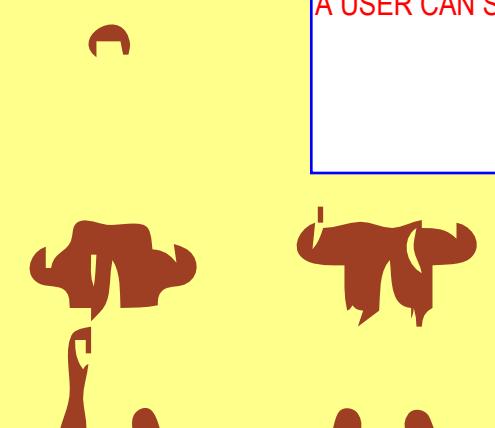
SHOULDERS

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

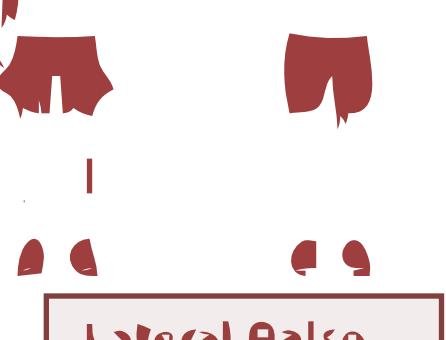
THE WORKOUT WILL BE ASSOCIATED TO THE USER SELECTED EXERCISE



Shoulder Press



Shrug



Lateral Raise

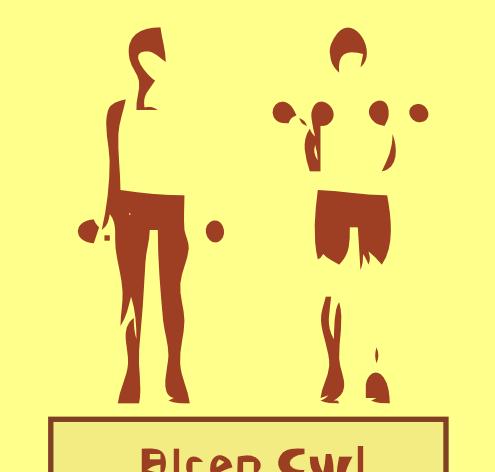


Front Raise

ARMS



Hammer Curl - Biceps



Bicep Curl



Tricep Kickback



Tricep Extension

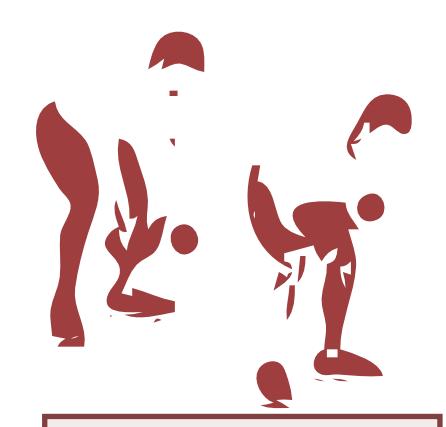
BACK



Reverse Fly



Single Arm Row



Bent-Over Row



Deadlift

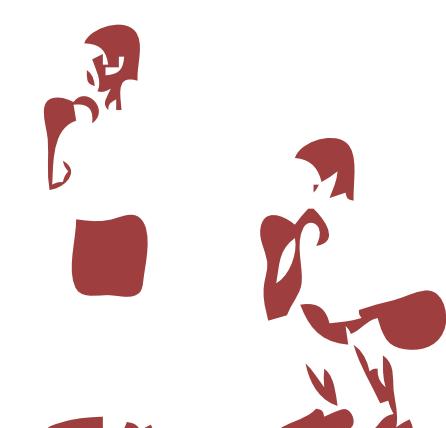
LEGS



Squat



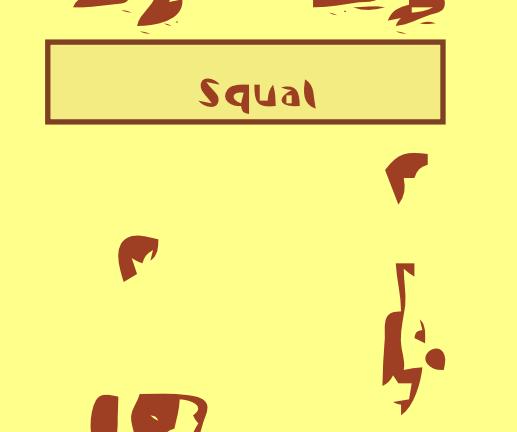
Sumo Squat



Goblet Squat



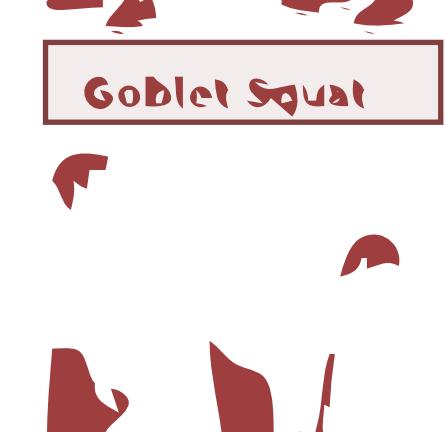
Lunge



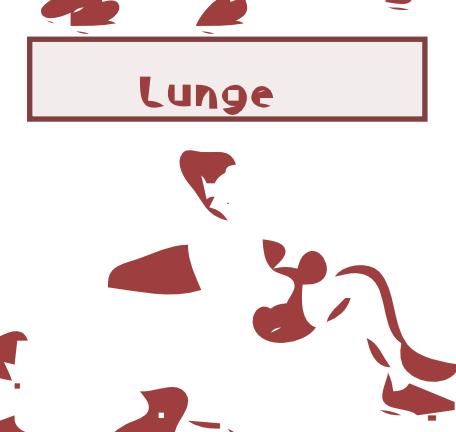
Step Up



Calf Raise



Romanian Deadlift

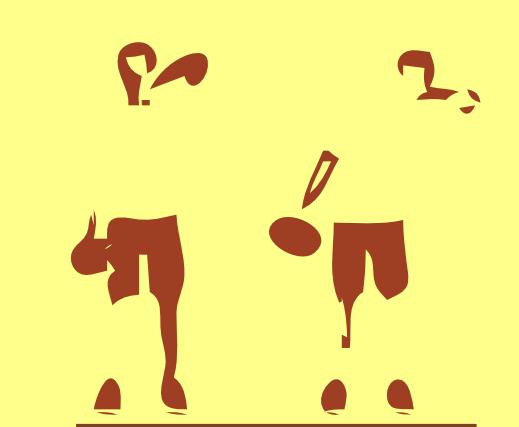


Hip Raise

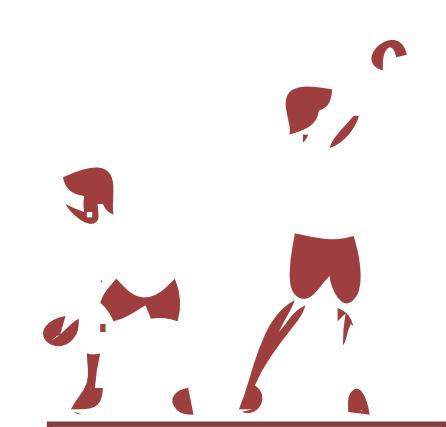
CORE



Russian Twist



Side Bend



Wood Chopper



V Up

<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

5

6

7

8

9

0

✖

5 - Exercise UI



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.