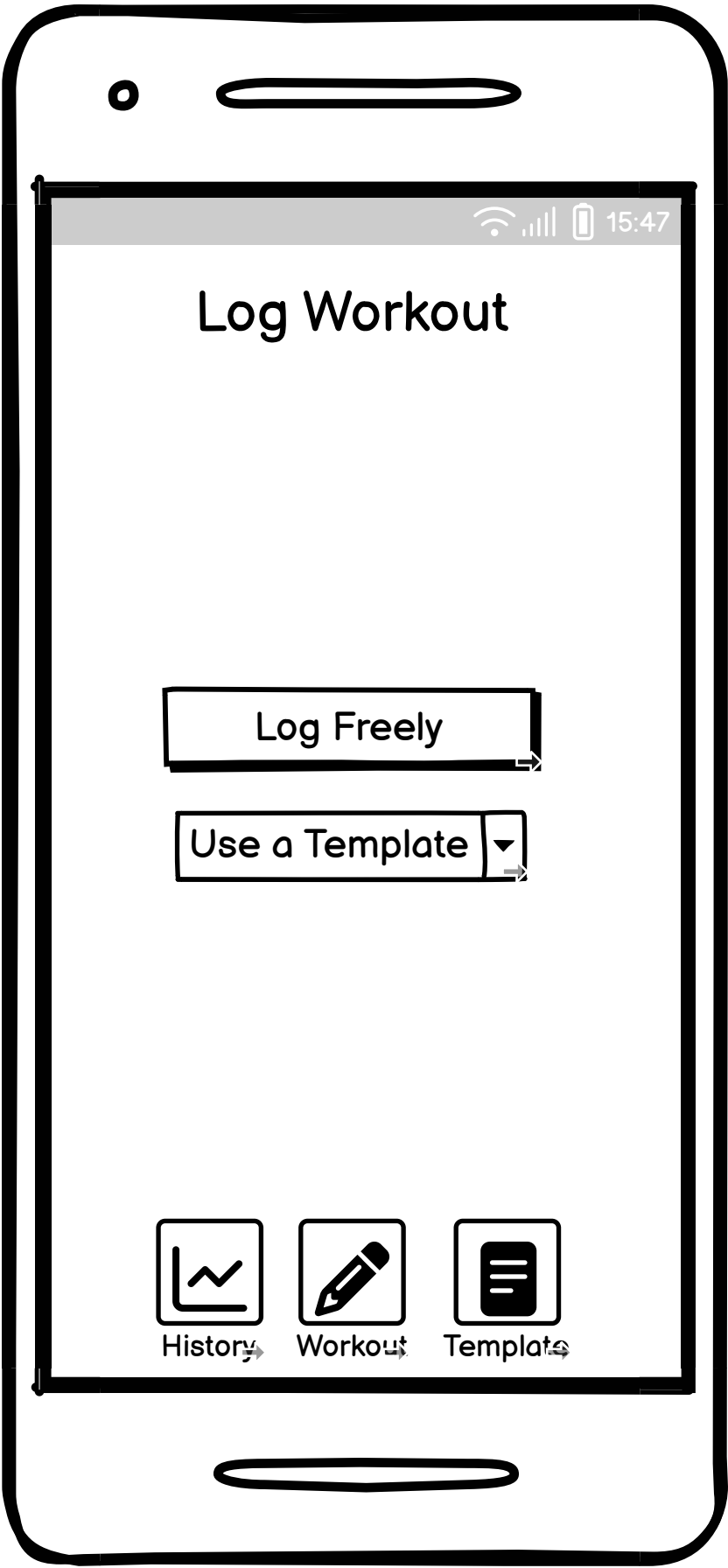
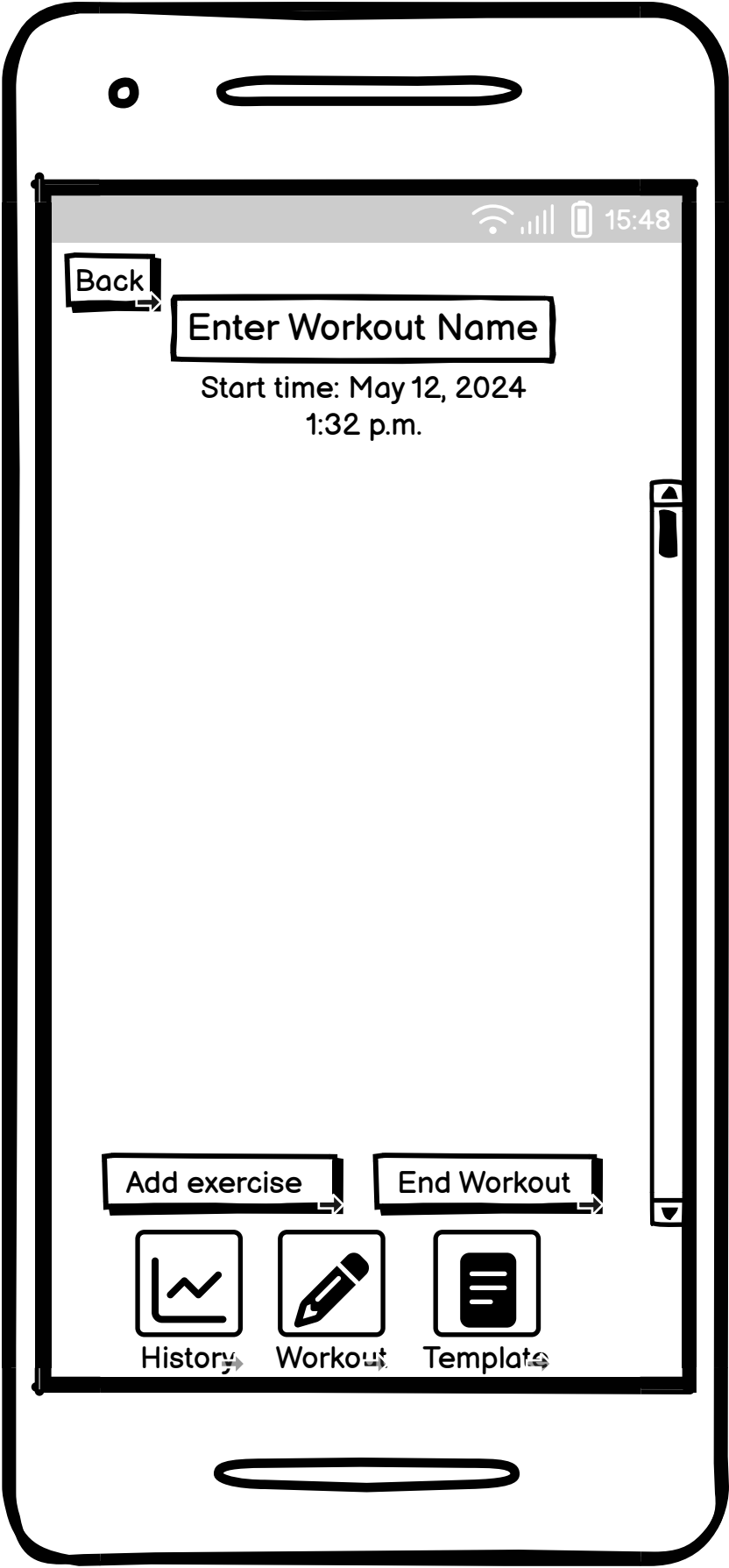


