



# USER MANUAL FOR HOME WORKOUT APP

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# Home Workout

## 1 Overview

Improve your body without leaving home, without equipment is the mantra of the application. Home workout contains basic exercises that help users to get lean, get toned and build muscles with these aerobic routines, circuit training and weight training workouts.

With YouTube videos included at a click of button users can directly learn moves from experts. Each exercise contains an illustrative detail to facilitate their execution. It has Do', Don'ts and a way to make the workout easier. On top of the details there is a simple image where people can simply learn the workout just by looking at the image.

People are spending a lot of money on gym memberships, personal trainers but, only very few people have the motivation and time to follow their schedules. Home workout app is best way to stay healthy and fit.

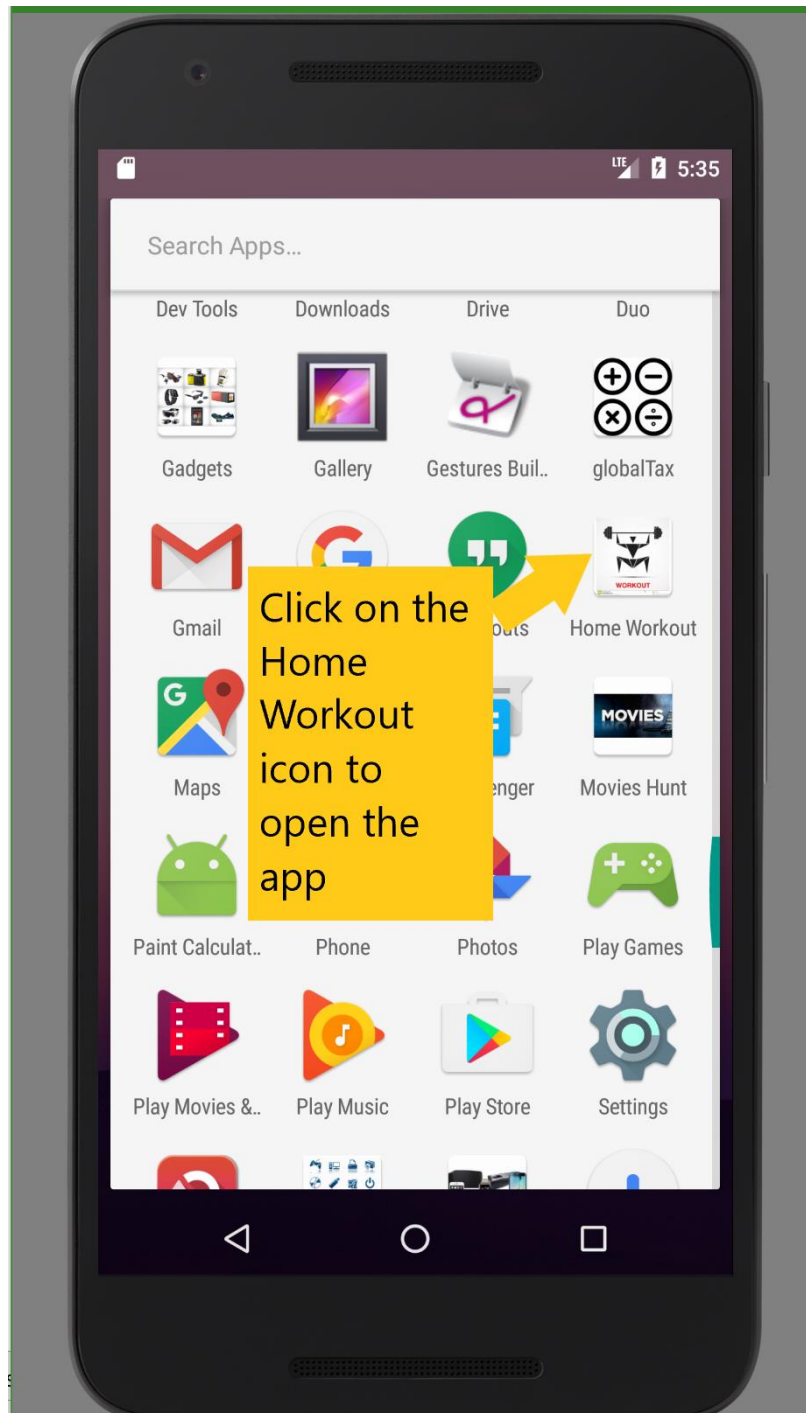
Remember:

