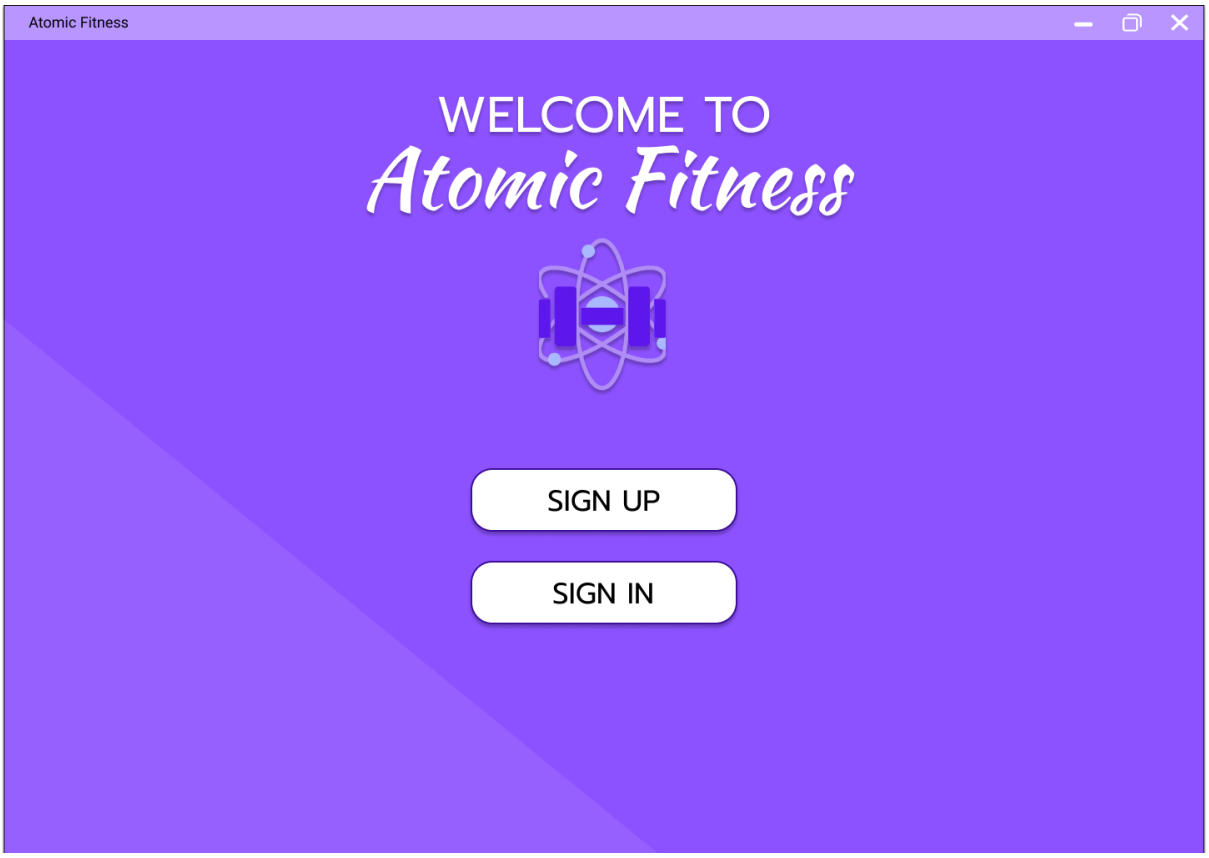
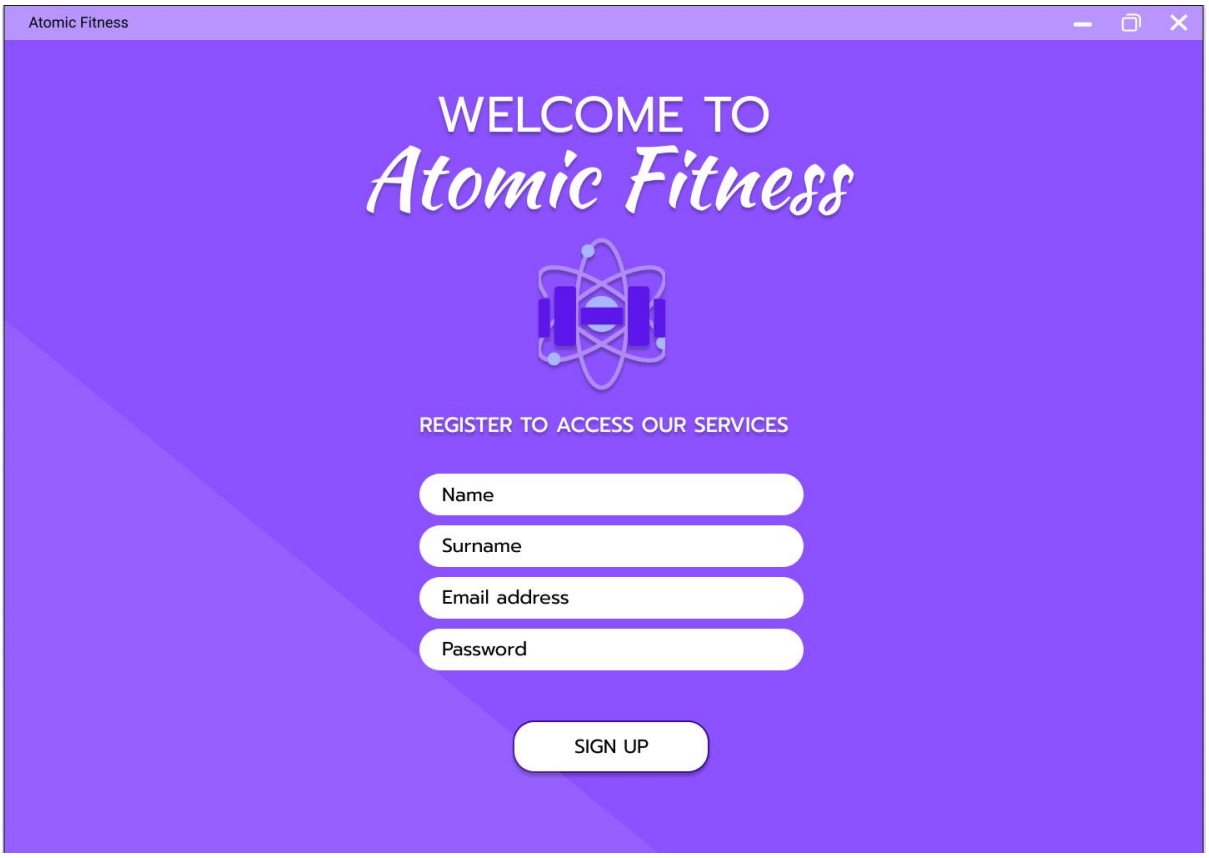