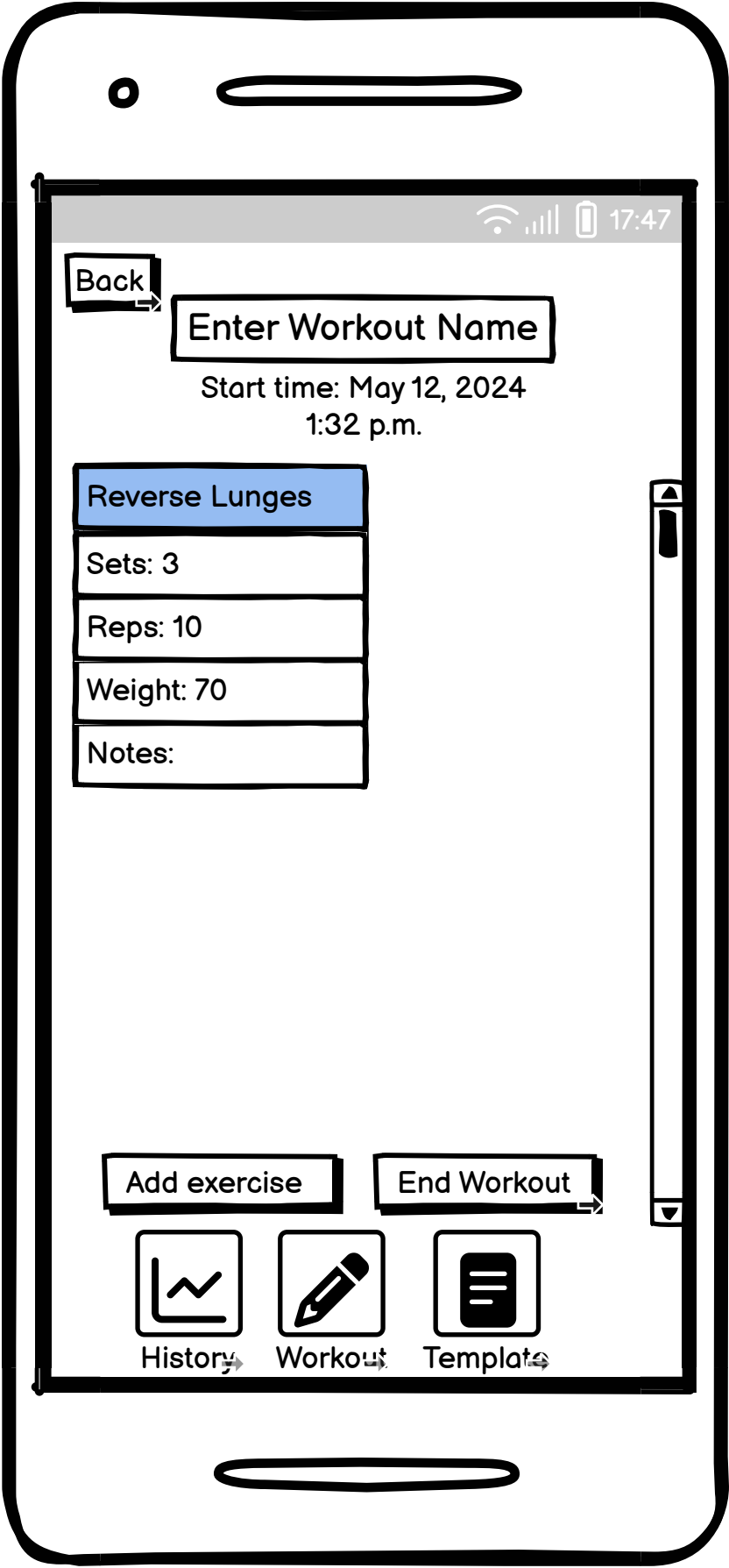
This is the homepage where a user can navigate to either their workout history, start a workout, or view templates.