Consult your doctor to let you know the best exercise for your physical condition. Get hydrated before, during and after physical exercise.

Preheating 15 minutes to avoid muscle injuries. Perform 10 minutes of stretching after finishing your workout.

## 2 Opening the Application

The application can be easily accessed from the home launcher menu.



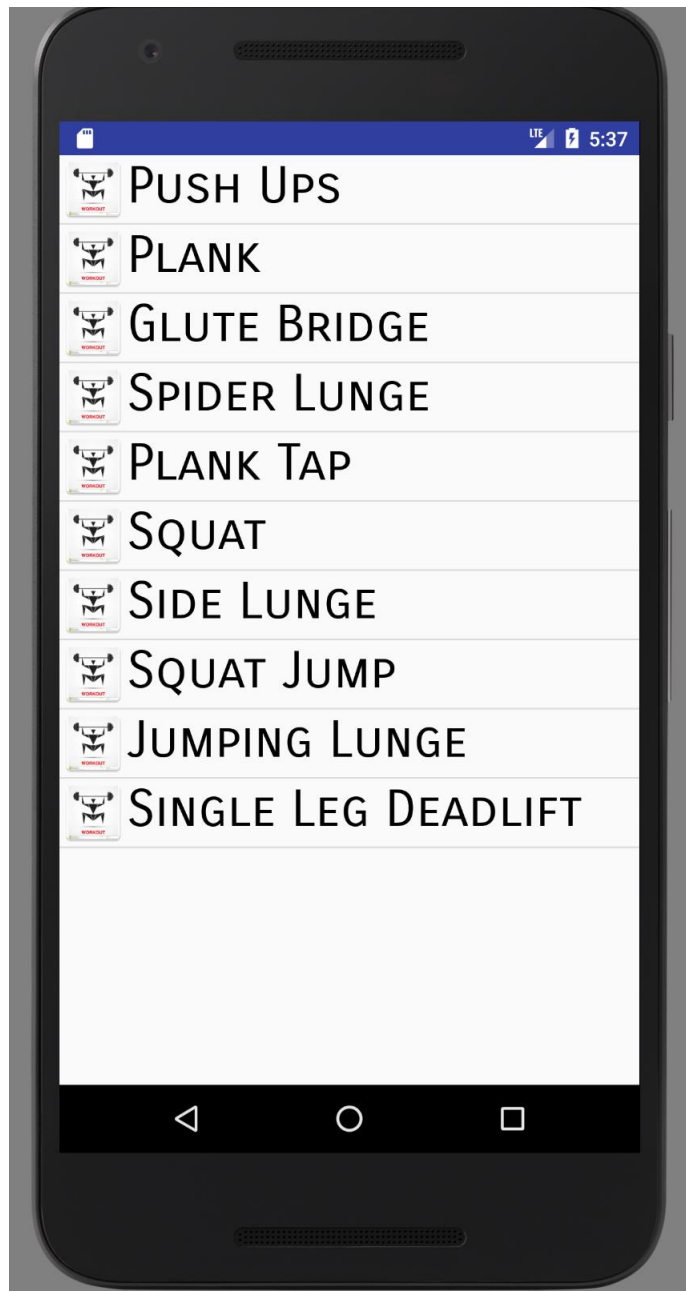
### 3 Splash Screen

The application opens with a motivation screen which then automatically redirects to the app's main screen.