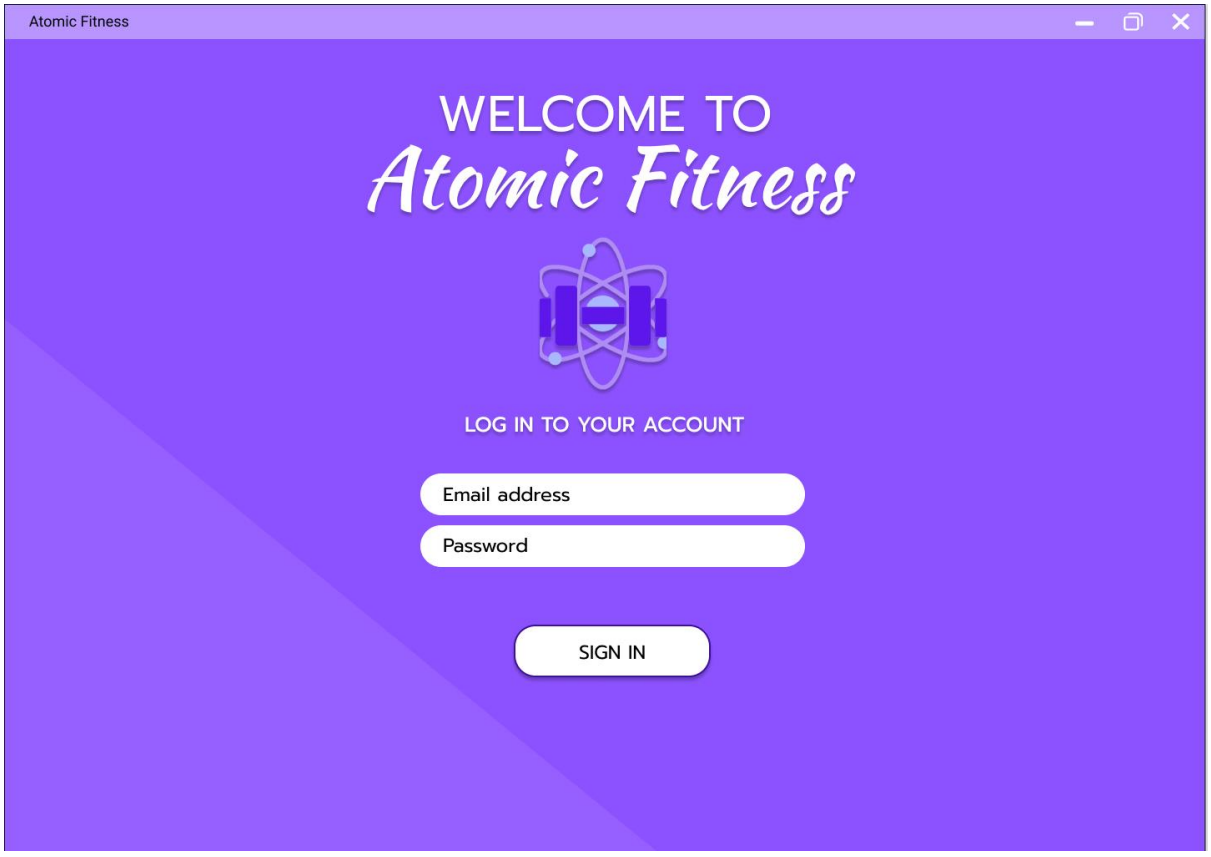
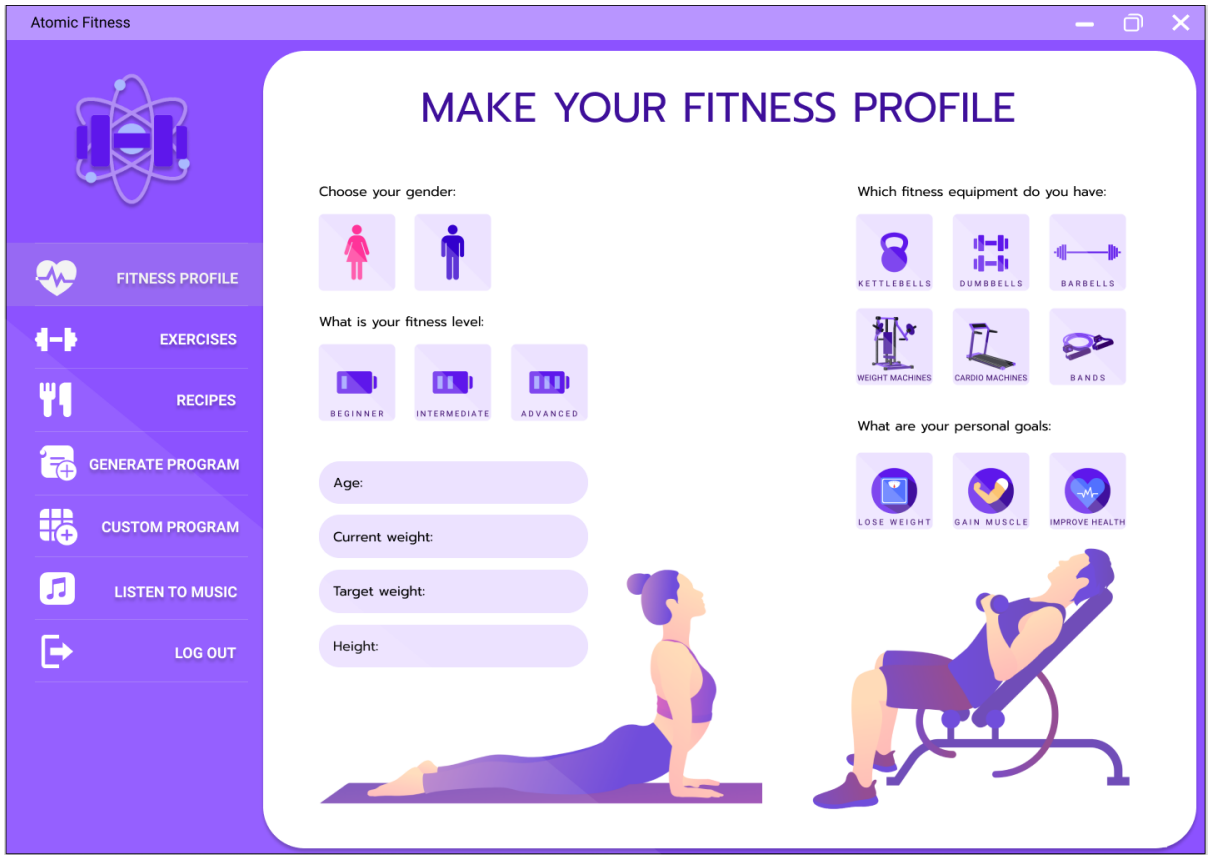
