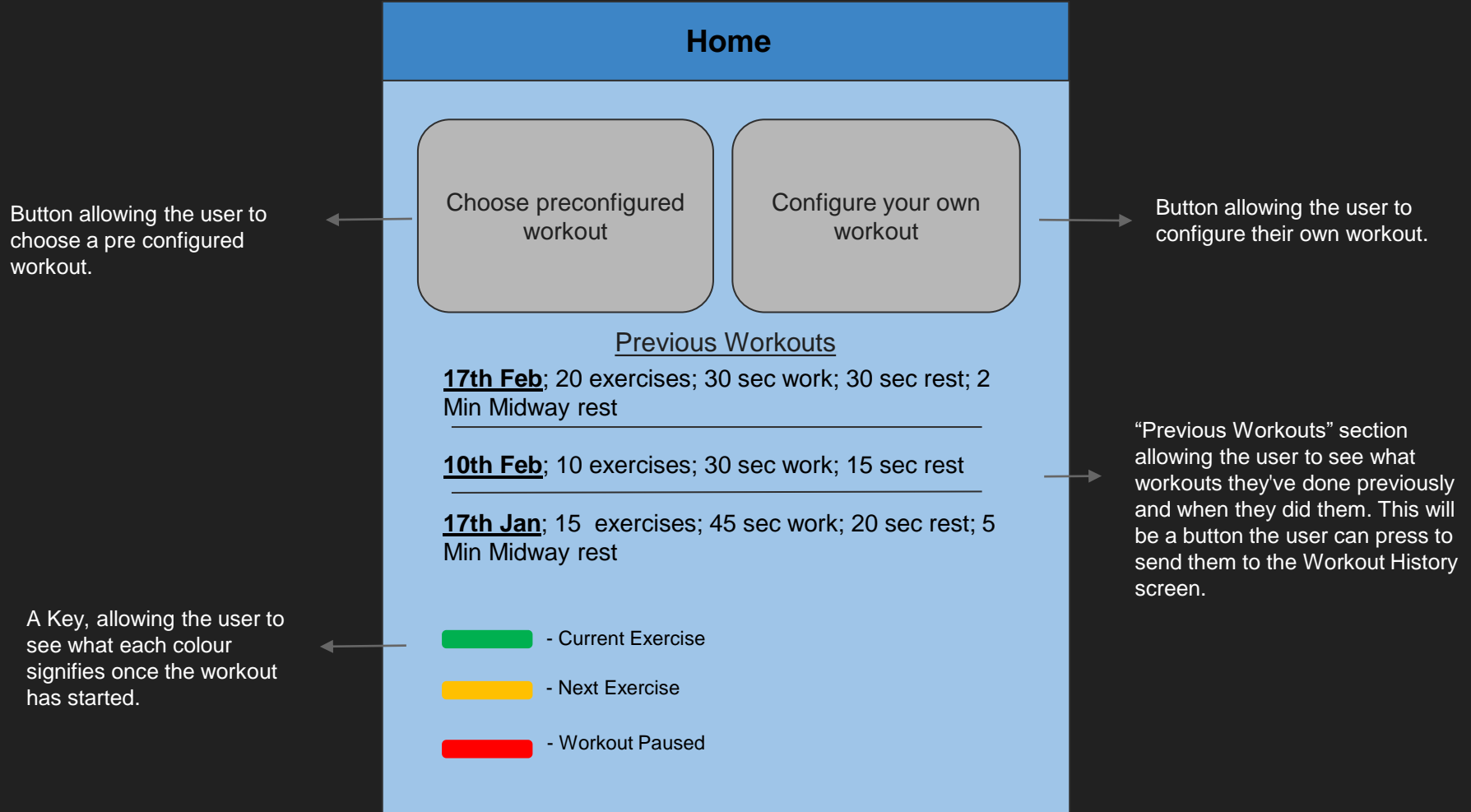


Possible UI Slides (V 1.1)

3.1.1 Starting the program



3.1.2 Configuring a workout

Back button allowing the user to go back to the previous page.



Configure Your Workout

How many exercises?

1 ————— 30

20

Working time per exercise?

0:10 ————— 5:00

0:30

Resting time per exercise?

0:10 ————— 5:00

0:20

Rest time halfway through exercises?

