

Product vision

FOR personal trainers and gym-goers WHO need a simple and effective way to log, organize, and track their training. iGym is a web-based training platform THAT eliminates the need for outdated pen-and-paper logging by providing a seamless digital experience. UNLIKE traditional training logs such as Strong, which is primarily focused on solo workout logging, iGym is designed for both personal trainers and gym-goers, enabling collaborative training. OUR product enables users to create and share workouts, track progress over time, and stay motivated with structured training plans. Personal trainers can efficiently manage client programs, track performance, and give feedback.

Personal trainers and gym-goers are the primary target customers for the iGym system, as it will significantly enhance the training experience at a relatively low cost. By collecting and processing training analytics, iGym provides valuable insights that help users track progress, optimize their workouts, and stay motivated, ultimately creating a collaborative gym community

Personas

Hallgeir, a retired man

Hallgeir, age 72, is a retired man living in Tromsø, a small town in northern Norway. He grew up on a large farm run by his parents, and never pursued a formal degree and eventually took over the farm himself. He is now retired, and has moved to a more central location close to the city center, where he spends his days taking walks and enjoying a slower pace of life.

He has little to no experience with technology, and finds modern digital tools challenging, as there was no technology when he was young. His sons, however, are eager to help him adapt and encourage him to new technology. Due to ongoing back problems, he now goes to the gym regularly as part of his rehabilitation. His sons want him to start using the iGym system so they can monitor his progress, ensure he stays on track with his training, and support him in maintaining a healthy lifestyle

Tom, a personal trainer

Tom, age 27, is a personal trainer living in Bergen, a large town west in Norway. He was born into a passionate gym family, where his father was a former weightlifter, who brought him to the gym at a really early age. His father greatly influenced Tom's love for the sport. With a degree in physiotherapy and personal training, he now dedicates his career to helping others achieve their fitness goals. Outside of work, Tom is highly active and trains at the gym almost every day, it is not just his job, it is his lifestyle.

While he has some natural experience with technology, he prefers simple and efficient tools that enhance his workflow rather than complicate it. Tom is looking to use iGym for an easier

way to manage his clients, allowing him to seamlessly send feedback, share workout plans, and track their progress without spending hours on administrative tasks. At the same time, he also aims to use iGym for his own training, where he can log workouts, track improvements, and stay motivated.

Jan, a highschool student

Jan, age 18, is a high school student living in Trondheim, a large town in central Norway. While he attends school regularly, academics have never truly interested him, the only subject he genuinely enjoys and pays attention in is physical education (PE). Unlike his parents, who are both software engineers which have encouraged him to do well in school from an early age, Jan has no plans to pursue higher education after graduating.

His true passion lies in football, where he is recognized as a highly talented player with a promising future. Recently, his coach has emphasized the need for him to increase his physical strength to take his game to the next level.

Jan, as part of the younger generation, is naturally comfortable with technology and regularly uses digital tools to enhance his daily life. However, as new to the gym, he is unsure which exercises are best suited for improving his football abilities. He is looking to use iGym to connect with a personal trainer, gain expert guidance, and create a structured gym routine tailored to his athletic needs

Scenarios

Hallgeir

Guided workout plan from his sons

Hallgeir has always been an active man, but after retiring and moving closer to the city center, he's had to find new ways to stay in shape. His ongoing back problems make regular exercise essential, so his sons, who have some fitness knowledge from going to the gym themselves, want to help him stay on track. Using their own iGym accounts, they log in and create a customized workout plan suited to his needs. Once the workout is finalized, they send it directly to Hallgeir's account using his username, so he can access it easily.

Once Hallgeir arrives at the gym, he logs into his own iGym account and immediately sees the workout plan his sons have sent him. He sees a list of exercises, if he is unsure about an unfamiliar exercise, he taps on it and finds a simple explanation of how to perform it correctly and which part of the body it targets.

What more to include here?

Other possibilities of scenarios

Creates his own workout plan, sees through the exercises, which tells him how to do them and what part of the body they train

The system tracks how often he has been to the gym this week, and how much he has lifted, compared to last time

Tom

Workout tracking for personal progress

After a long day of coaching clients, Tom is finally ready to focus on his own training. He logs into his iGym account, as Tom is a personal trainer, he has two different accounts, a personal trainer account and user account. The system recognizes that Tom has multiple accounts and asks him to select the account to be used. He chooses the user account and the system generates the generic welcoming screen. The welcoming screen shows the workouts that Tom has created himself, as well as some already made templates of workouts.

Tom had planned to train triceps, shoulders and chest, and chose one of the push workouts which he has created himself. As he moves through his workout, each exercise in the workout displays the number of repetitions and weight he lifted the last time he performed it. This helps Tom stay on track with his progression, ensuring that the workout has the necessary quality. As he completes each exercise, Tom logs the new performance details, updating the system with the weight and repetitions he just completed.

Model architecture

Exercises are already instantiated by admin

Exercises include the name of the exercise, how it is performed, and what body parts it targets

A workout is related to the user that created the workout (foreign key)

The workout is given a name by the user

Tracks when it was created (may not be necessary)

It has a many-to-many relation with the exercise model (each workout contains many exercises, and each exercise can be associated with many workouts)

There are some already pre-made template workouts by admin

When a user clicks "start workout" on a workout, a workout session model is instantiated

We want a timer here, which says for how long the session has taken

Therefore have a start timer attribute

The workout exercise session is for each exercise during the exercise session
(therefore foreign key to workout session)

User can put in how many repetitions, sets and weight he did

Should also be able to see what he did the last time he performed the exercise

User stories

As a new user, I want to register and create an account for the iGym system so that I can access its features

As a registered user, I want to use my login credentials created under registration to log into the iGym system

As a user, I need to be able to design my own workouts from a set of predefined exercises, so that I can create structured and personalized training sessions.

Front-end architecture

First page: log in, or sign up (normal first page). If sign up is chosen, redirect.

Redirect to a choice between which account type you want, personal trainer or normal user

Make the api request based on the choice made, (e.g., if normal user is chosen request to endpoint user/register)

When the account is created, redirect back to the first page (sign up or login)