

Readme

– Wearable Support for Weight Lifting Activities

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1 System requirement

- Android phone or tablet
- Minimum SDK: API 21: Android 5.0 (Lollipop)

2 Main features

Build is an android application used for weight training management. It provides user facility to create and revise program plan, provides auto tracking functionality, as well as alarming functionality when reps and sets have been done as planned so as to avoid potential over-training.

Usage and Feature in Build:

- Create a program
- Customize routines
- See instructions of exercise
- Training
- Record training data
- Count reps of Exercise

Demo link: <https://www.youtube.com/watch?v=q3XRvwiMqy4>

3 User guide

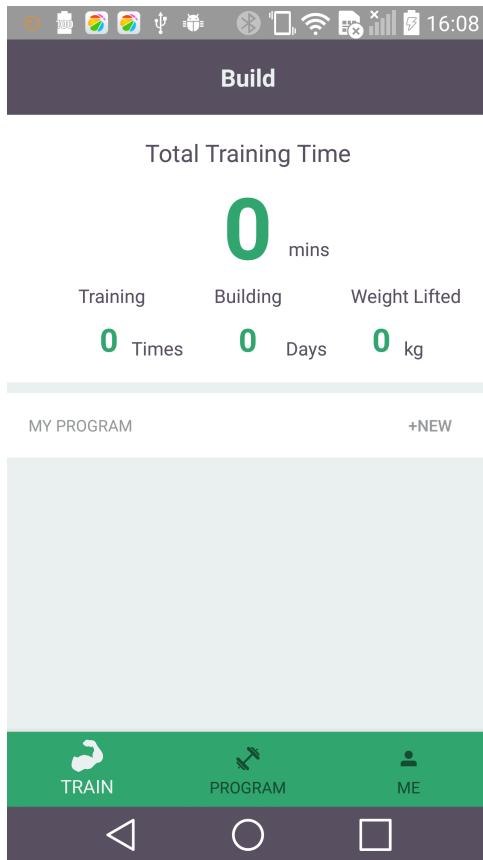


Figure 1: Home

- This is home screen of application
- User can click any button on screen
- History section shows the summary of work out history
- Program List shows current programs user are taken
- Me fragment is a portal to set basic personal settings and to see the workout history
- PROGRAM fragment allows users to choose programs they want to take

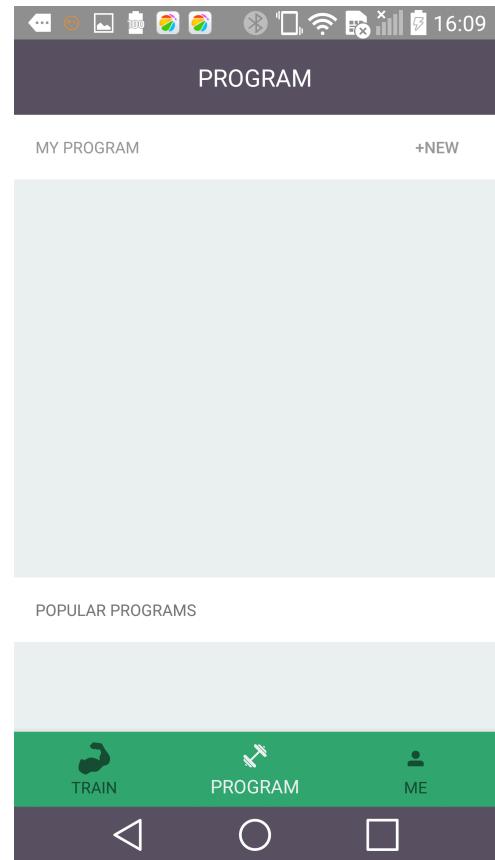


Figure 2: Program

- Main screen PROGRAM fragment
- My program section shows current programs user are taken
- Popular program section shows a list of programs users may interested in
- User can tick the checkbox to take a program
- Click on a specific program for more detail
- Button new (Upper right) allows user to create a new program

