Product content

This document presents the product vision, as well as the associated personas, scenarios, and user stories. Ian Sommerville's book *Engineering Sofware Products: An introduction to modern software engineering* has served as both a structural template and a theoretical foundation when developing these elements.

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 iGym is a web-based training platform THAT eliminates the need for outdated pen-and-paper logging by providing a seamless digital experience.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

1. 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

2. 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.

3. 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
1. 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 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 clicks on the workout and starts the session, starting to follow the exercises listed.

As he moves through the workout, he notices an exercise that he has never heard about. He is unsure of how to perform it, and does not want to risk using incorrect form and potentially injuring himself. Hallgeir taps on the exercise tab which directs him to a screen that lists all

exercises available. He searches for the unknown exercise and receives the required details to perform the exercise.

2. Workout tracking for personal progress
After a long day of coaching clients, Tom is finally ready to focus on his own training and starts by logging into his iGym account as a user. The welcoming screen shows the workouts that Tom has created himself. Tom's plan was to train triceps, shoulders and chest today, and therefore starts one of his push workout templates. As he completes each exercise, Tom logs the new performance details, updating the system with the weight and repetitions he just completed.

3. Deleting his own workout plan to adopt his personal trainers plan
Jan recently started going to the gym after his football coach told him to work on his physical strength. Initially, he followed a workout plan he created himself, selecting exercises based on online research. However, after several sessions, he feels that the training has not given the progression he needs, and has decided to get in touch with a personal trainer.

From the iGym dashboard, he navigates to the Personal Trainer tab, where he browses through a list of available trainers. He selects a trainer with expertise within the field of football.

After discussing his goals with the trainer, they determine that Jan's current workout plan is not optimized for improving his explosiveness on the pitch. To address this, the personal trainer tailors a customized workout plan for Jan, and sends it using iGym's built-in chat function.

Jan reviews the plan and accepts it, instantly adding it to his dashboard alongside his other workout plans. Since he no longer needs his old self-made workout, he quickly deletes it directly from the dashboard.

4. Updating workout plan for better progress
Tom has always been committed to optimizing both his own training and the programs he creates for his clients. For the past six months, he has been following a structured push-day workout plan, but feels that the main exercise, barbell bench press, has become less effective for his progress. As a professional, he knows that switching exercises periodically can prevent plateaus and progress staggering.

To make this adjustment, Tom logs into iGym and selects the user account. From the dashboard, he selects the push-day workout he wants to modify, which navigates him to the workout editor. Here, he sees the list of the exercises contained in the workout, the option to rename the workout, remove exercises, and add new exercises.

Tom removes the barbell bench press exercise that he no longer finds beneficial, and selects the dumbbell bench press which is a similar exercise that targets the same muscle groups. He then saves the updated workout plan and is redirected back to the dashboard, where he now sees the adjusted version of the workout plan

5. U*sing the chatroom to receive guidance from his sons*
Hallgeir's sons are helping him to stay in shape and maintain a good workout routine. To make it easier for him, they have decided to create a chat group including the three of them on iGym. The sons have created a tailored workout plan for Hallgeir, which is going to help him with his ongoing back problems. They share it in the group chat, along with a message suggesting that he could at first try this workout once a week.

Later, Hallgeir logs into his iGym account and notices an unread message from his sons on the dashboard. He navigates to the chat section and opens the group chat, where he finds the workout plan they shared along with their advice. After reviewing it, he accepts the workout plan. When he returns to the dashboard, he sees the new plan added alongside his existing workouts, ready for him to use.

6. *Planning future workouts and reviewing past sessions*
Jan has been following his personal trainer's workout plan for several weeks. And after completing several sessions, he feels noticeable improvement both on the pitch and in the gym. This progress becomes even more evident when he logs into his iGym account, where his past sessions are displayed on the dashboard. Here, he can review detailed insights, including the workout plan followed, calories burned, session date, and the sets and repetitions completed for each exercise.

Looking ahead, Jan decides to schedule his workouts for the upcoming week. He navigates to the calendar page, which provides an overview of his past sessions, though with fewer details than on the dashboard. He selects and clicks a date that aligns with his football schedule, and then chooses a suitable time and the workout plan he wants to follow. Once scheduled, the session appears alongside his previous workouts in the calendar

7. *Keeping track with the progression of one of his clients*

Tom has recently assigned a new workout plan to one of his clients, and is curious to see how the client has progressed since starting the workout. He logs into his iGym account, and from the dashboard, selects the client from the dropdown menu in the navigation bar. He is then taken to a calendar view that displays all the sessions that the client has completed, as well as any scheduled for the future.

He notices that the client completed a training session yesterday with the workout that he provided, and clicks on it. The session details appear, showing the number of calories burned, the duration of the session, and the number of sets and repetitions performed for each exercise.

Looking ahead, Tom also sees that the client has another session planned tomorrow with the given workout plan. He clicks on the upcoming session and is shown details about the planned training session, which includes the scheduled time and the specific workout the client is set to follow

8. *Scheduling a training session with one of his clients*
One of the most important aspects of Tom's job as a personal trainer is the one-on-one training sessions he holds with his clients. These sessions allow him to closely monitor their form and ensure that they are following their workout plans correctly.

This week, one of his clients requested to schedule a new session to go through a recently assigned workout plan. Tom logs into his iGym and navigates to the calendar view from the navigation bar. The calendar provides him with a clear overview of all future sessions with his clients.

He clicks on the day they agreed on for the session, which opens a scheduling panel. From there, Tom selects the client, the workout plan they will be following, and the time of the day the session will take place. He then confirms the session, which is immediately added to the calendar.

Later, when returning to the dashboard, Tom sees that the session has also been added to the list of upcoming sessions with all of his clients

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

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

3. 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

4. As a user, I want to see a list of my saved workout plans upon logging in, so that I can quickly select and start my workout

5. As a user, I want to be able to delete my old, ineffective workout plan, so that i can focus only on workout plans that will help me improve

6. As a user, I want to be able to adjust my workout plans, so that I can continuously optimize my training, prevent plateaus, and ensure my workouts remain effective

7. As a user, I want to log the weight and repetitions for each exercise I complete, so that I can keep track of my training progress

8. As a user, I want to be able to learn how to correctly perform unfamiliar exercises so that I can follow my workout plan safely and effectively

9. As a user, I want to be able to browse and select a personal trainer with expertise in a specified field, so that i can receive workout plans and guidance tailored to my individual needs

10. As a user looking for professional guidance, I want to communicate with my personal trainer via a chat function, so that I can ask questions, receive feedback, and stay on track with my training

11. As a user, I want to be able to receive workout plans from other users, so that I can follow a structured training routine created for me

12. As a user, I want to be able to create a group chat so that I can communicate with multiple people at once

13. As a user, I want to receive notifications for new messages so that I can stay informed about updates from my groups

14. As a user, I want to view details about past workout sessions quickly upon login, so that I can track my progress and stay motivated

15. As a user, I want to schedule my workout sessions in advance, so that I can effectively balance my training with other commitments

16. As a user, I want to see an overview of my past and upcoming workouts in a calendar view, so that I can manage my training schedule effectively

17. As a personal trainer, I want to be able to get a calendar view of a client's workout history and future sessions, so that I can have an overview of their consistency

18. As a personal trainer, I want to schedule one-on-one sessions with my clients directly from a calendar view, so that I can easily organize my working schedule

19. As a personal trainer, I want all upcoming sessions with my clients to be visible from my dashboard, so I can quickly review my work schedule