

Access: Public

Extended Classes: No extended classes, this class contains the main logic to populate a workout with random exercises and is used to bridge the gap between the persistent storage XML and the classes which model workouts.

Methods:

public void runWk()

This is a method used to start a workout once the user has decided on either a preconfigured workout or configured their own workout.

public void pauseWk()

Method used to allow the user to pause the workout at any time after it has started.

Public void resumeWk()

Method used to allow the user to resume a workout anytime after it has been paused.

Public ??? exerciseCreation()

This method is used to populate a workout routine with however many random exercises specified by the user when configuring their workout. This method will use the Random class for randomising the exercises.

Public ??? workoutConfigCreation()

This method uses the workoutRoutinesConfig class to load preconfigured workouts to the application class so they can be run by the user.