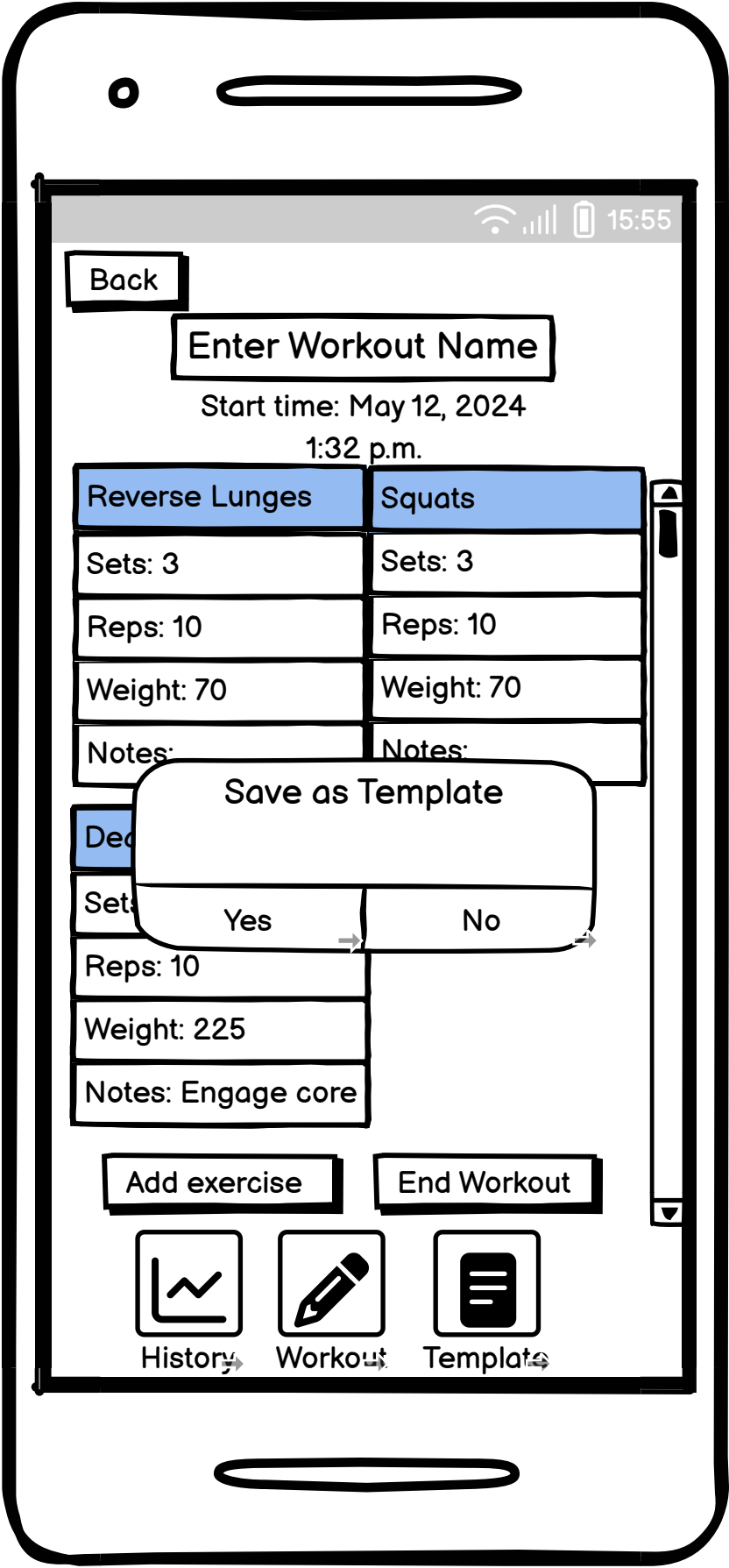
The user gets directed to here after clicking the “Workout” icon. The user must choose between logging freely or using a template. If they choose “Use a template,” they will pick their specific template from a dropdown.



