

SPOTTER



By Group 8

Spotter

Group Members:

- Mickey Damani
- Charlie Matar
- Matthew Trahan

What is Spotter?

- We developed an app that will match users with their own workout program based on a questionnaire.
- The app provides a description of each exercise the user would be performing along with a video of how to perform it correctly.
- We incorporated a progress chart as well to show trends in users weightlifting ability.
- Hopefully the app will eliminate confusion about rep/set scheme.

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Target Audience:

- People new to weightlifting that need to be guided through workouts.
- Anyone who is enthusiastic about fitness and wants a structured workout.

Functionality

Workouts

- Build Muscle
- Lose Weight
- Build Foundation/Strength

Additional Capabilities

1. Questionnaire
 2. Progress Chart
 3. Exercise Descriptions
 4. Guided Videos
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Application Challenges Experienced:

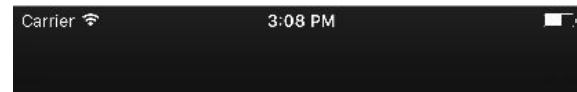
- Progress Charts (X-Axis)
 - The Charts API we used does not support dates for axis labels.
- Settings
 - Edge cases, such as app color when logging out or switching accounts.
 - Setting persistence.
- Video Load Time
 - Sometimes when segueing to an exercise, the video would not immediately load.
 - Implemented ViewWillAppear function.

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Group Member Contributions:

- Mickey Damani
 - App Idea / UI Design
 - Questionnaire
 - Built Workout Programs
- Charlie Matar
 - Research
 - Built Workout Programs
 - Video and Descriptions
- Matthew Trahan
 - Login/Registration
 - Incorporating progress graphs
 - Configuration/Settings

Login Screen



Login

Sign Up

[Forgot Password?](#)

Questionnaire

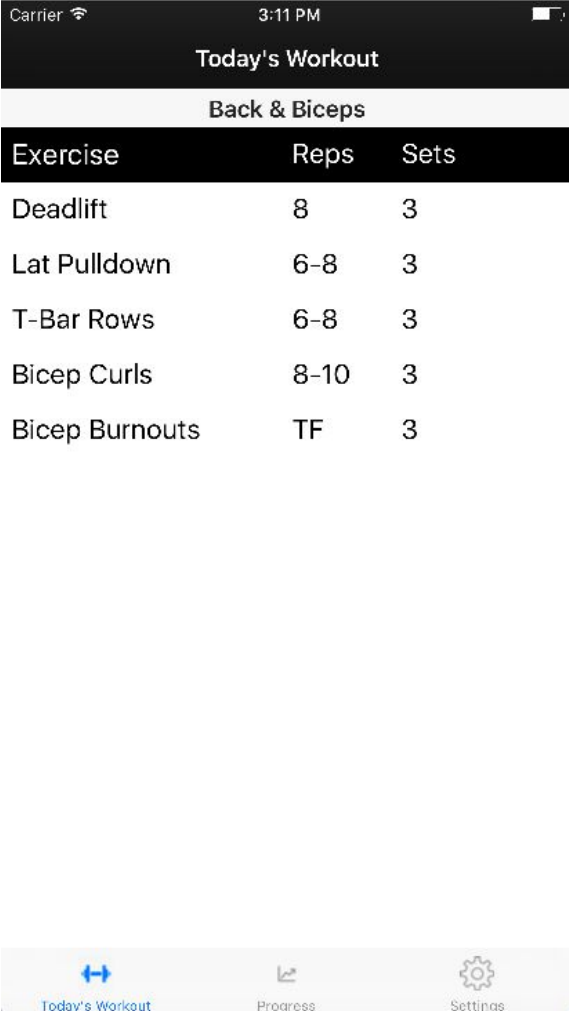
The survey asks users for their gender, height, weight, and fitness goals (build muscle, lose fat etc).

After inputting an email address and choosing a username and password, users are ready to log in.