0:00 ————— 10:00


2:00

Sliders allowing the user to easily enter the input they want.

Configure Workout

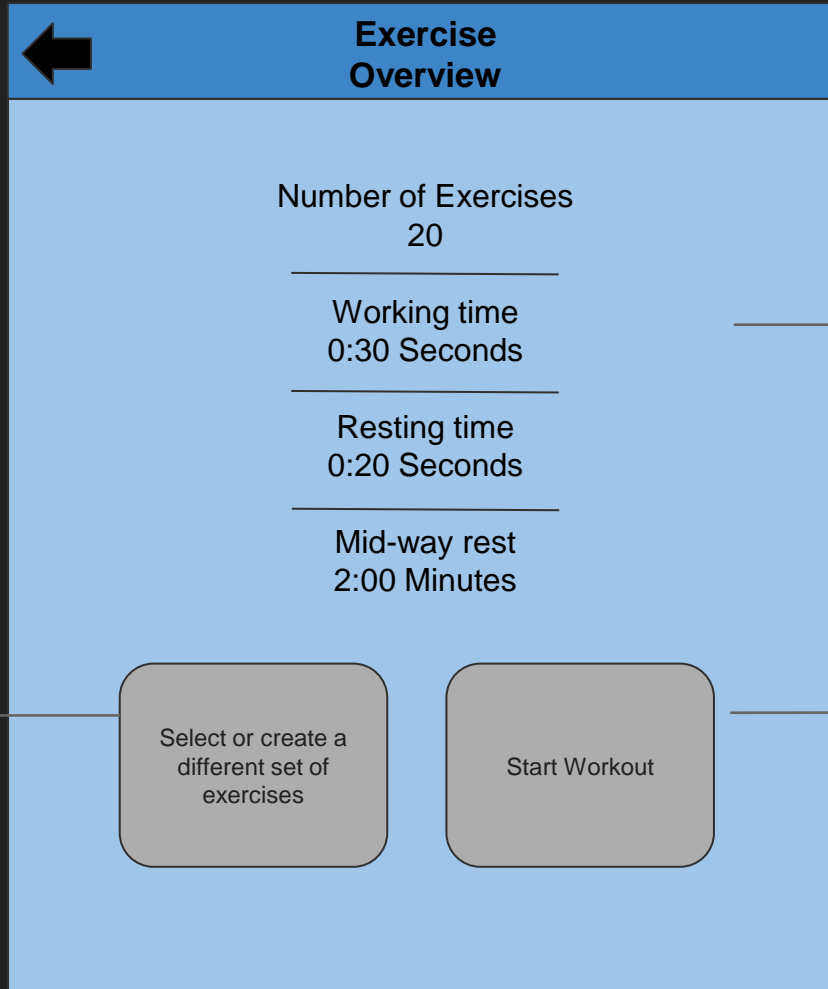
Button to allow the user to configure their workout once they've entered their workout constraints.

3.1.3 Accessing Preconfigured Workouts

 Preconfigured Workouts	
-	Beginner Workouts
10 Exercises; 20 Sec work; 20 Sec rest; 2 Min Midway rest	
12 Exercises; 20 Sec work; 20 Sec rest; 2 Min Midway rest	
14 Exercises; 20 Sec work; 20 sec rest; 2 Min Midway rest	
-	Experienced Workouts
20 Exercises; 30 Sec work; 20 Sec rest; 2 Min Midway rest	
22 Exercises; 30 Sec work; 20 Sec rest	
24 Exercises; 35 Sec work; 20 sec rest; 1 Min Midway rest	
+	HIIT Workouts
-	LIIT Workouts
6 Exercises; 30 Sec work; 1 Min rest; 2 Min Midway rest	
8 Exercises; 30 Sec work; 2 Min rest; 2 Min Midway rest	
10 Exercises; 20 Sec work; 1 Min rest; 2 Min Midway rest	

Tab allowing the user to minimise or maximise that set of workouts.

Options after selecting a set of exercises



The screen will display what the user has chosen previously.

Button allowing the user to configure a new workout.

Button allowing the user to start the workout.

FR4 - Warm up

Warm-Up



Demonstration of how to perform the exercise with proper form. The green border shows the user this is the current exercise to be performed.