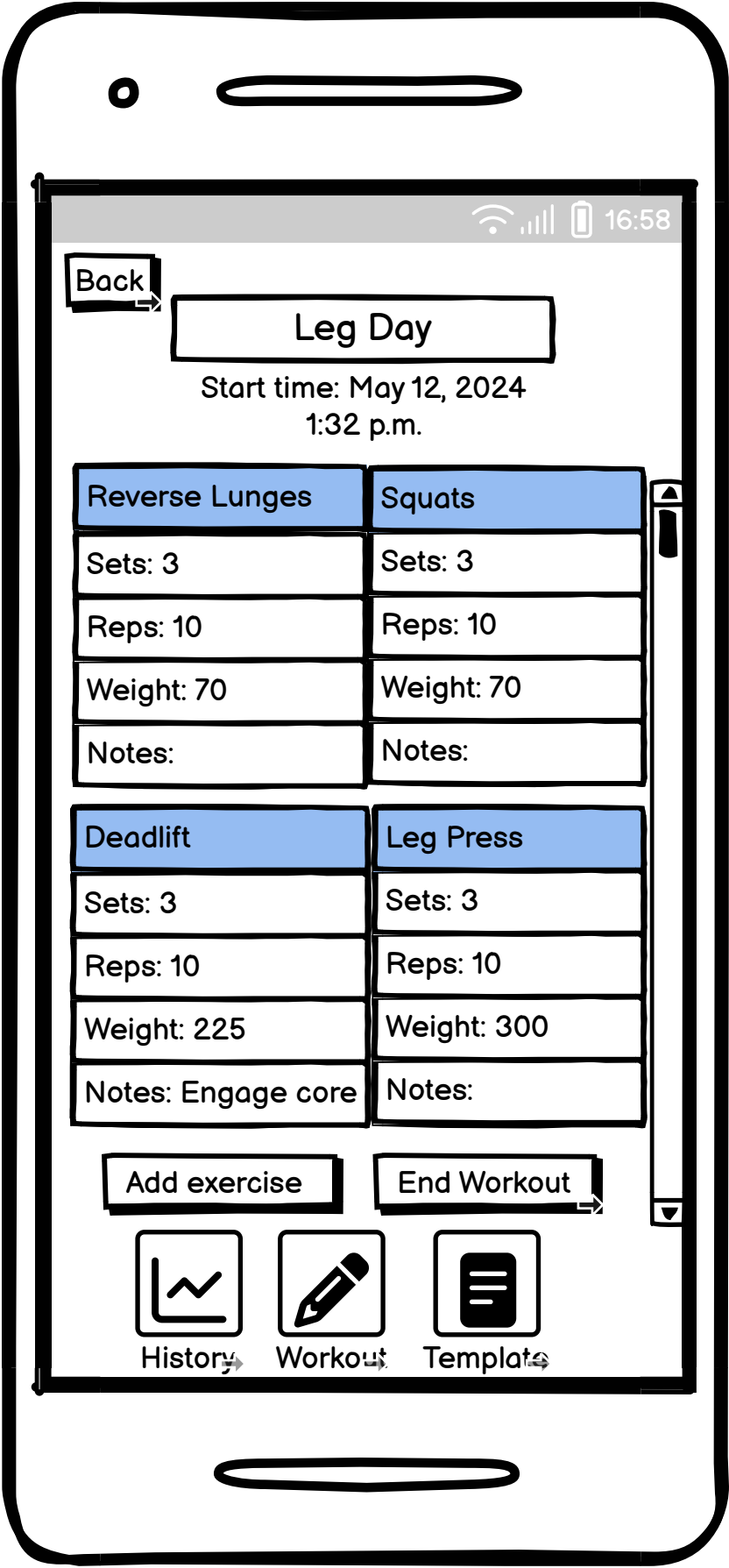
If the user presses log freely, then they will need to add exercises as they go about their workout. The user can press “Add exercise to add another exercise. The user can also press “End Workout”.



If the user presses “Add Exercise” they will get a box to fill out their exercise, sets, reps, and weight.