The image shows a mobile application interface for a fitness app named "Ultimate Goal". At the top, there is a status bar with "Carrier", signal strength, and time "3:08 PM". Below the status bar is a dark navigation bar with a back arrow and the text "Back" on the left, and the app title "Ultimate Goal" on the right. The main content area has a light gray background. A horizontal line separates the header from the content. The text "What is your goal?" is centered. Below it are three white rectangular buttons with black borders, each containing a goal: "Lose Weight", "Build Foundation/Strength", and "Build Muscle". At the bottom of these buttons is a solid black button with the text "Continue" in white.


Today's Workout


Users can see the exercises in store for them on that day along with the rep/set ranges for each exercise.




The screenshot shows a mobile app interface for a workout plan. At the top, the status bar displays 'Carrier', signal strength, '3:11 PM', and battery level. Below this, the title 'Today's Workout' is centered. A subtitle 'Back & Biceps' is displayed in a light gray bar. The main content is a table with three columns: 'Exercise', 'Reps', and 'Sets'. The table lists five exercises: Deadlift, Lat Pulldown, T-Bar Rows, Bicep Curls, and Bicep Burnouts. The bottom of the screen features a navigation bar with three icons: a blue double-headed arrow for 'Today's Workout', a line graph for 'Progress', and a gear for 'Settings'.

Today's Workout		
Back & Biceps		
Exercise	Reps	Sets
Deadlift	8	3
Lat Pulldown	6-8	3
T-Bar Rows	6-8	3
Bicep Curls	8-10	3
Bicep Burnouts	TF	3