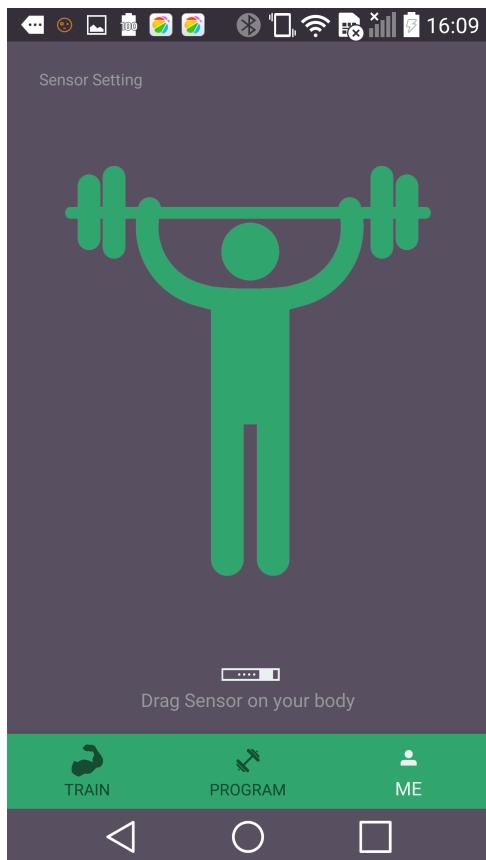


Figure 3: Me
- Main screen of Me fragment
- Drag sensor on the green body to set placement

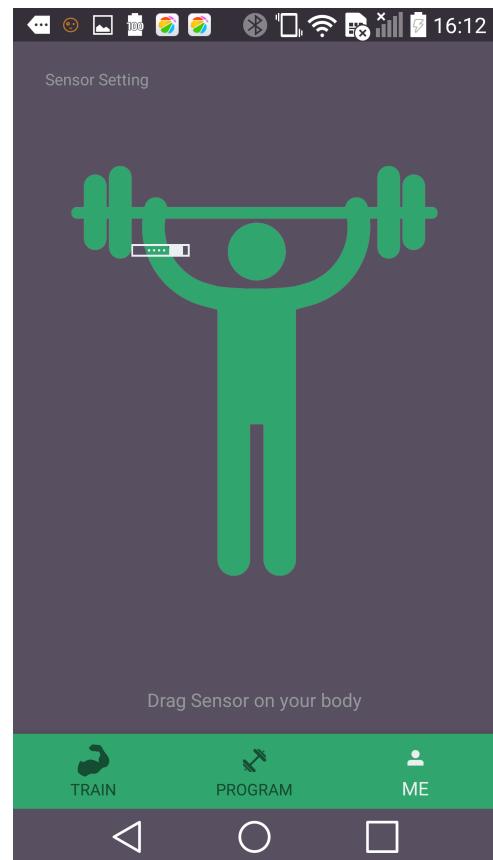


Figure 4: Me(After drag)
- Main screen of Me fragment
- After drag

Create New Program

Program Name
Program Name

Start Date
dd/mm/yyyy

End Date
dd/mm/yyyy

Days in Week

Mon Tue Wed Thu
 Fri Sat Sun

NEXT

Figure 5: Program

- Main screen to create a new program
- Edit program detail such as program name, the start date, end date of the program and each routine time
- All field are compulsory and require validation. For example, the end date should be after the start date and the program name cannot be conflict with an existing program.
- Click Next to complete.

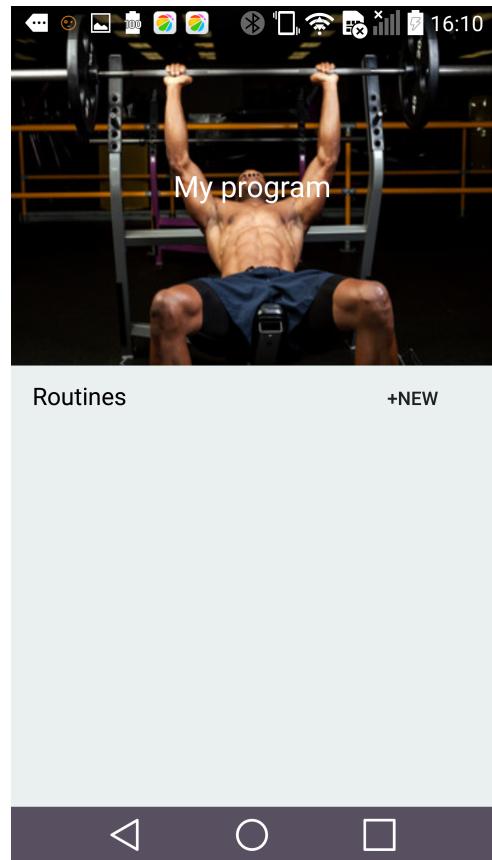


Figure 6: View Program

- Screen of program detail
- Show detail of whole program
- But in the every beginning, a program does not have a routine, so we click +New button to create a new routine