Exercise: Air Squat

3:00

Display of the current warm up exercise or stretch the user should be doing and a 3 minute warm up countdown.

Button allowing the user to pause a warm up with one input.

Pause Workout

Quit Workout

Button allowing the user to quit the workout if they wish to do so.

FR5 - Carrying out exercise

Working Exercises



The user will be guided through the form for each exercise if they need.

Exercise: Bear Crawls

Time Remaining: 0:30

Exercise 1/20

Pause Workout

Quit Workout

Displaying which exercise the user is on and the time remaining for the exercise.

Button to pause the workout whenever they want.

Working Exercises



Demonstration of next exercise. The orange border signifies to the user that this is what the next exercise will be.

Exercise: Sumo Squat

Rest Remaining: 0:30

Telling the user the name of the next exercise and the rest time remaining.

Pause Workout

Quit Workout

FR6 - Cool Down

Cooldown



Demonstration of proper form for the user.

Exercise: Groin Stretch

3:00

Pause Workout

Quit Workout

Display of what cooldown stretch the user should be doing and a countdown timer for the cooldown.

Button allowing the user to pause the cooldown.

FR10 - Record Keeping

Tab allowing the user to minimise or maximise each month of workout history.

 Workout History	
-	February 2021
<u>17th Feb</u> ; 10 exercises; 30 sec work; 30 sec rest; 2 Min Midway rest	
<u>10th Feb</u> ; 10 exercises; 30 sec work; 15 sec rest	
-	January 2021
<u>17th Jan</u> ; 15 exercises; 45 sec work; 20 sec rest; 5 min Midway rest	
<u>15th Jan</u> ; 15 exercises; 50 sec work; 20 sec rest	
+	December 2020
+	November 2020
-	October 2020
<u>25th Oct</u> ; 12 exercises; 30 sec work; 20 sec rest	
<u>20th Oct</u> ; 12 exercises; 25 Sec work; 20 sec rest	
<u>16th Oct</u> ; 11 exercises; 20 sec work; 20 sec rest	

If the user clicks one of the previous workouts they'll be sent to a page displaying that information.

FR10 - Record Keeping

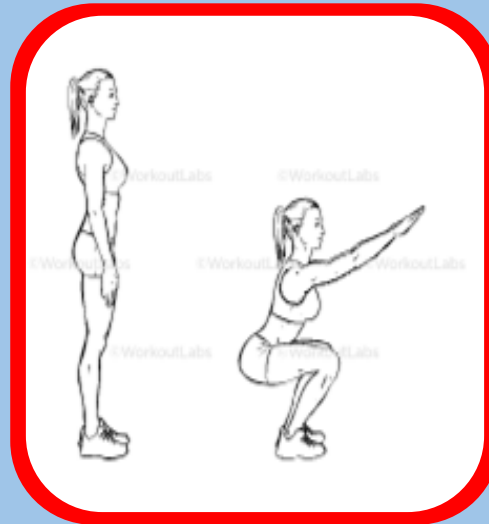
← 17th of February	
30 Sec Work	
30 Sec Rest	
2 Min Midway rest	
1. Push up	2. Star Jump
3. Air squat	4. Lunge
5. Sit Up	6. Pike Push up
7. Plank	8. Pistol Squat
9. Handstand Push up	10. Burpee

Display of how much work and rest time there was for each exercise and what each exercise is.



Pausing Warmup

Warm-Up



Demonstration of how to perform the exercise with proper form.

Exercise: Air Squat

WORKOUT PAUSED

Display showing the current exercise or stretch and that the workout has been paused

Button allowing the user to resume a warm up with one input.

Resume Workout

Quit Workout

Button allowing the user to quit the workout if they wish to do so.

FR9 - Pausing a Workout

Working Exercises



Exercise: Bear Crawls

WORKOUT PAUSED

Exercise 1/20

Resume Workout

Quit Workout

Button allowing the user to resume the workout whenever they want.

Display showing that the workout is now paused.

Pausing Cool Down

Cooldown



Demonstration of proper form for the user.

Display of what cooldown stretch the user should be doing and that the cooldown is paused.

Exercise: Groin Stretch

WORKOUT PAUSED

Resume Workout

Quit Workout

Button allowing the user to resume the cooldown.