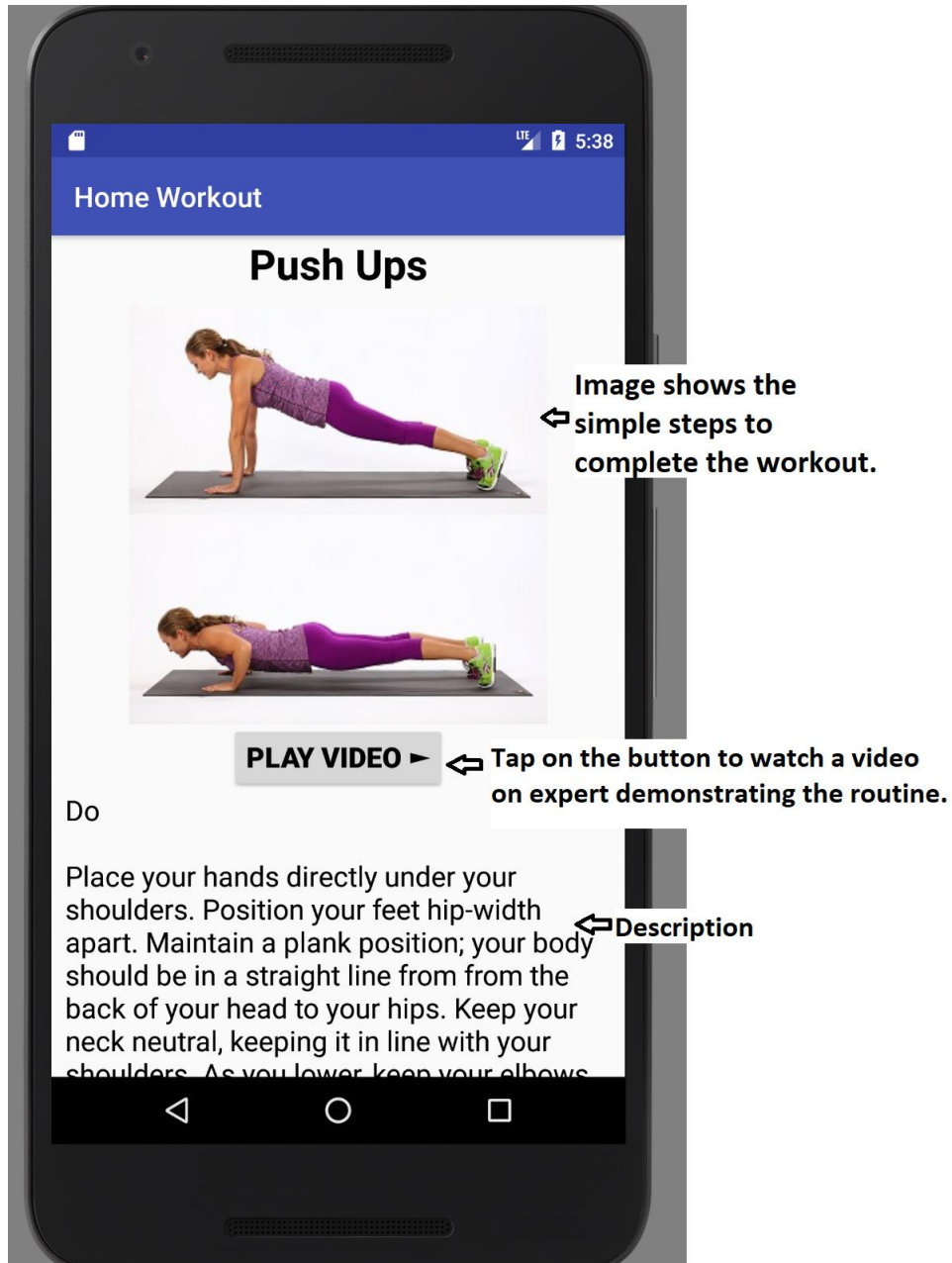
#### 4 Application main Screen

The list of workouts is displayed right after the splash screen. The users can follow the routine as shown in the list or they can choose the one they wish to do from the list. Tap on any one of the exercises to show the description and image for the workout.