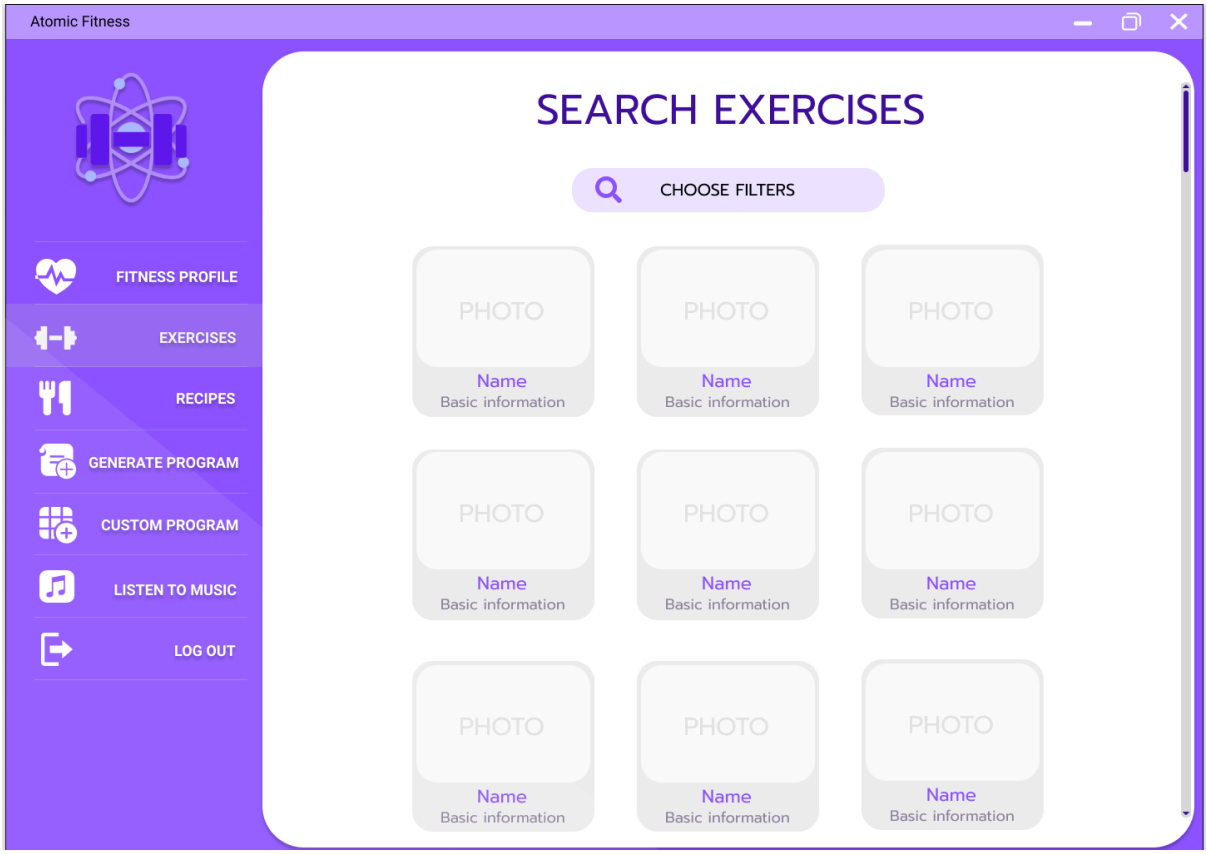
User Interfaces – User Screens:

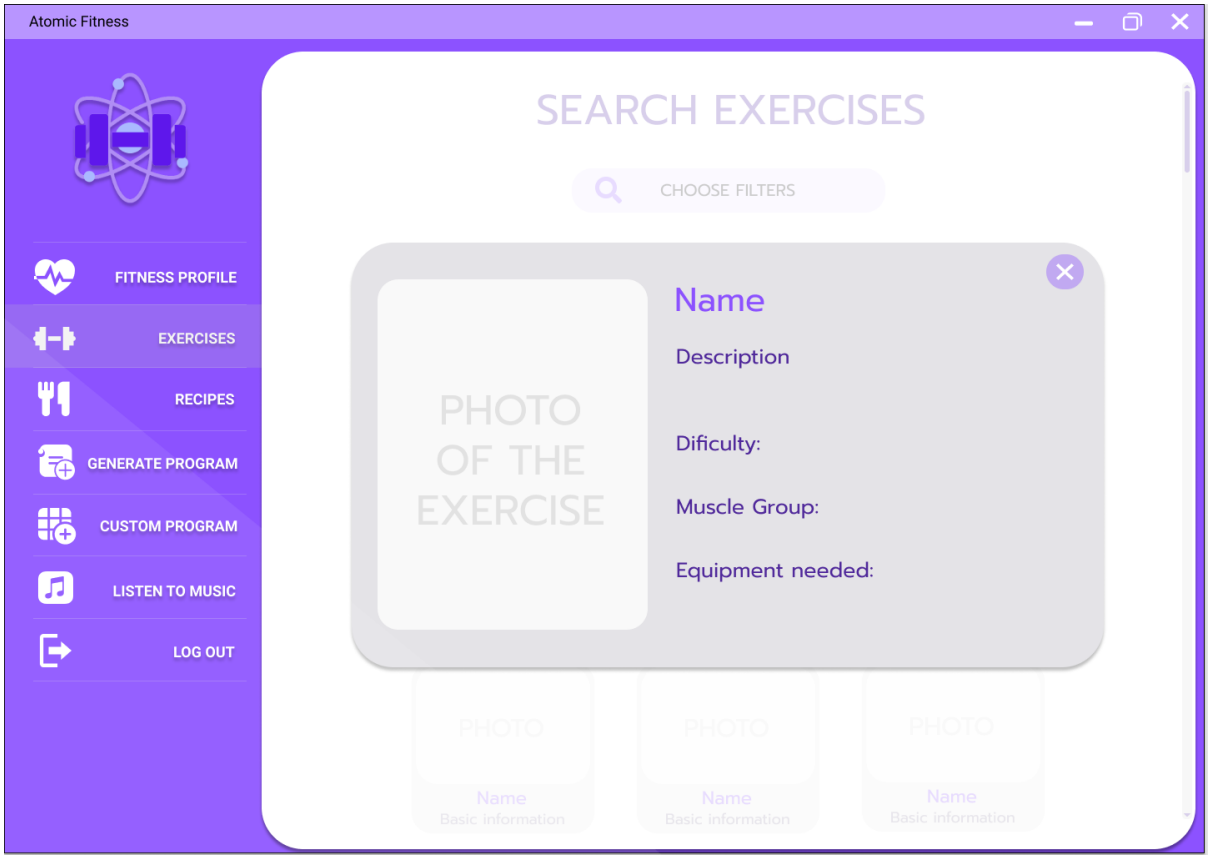


