Hannah Mundt

Annotated Bibliography

ACE Exercise Library | Featured Exercises from ACE. (n.d.). Retrieved from

<http://www.acefitness.org/education-and-resources/lifestyle/exercise-library>

This website gives different exercises based on what body type you are interested in working out. I do work out quite often, but I am definitely not an expert by any means. So, with this project I will need to do a lot of fitness research in addition to my technical research. This website also ranks the difficulty of each exercise between beginner, intermediate, and advanced, which will be really helpful since I will potentially have a range of users using the app. This website will provide lots of information that I will need to use from here on out.

Gentilcore, T. (2018, January 15). Start Here, Start Now: The 8-Week Beginner Workout Plan*.*

Retrieved from <https://www.bodybuilding.com/content/start-here-start-now-the-8-week-beginner-workout-plan.html>

This website describes an 8 week workout plan for beginners. I think something like this could be very useful to include in my app because then it would definitely cater to beginners, while also having more advanced workouts for those who are not beginners. This website also includes different programs and exercises, so even if I end up not doing something like an 8 week plan, I can use different exercises from the program to make workouts for beginners. There are also different sections to this website like losing fat, cardio, and building muscle, which would be cool to somehow incorporate in each exercise.

Griffiths, D. (2017). *Head first Android development: A brain friendly guide*. Beijing: OReilly Media.

This book will come in handy since the app I am creating is going to be a mobile app using android studio. I recently took the mobile apps course last spring, but I forget some important aspects to making an app and this book will have those refreshers that I need. It also walks you through how to make a database which we briefly touched on, so I think I will reference that quite often for help. Also, we made a stopwatch app from this book, and I think it would be kind of cool to add a stopwatch to my app for ease to the users (everything would be in one place instead of switching apps to the phone’s stopwatch).

How to Design Your Own Workout Program: A Guide for Beginners. (2018, July 20). Retrieved from

<https://www.wholelifechallenge.com/how-to-design-your-own-workout-program-a-guide-for-beginners/>

This website gives advice for how to design your own workout plan. I think this will be very helpful for when I come up with the different workouts. Like I mentioned, I am not a workout expert so any tools like this will make my life easier. This website also says “how to design the program for beginners”, but I can take what I learn from this and apply it to more advanced workouts, whether that be increasing weight, increasing distance of a run, etc.

MyFitnessPal. (2017). MyFitnessPal LLc (Version 18.8.5) [Mobile application software]. Retrieved

from <https://itunes.apple.com/us/app/myfitnesspal/id341232718?mt=8>

According to the app store, this is the #1 health and fitness app for four years straight. Based on this, I think MyFitnessPal would be one of the best apps to look at for a reference with design, layout, but also overall content. Although this has more features than just different workouts, that is the main focus I will look at when referencing this app.

Sworkit. (2017). Nexercise, Inc. (Version 8.2.1) [Mobile application software]. Retrieved

from <https://itunes.apple.com/us/app/sworkit-workouts-plans/id527219710?mt=8>

This is a mobile app that is quite similar to what I would like to do for my project; however this app is more sophisticated than the plans I have for my app. However, I downloaded the free version and it offers similar pages to what I was thinking. On some of their screens though they have multiple buttons to select how they personally would like to workout for that day, but my app will have one option per page. For example, difficulty will be on one page, type of body part will be on another, etc. There is a subscription to this app you must purchase after 30 days, so I’m not sure if it will save your workout history without purchasing the subscription. In my app I plan on storing the user’s workouts in a database. Another thing I noticed is that this app was made in 2017 and is very successful, suggesting that there is a current need for apps like this.

Welcome to FreeTrainers.com. (n.d.). Retrieved from <http://www.freetrainers.com/>

FreeTrainers is a website that provides free custom workout plans for anyone. Similar to the ACE website I found, this will be a huge help in the workout, non-technical part of my app. They even have different exercises you can do from home without equipment (i.e. body weight exercises) which I hadn’t even considered. I feel like if I add the option in home versus in a gym setting in my app that would really make a difference, considering a lot of people don’t work out due to the high costs of gyms. So if my app can cater to users who do not have access to a gym, more people would be likely to use it. This website also keeps track of your workouts and history, something I would like to do. After exploring this website, I found that pretty much all of the minimum features I want to include in my app are achieved between this website and the ACE website. For example, this website includes nutrition guidance but that is way out of my knowledge.