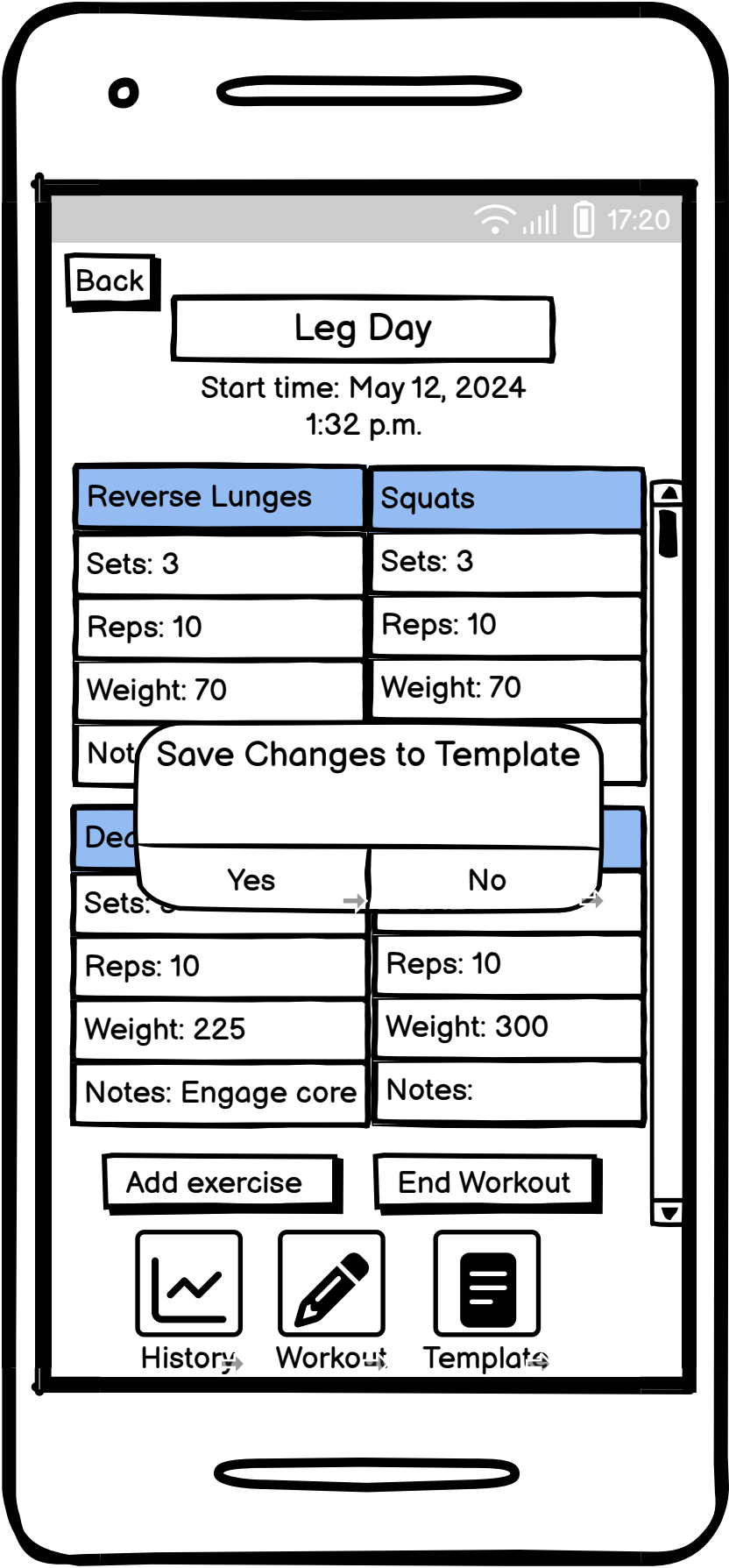


Once the user has finished their workout, they press “End Workout” and the app will ask the user if they want to save the workout as a template. Either way, the workout gets logged into the past workouts section.