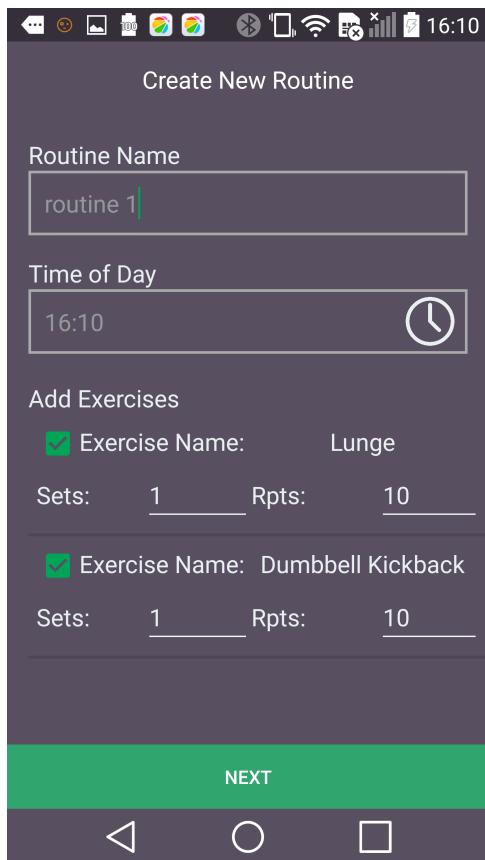


Figure 7: Customize routine

- Main screen to create routine, that is choose exercises for each routine
- Tick the box to choose a exercise
- Click on set and reps to customize training load
- Click Next to finish

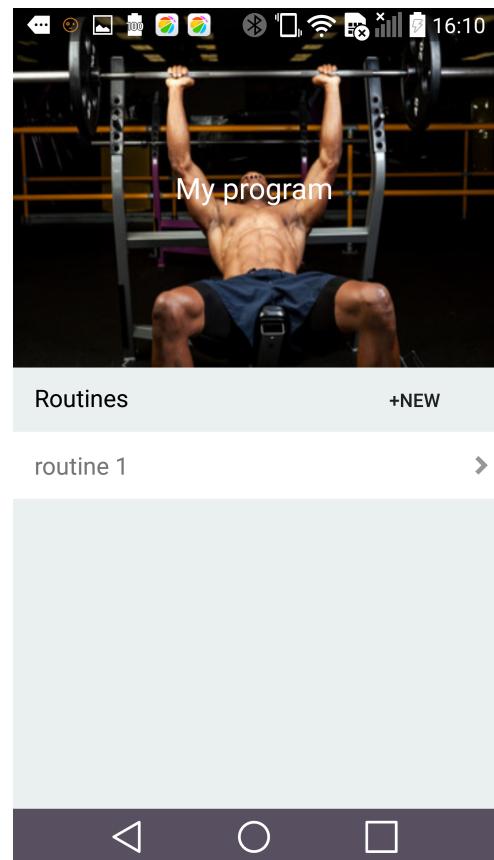


Figure 8: view program

- Screen of program detail
- Show detail of whole program (Now we can see the new added routine *routine1*)
- Click on the routine for more details

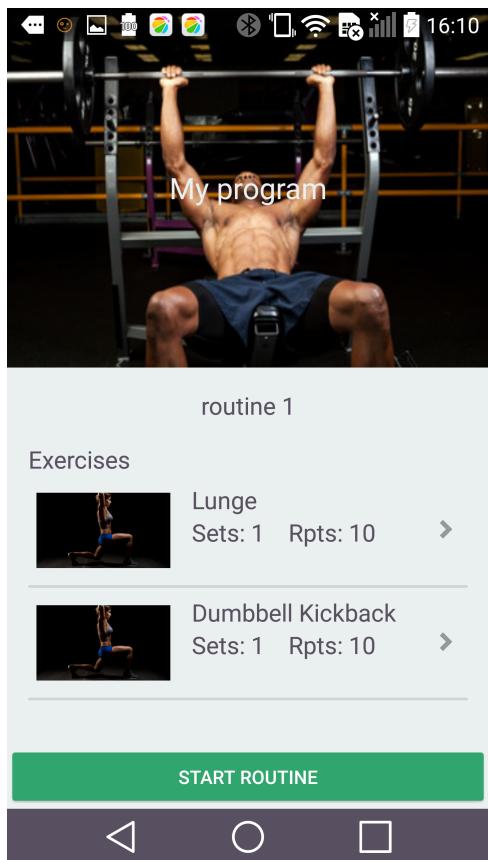


Figure 9: View Routine

- Screen of routine detail
- Show details of a routine, namely the exercises scheduled in this routine.
- Click on a specific exercise to see exercise instructions