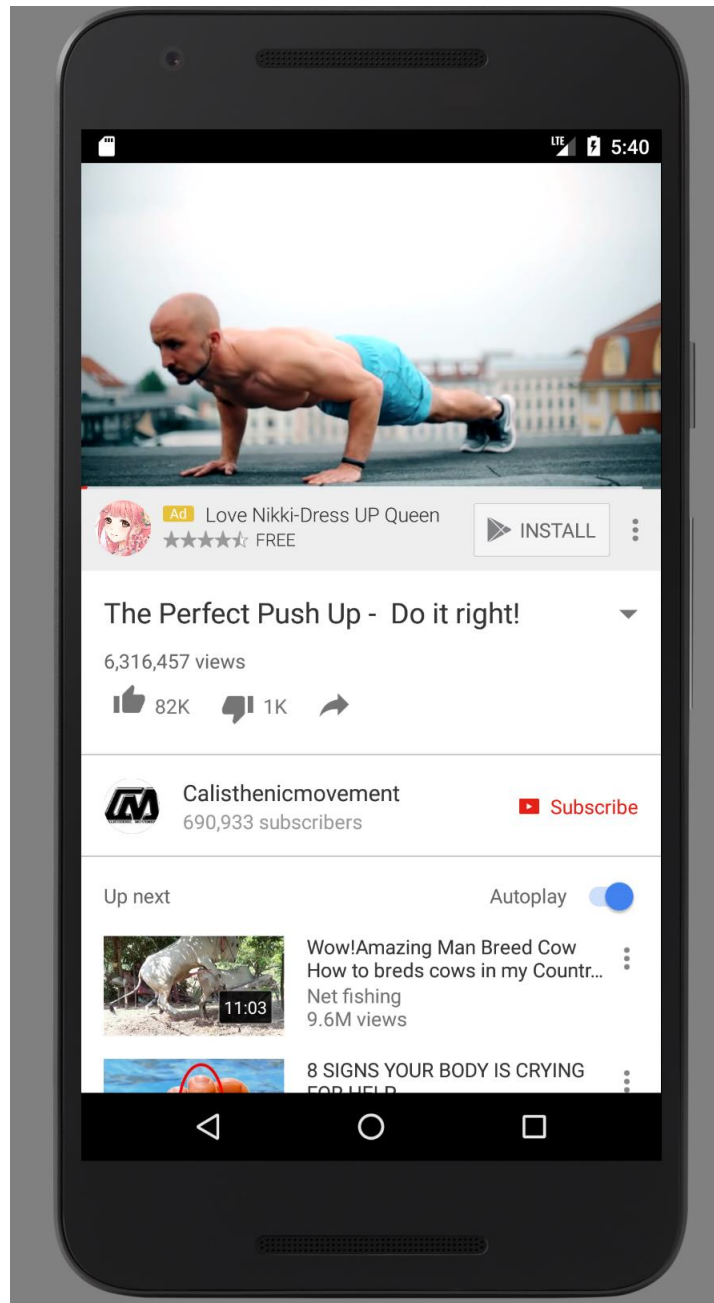
## 5 Details page.

Once the user taps on a exercise.



## 6 The play video button

The app automatically redirects to an YouTube video where expert performs the routine.



## Features

1. Unisexual workouts.
2. Bodyweight exercises that you can perform without a gym.
3. Detailed instruction and video for exercise.
4. Workouts for beginners.

## References

1. For the most the part I developed the application from lesson 5 of class work.
2. The description for the workout has been taken from  
<https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle>
3. The images have been downloaded from multiple sites