# My Workout Timer - Project Description

My Workout Timer application is interval workout timer. It has two pages.

First, you receive a list of 5 workouts – every workout has prepare time, working time, rest time and intervals.

Prepare time is the time before the workout starts in seconds.

Work time is time to work in seconds.

Rest time is time to rest in seconds.

Intervals are the number of repeating cycles of work and rest.

When it is prepare time – the color of the screen turns orange.

When it is working time – the color of the screen turns red.

When it is rest time – the color of the screen turns green.

There is a little beep sound in the end of interval.

You can add new workout by click the button add new workout in the left part of the screen or in the app bar.

It opens a page where the user can set custom properties of the workout – prepare time, workout time and rest time.

The new workout appears in the list of created workouts – on second place. The user can store up to 8 workouts.

On the first place is always standard tabata workout.

They are kept in roaming storage and are accessible to him every time when he opens the application. The oldest workouts are deleting first when workouts number is greater than 8.

From the app bar, the user can pick music from files in his music collections which to play in the background.

File start to play when the workout start.