

Requirements

1. User authentication:
 - a. Ability for users to create accounts
 - b. Secure login mechanism with username/email and password
2. Home screen:
 - a. A overview of last workout containing the workout name, exercises done and the details like most repetitions and max weight used
 - b. Button to start a new workout that will send the user to a screen to select from the list of workouts available, pressing on any workout will send the user to Today's workout progress screen
3. Workout in progress screen:
 - a. Fields where the user is able to input repetitions and weight of the current set(the sets, repetitions and weight from previous day are shown on input fields as placeholders)
 - b. Buttons to go to the next or previous set or finish with the current exercise for that day and save the progress
 - c. Pressing on go back button will delete the progress
 - d. Buttons to go to the next or previous exercise
4. Exercises screen:
 - a. A list of created exercises by the user, if empty a according message and a button to create one will be displayed
 - b. Button for create, delete, update an exercise
 - c. Search bar
 - d. Pressing on an exercise will send the user to a screen with details about the exercise and the most recent recordings of that exercise

5. Workouts screen:

- a. Similar functionalities as a, b, c from Exercises screen except the update of the workout
- b. Pressing on a workout will send the user to a screen where is able to add/remove exercises from that workout

6. Progress screen:

- a. Charts and different statistics about the exercise and workout with the most remarkable progress
- b. Button that send the user to a screen with statistics about every exercise or workout

7. Profile screen:

- a. Ability to change the units of measurements
- b. Button for logout