

Home Workout Application Proposal:

Specification:

My proposed app is a home workouts application that explains a variation of different exercises for different parts of the body that a user can perform when they are at home.

The user will be able to choose which part of the body (which includes chest, arms, legs and abs) they would want to workout. Each workout will have a difficulty level from beginner-intermediate-advanced. Each difficulty level will have a variation of exercises explaining how to do them.

The user will be able to record the exercises they have completed and check their progress that will show on their profile.

A user guide will be included which will help the user understand how to interact with the application and make use of its functionality. Functionality spec:

- Account creation will enable user to save their workouts
- Database will store the users account information.
- Profile settings where the user can edit the account details.
- An AlarmManager class used to remind the user time to go and start their workout.
- Account settings where user can edit their notifications settings and log out of their account.

MOCK SCREENS:

Login Screen:

A hand-drawn mockup of a login screen on lined paper. The screen is enclosed in a rectangular border. At the top, it says "Home Workout" followed by a plus sign. Below this is a small, irregular shape representing a logo. Underneath the logo are two stacked rectangular input fields; the top one is labeled "Username" and the bottom one is labeled "Password". At the bottom of the screen is a rounded rectangular button labeled "Login".

- User to input their credentials or create a new account.

Workouts screen:

Workouts		
○ Abs Workout		
○ Arms Workout		
○ Chest Workout		
○ Legs Workout		
Workouts	Profile	Settings

- Bottom navigation bar allows user to navigate to different screens.
- There will be icons instead of words in the bottom navigation bar.
- Tap any workout to be able to access the next window.

Difficulty level Screen:

Difficulty Level		
<input type="radio"/> Beginner		
<input type="radio"/> Intermediate		
<input type="radio"/> Advanced		
Workouts	Profile	Settings

- User will decide what difficulty level they would like to start on.
- Once the user selects a level it will be saved on their profile and they can change it later on.

Chest Beginner Screen:

← Chest Beginner Workout		
workout 1	<input checked="" type="checkbox"/>	
workout 2	<input checked="" type="checkbox"/>	
workout 3	<input type="checkbox"/>	
workout 4	<input type="checkbox"/>	
Workouts	Profile	Settings

- Once the user selects a workout it will show a variation of different exercises.
- The ticked boxes shows the completed workouts.

Workout 1 screen:

← Workout 1

010 pushups x 2 v
 < an explation ~~about~~ on
 how to do pushups.

015 shoulder taps x 2 v
 ...

Complete
workout

- Shows the user a list of workouts they can complete
- On pressing the down arrow it will show an explanation of the exercise and when you press it again it hides the information
- There is a complete workout bar at the end to allow the user to save their completed workout.
- There is a back arrow at the top left.

Profile screen:

Profile		
• Account information		
• View completed workouts →		
[Update details]		
Workouts	Profile	Settings

- The user will be able to view their details
- Tap the down arrow to view the list of the finished exercises
- The user will also be able to update their details

Settings Screen:

Settings		
Notifications on completing workouts: exerciser		
<input type="checkbox"/> YES <input type="checkbox"/> NO		
Set alarm for		
workout Date: <input type="text" value="DD/MM/YY"/>		
Time: <input type="text" value="HH:MM"/>		
<input type="button" value="Log out"/>		
Workout	Profile	Settings

- Notification settings: Press yes to turn on Notifications and no to turn off.
- Logout button for user to logout of their account.
- Ability to set an alarm for them to go do their workout