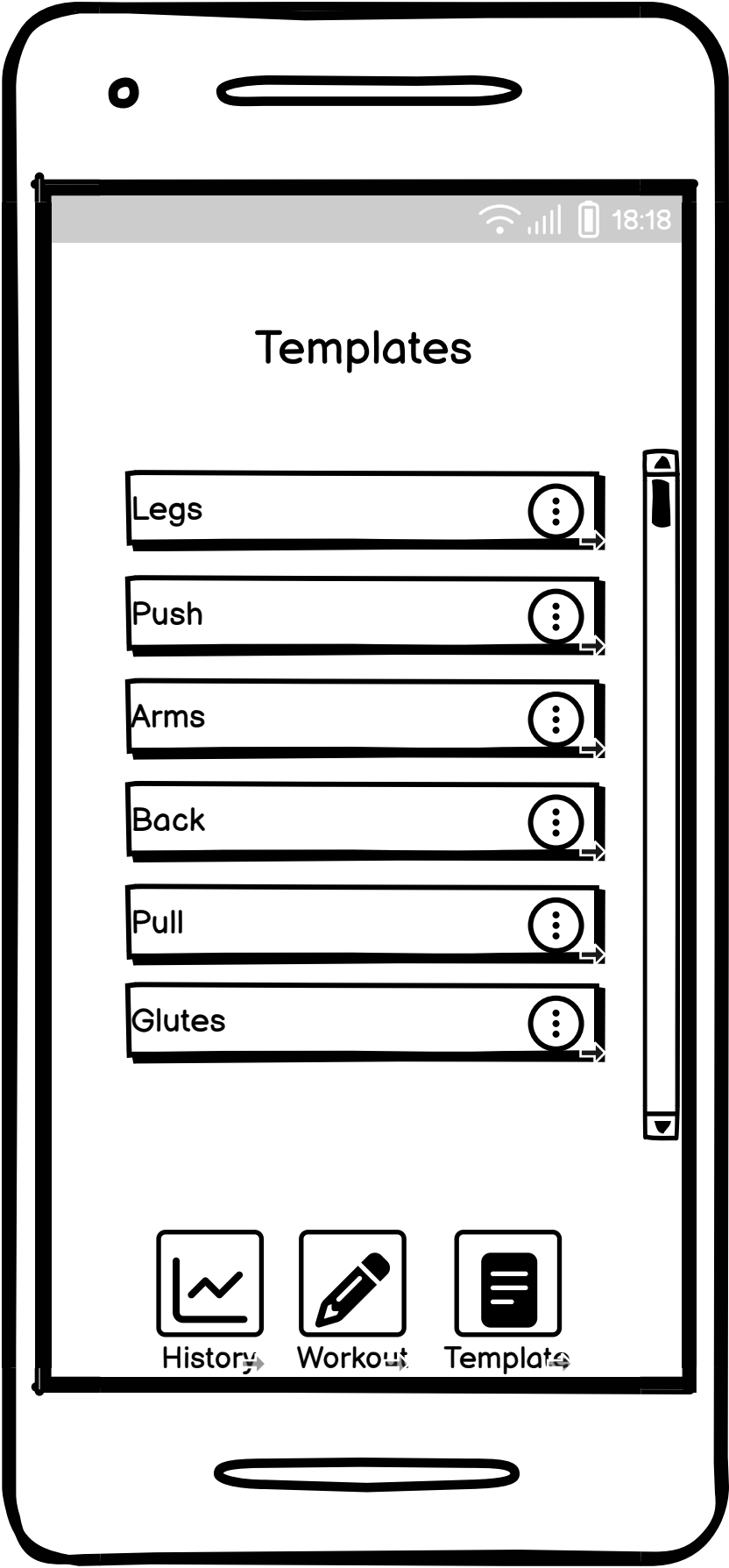


If the user presses "Use Template", then they will choose a template and it will be immediately put into their logging place. The user has the option to add other exercises if need be and when they're done they press "End Workout".

