1) Non-logged-in user, main page view

Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome to the Fitness Database

Log-in   Sign-up

You can browse the collection of exercises below.
Want to save them to your personal account? You can create an account or login.

Primary Muscle Trained [Legs ▼]   Type of Equipment [Gym ▼]   Ideal for [Muscle Mass ▼]   Level [Intermediate ▼]

Exercise Name	Muscles Trained	Recommended Sets	Recommended Reps	
Deadlift	Glutes, Hamstrings, Lats, Traps, Lower back, Quads	4	8	⊕ Add
Squats	Glutes, Hamstrings, Lower Back, Quads	4	8	⊕ Add
Walking Lunges	Glutes, Hamstrings, Lower Back, Quads	4	12 each side	⊕ Add
Leg Press	Glutes, Hamstrings, Quads	4	10-12	⊕ Add

Any Feedback on the Website - Click here!

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2) Non-logged-in user wants to add exercises to a personal collection and clicks on the add button

Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome to the Fitness Database

Log-in   Sign-up

You can browse the collection of ...
Want to save them to your person...

Primary Muscle Trained [Legs ▼]   T...

Exercise Name	Mu...

Pop-up Registration ✖

To save your preferred exercises on your personalized database, please log-in or sign-up. You will be able to keep track of your workouts and add the number of reps and amount of weight for each of your sessions. Using the Fitness Database is free of charge (and always will be!)

[Sign me up!]   [Don't sign me up, I only want to browse the database]
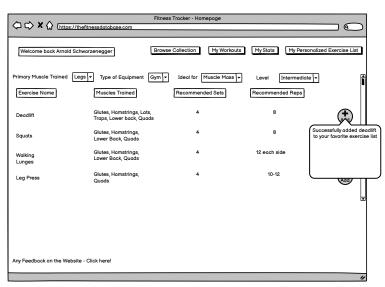
[Login to my account]

Any Feedback on the Website - Click here!

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3) Logged-in user, Browse Collection View and add one exercise to the personalized collection
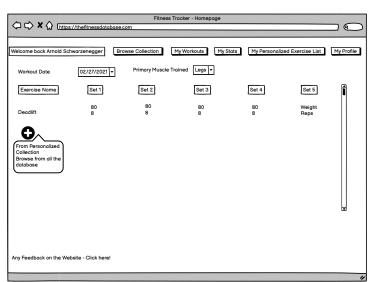
Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome back Arnold Schwarzenegger   [Browse Collection] [My Workouts] [My Stats] [My Personalized Exercise List]

Primary Muscle Trained [Legs ▼]   Type of Equipment [Gym ▼]   Ideal for [Muscle Mass ▼]   Level [Intermediate ▼]

Exercise Name	Muscles Trained	Recommended Sets	Recommended Reps	
Deadlift	Glutes, Hamstrings, Lats, Traps, Lower back, Quads	4	8	⊕
Squats	Glutes, Hamstrings, Lower Back, Quads	4	8	
Walking Lunges	Glutes, Hamstrings, Lower Back, Quads	4	12 each side	
Leg Press	Glutes, Hamstrings, Quads	4	10-12	Add

Successfully added deadlift to your favorite exercise list

Any Feedback on the Website - Click here!

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4) Logged-in user, my workouts view, add an exercise from personalized list

Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome back Arnold Schwarzenegger   [Browse Collection] [My Workouts] [My Stats] [My Personalized Exercise List] [My Profile]

Workout Date [02/27/2021 ▼]   Primary Muscle Trained [Legs ▼]

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5
Deadlift	80 8	80 8	80 8	80 8	Weight Reps

➕
From Personalized Collection
Browse from all the database

Any Feedback on the Website - Click here!

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5) Logged-in user, my stats view

Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome back Arnold Schwarzenegger   [Browse Collection] [My Workouts] [My Stats] [My Personalized Exercise List] [My Profile]

My Stats

Preferred Exercise: Deadlift

Longest training steak: 5 days (from 02/19 to 02/24)

Estimated 1 rep on Bench Press: 150

Estimated 1 rep on Squat: 200

Estimated 1 rep on Deadlift: 220

Placeholder for visuals (optional)

Any Feedback on the Website - Click here!

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6) Logged-in user, my profile view

Fitness Tracker - Homepage

https://thefitnessdatabase.com

Welcome back Arnold Schwarzenegger

My Profile

Preferred Measuring Unit: [KG ▼]

Primary Objective [Muscle Mass ▼]

Date Format [MM/DD/YYYY ▼]

[Save]

Any Feedback on the Website - Click here!