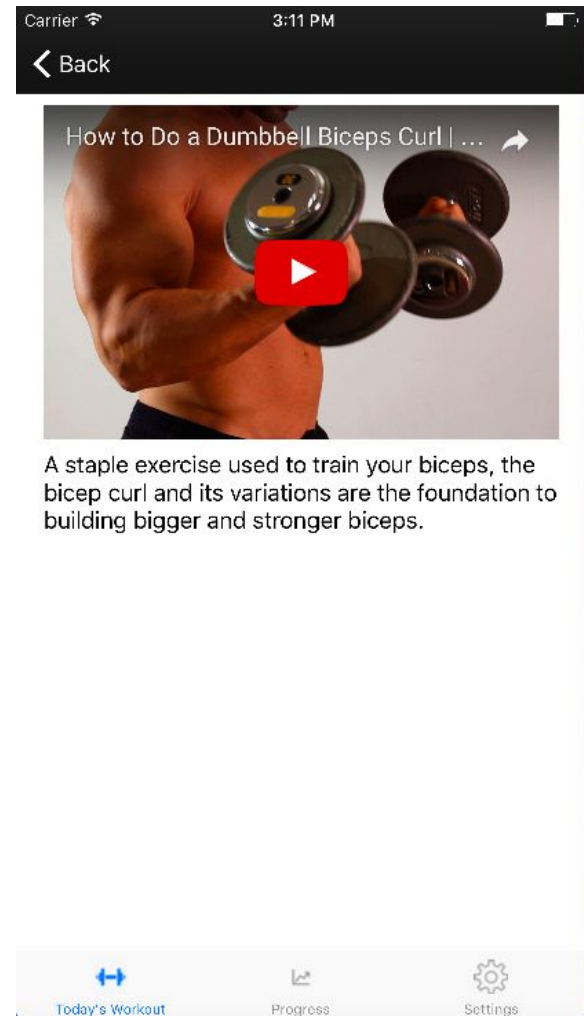
 Today's Workout

 Progress

 Settings

More Info

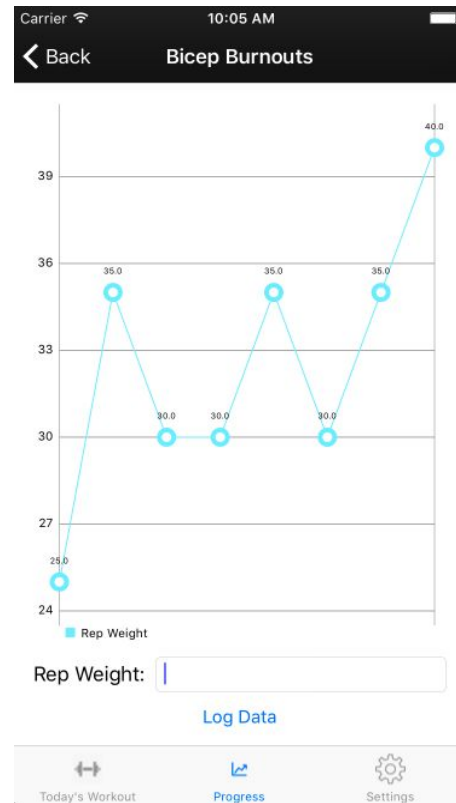
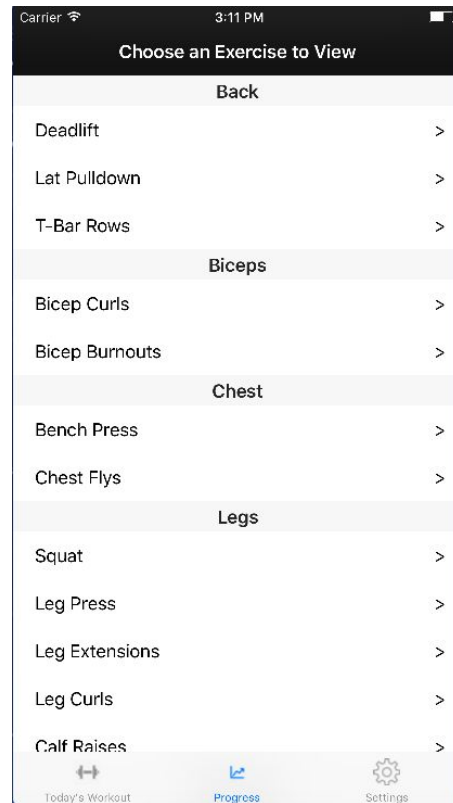
Tapping on a particular exercise will segue to a page that shows you a video of how to perform the exercise, along with a short description.



Progress

Users also have the option of checking how much stronger they have gotten over time.

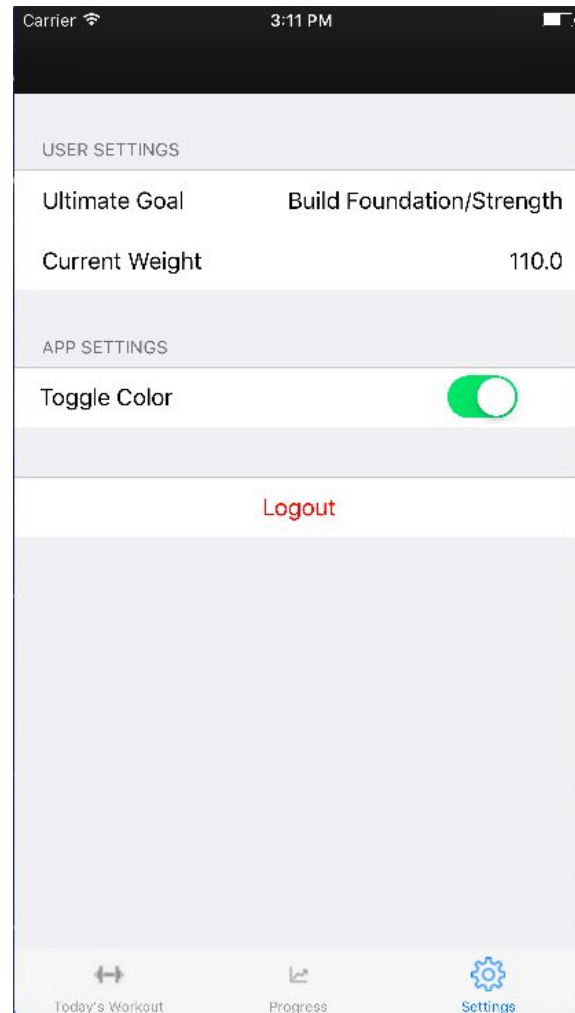
Clicking on an exercise will show the user a graph of the user's progress. After every workout, they have the option of recording where they are currently at in terms of strength.



Settings

At anytime, the users can change their goal, and their current weight. This will change the rep/set ranges for the users.

Users also have the option of changing the color schemes, and logging out at any time.



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Demo!



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Questions and Answers