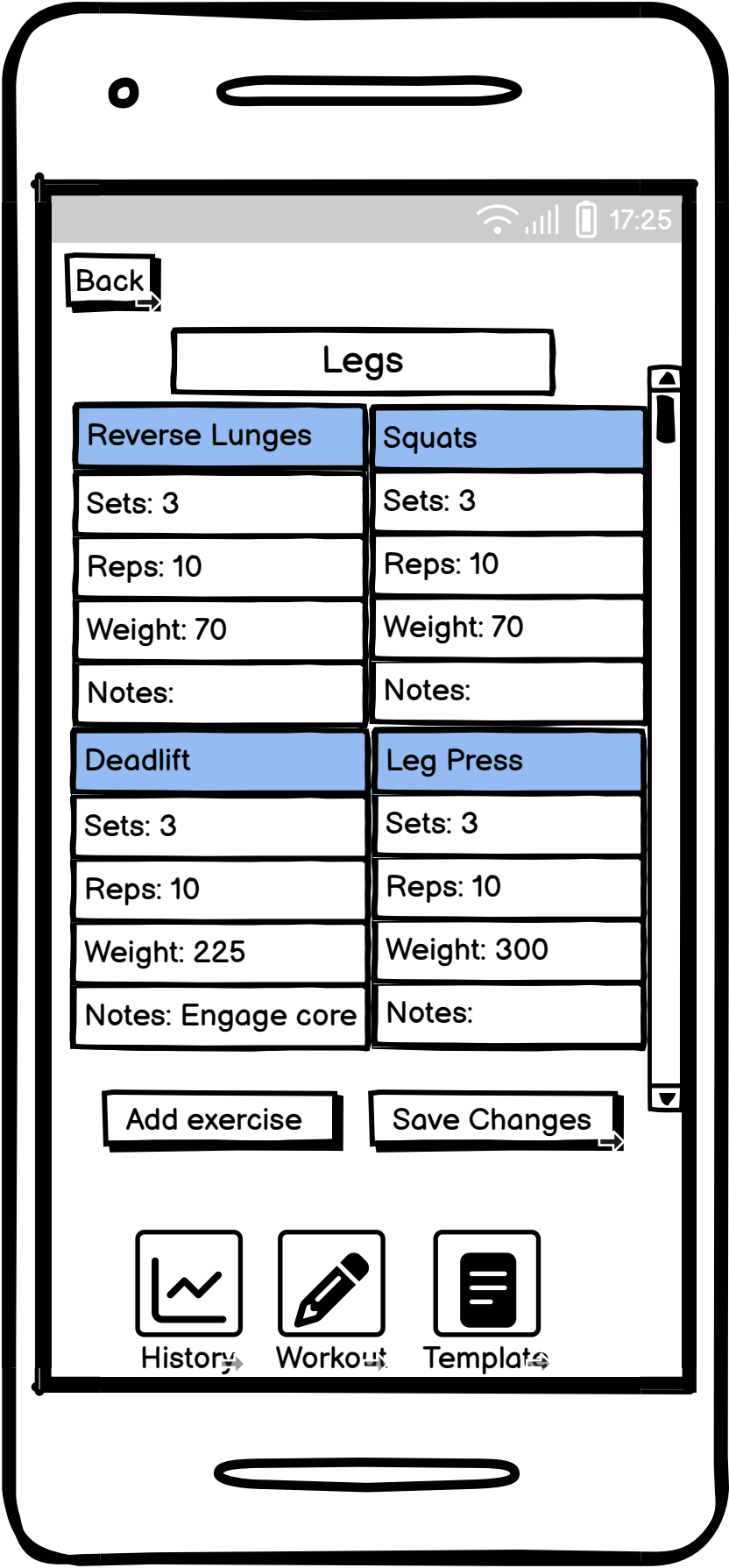
Alert to save changes to template



If the user presses “End Workout,” they will have the choice to save the changes they made to the template. Either way, the workout is saved to “Workout History”.