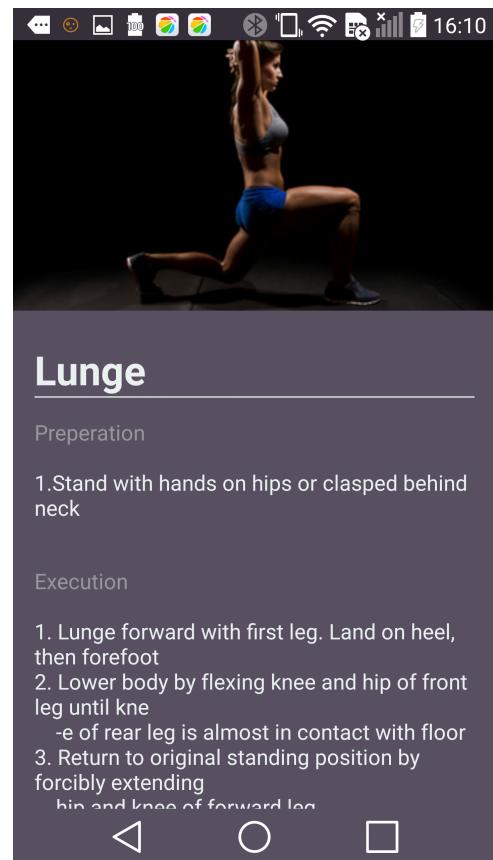
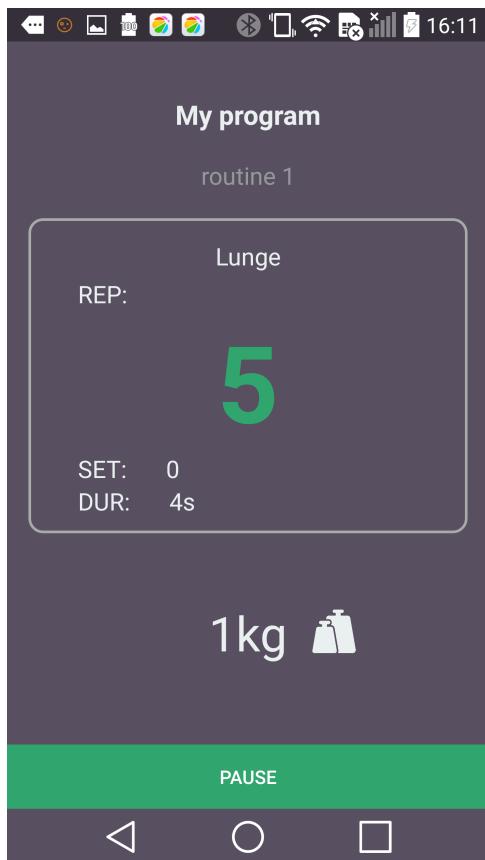


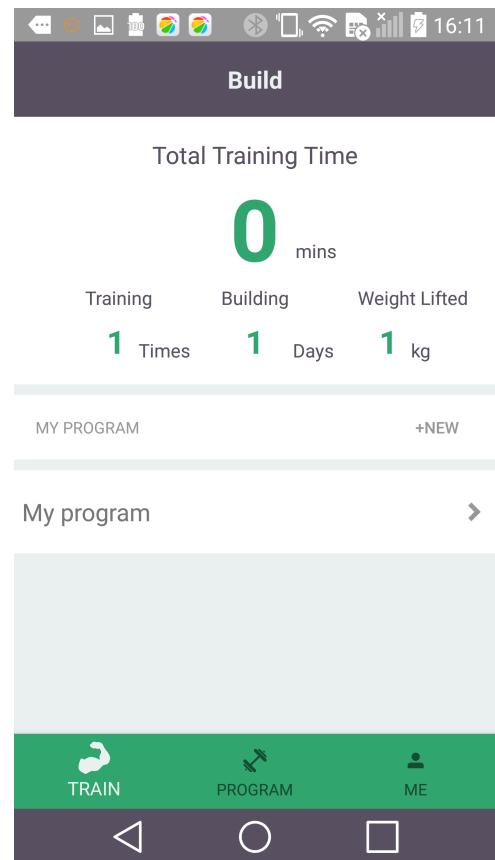
Figure 10: Exercise detail

- Screen of exercise detail
- Show instructions of an exercise, include preparation, execution and comments.



- Figure 11: Recording
- Screen of recording
 - Show real time training progress with sets, reps durations have been done
 - Green progress bar shows current training progress
 - Choose weight
 - Click to pause or resume current exercise

If any problem, please contact mengjiac@student.unimelb.edu.au



- Figure 12: Homepage (after training)
- Screen of Homepage (after training)
 - the workout history has been updated
 - exercises actual completed