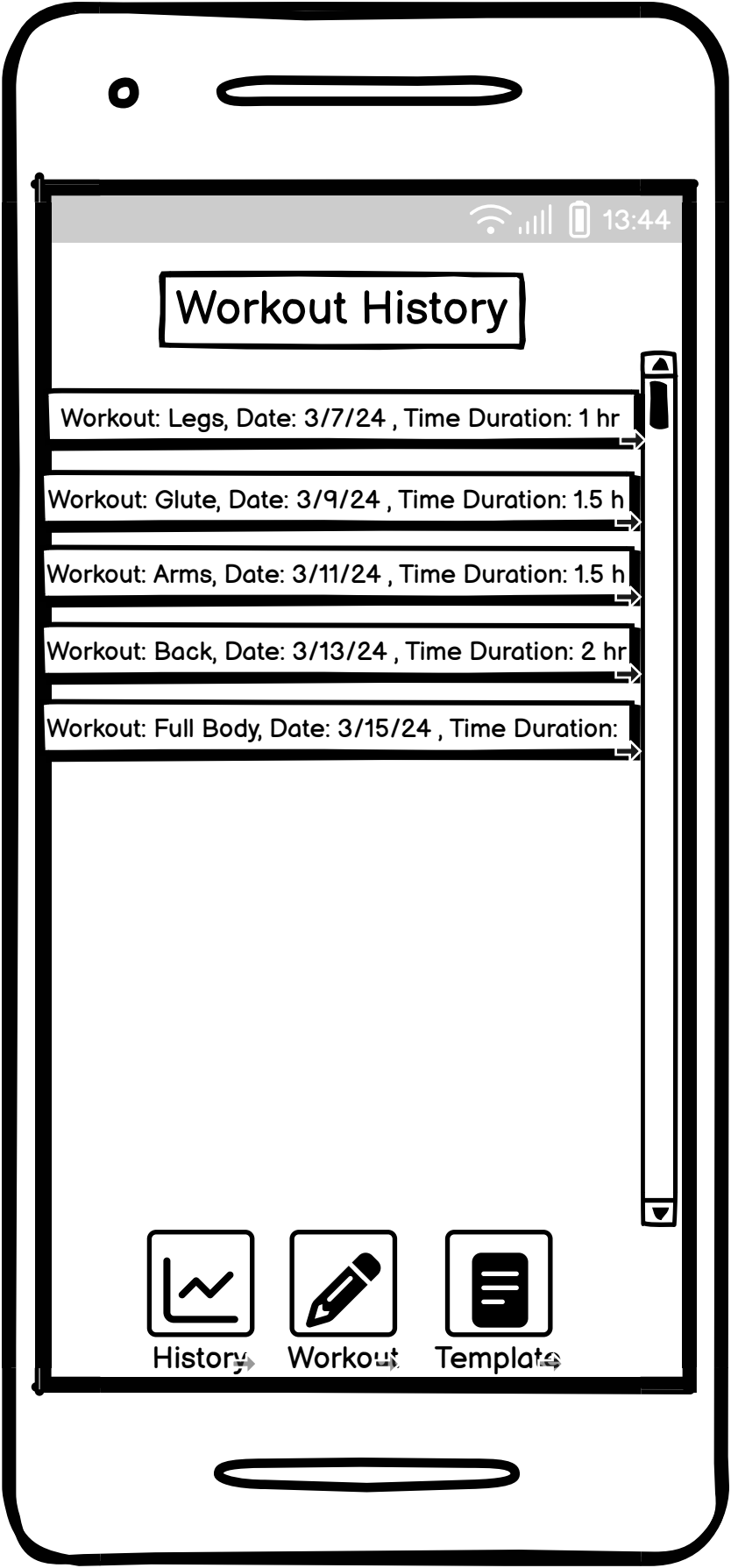


If the user presses the “Template” icon, they will be navigated here. If the user wants to delete a particular workout, they can click the three dots.
Users can view/edit any template by pressing on it.

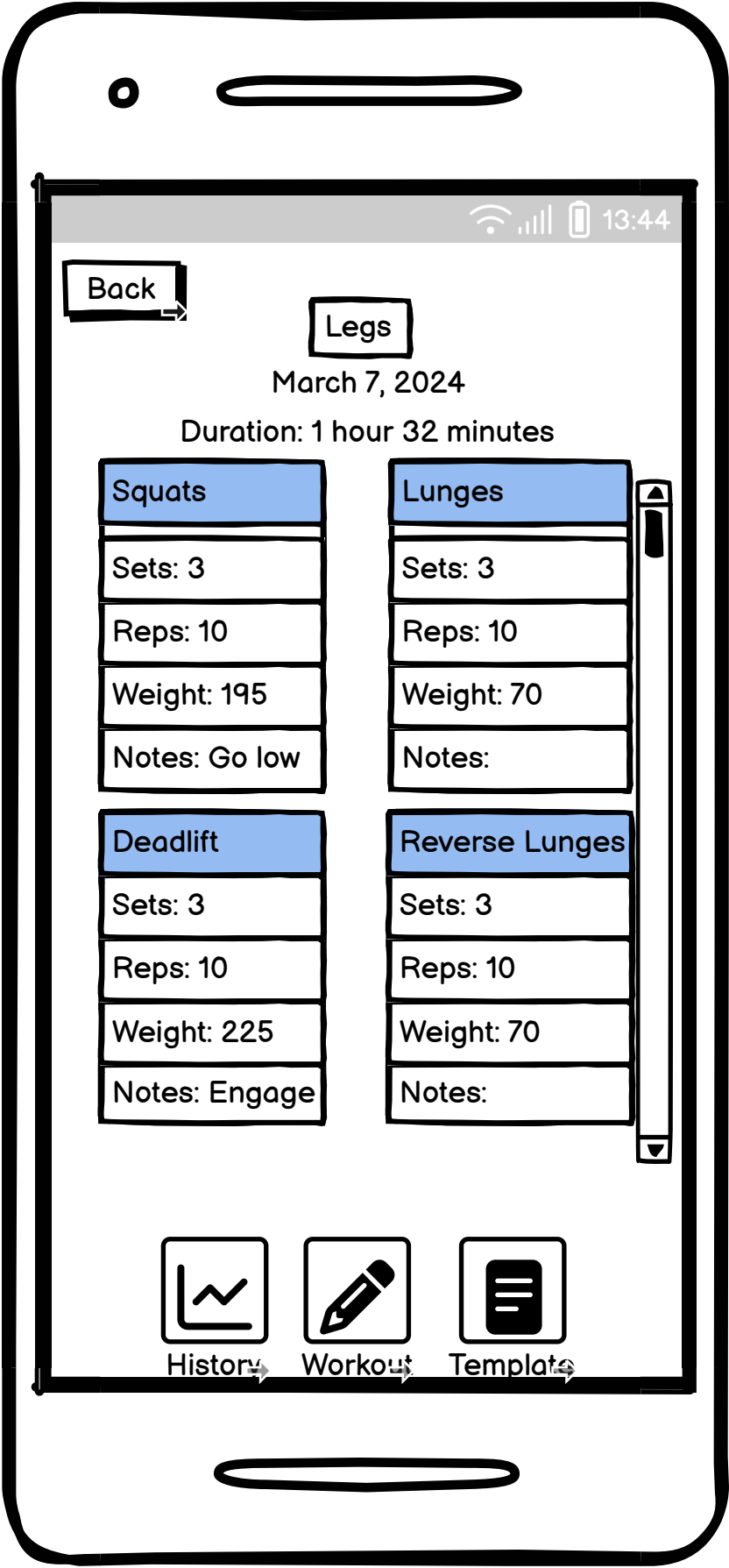


This slide shows if a user presses on one of the templates. Here, the user can view and edit their template and save changes when done.

Workout History



If the user presses the “History” icon, they will navigate here. The user can swipe left to delete a specific logged workout. The user can also tap any workout to view the details of it.



If the user presses on a logged workout, they can see the workout details but can't edit them.