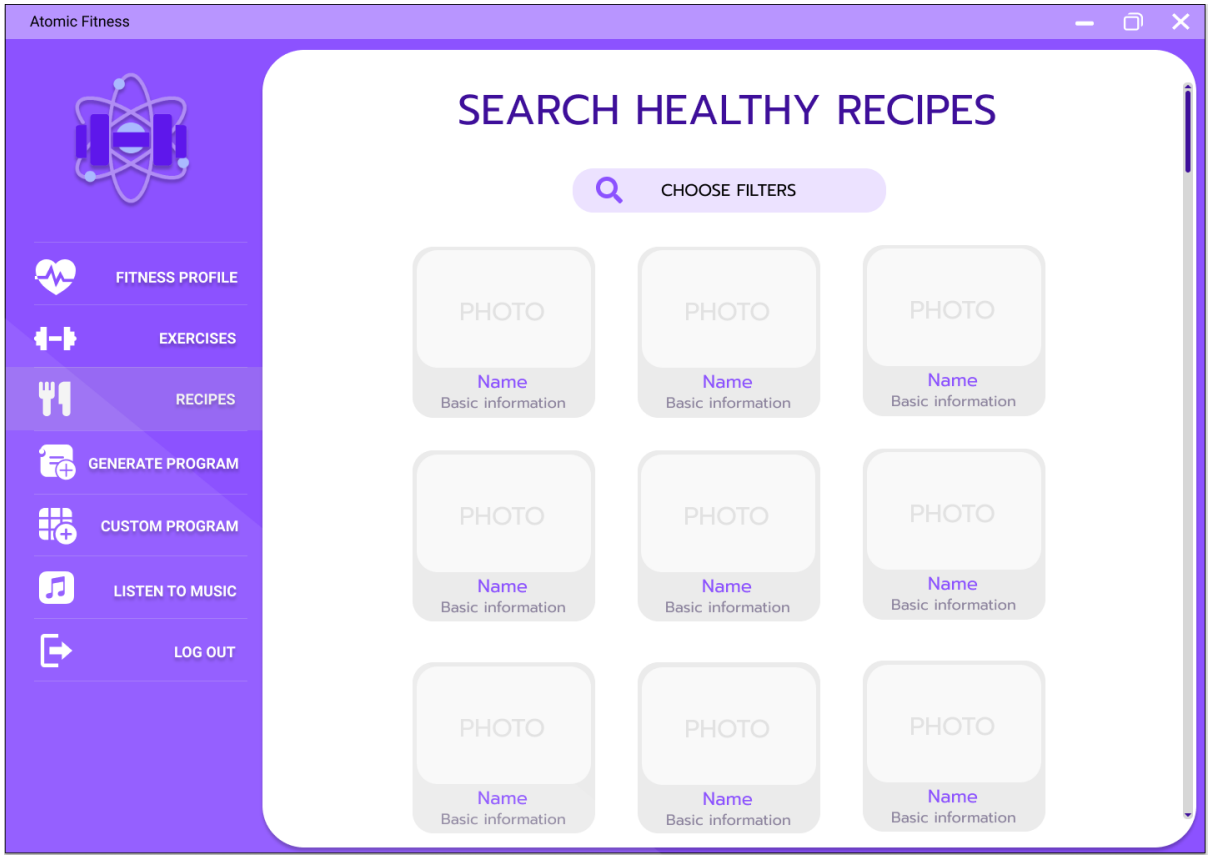



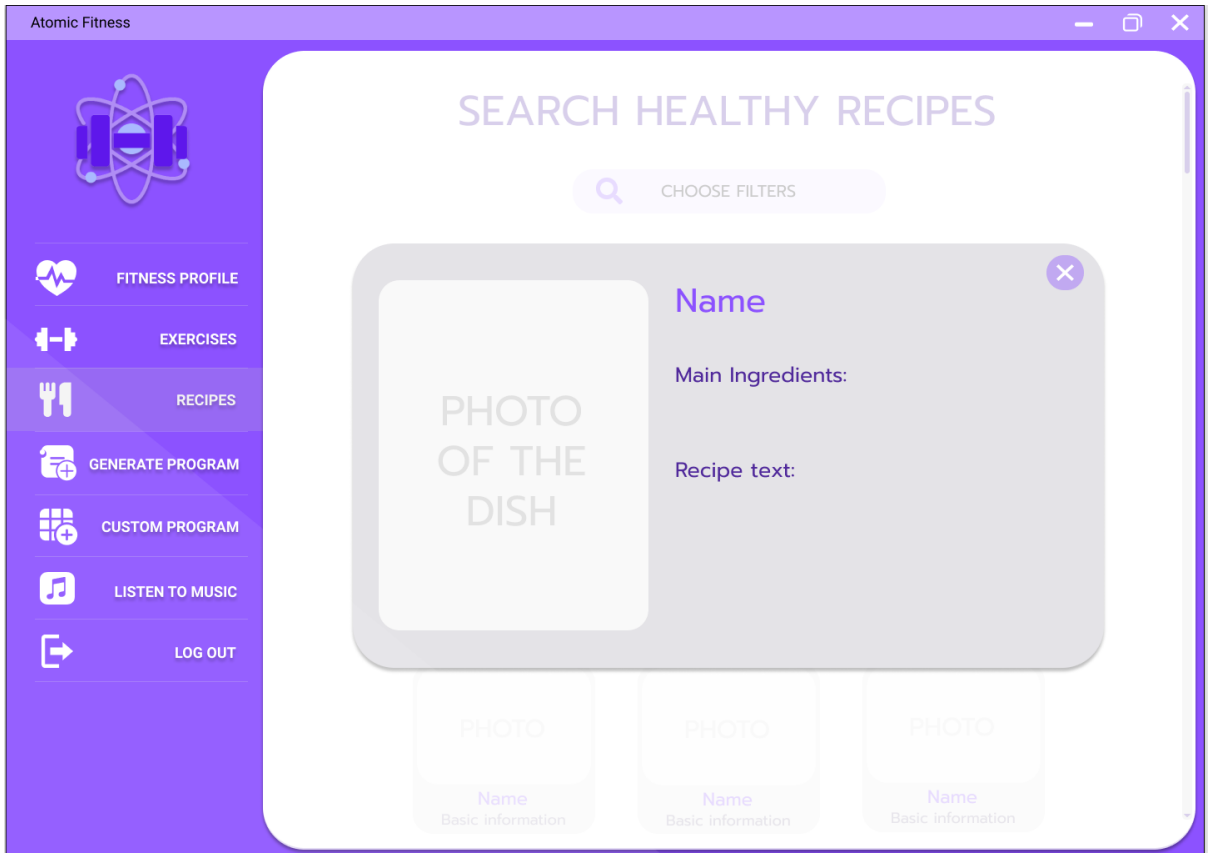

Atomic Fitness
WELCOME TO
Atomic Fitness
LOG IN TO YOUR ACCOUNT
Email address
Password
SIGN IN


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
MAKE YOUR FITNESS PROFILE
Choose your gender:
What is your fitness level:
BEGINNER
INTERMEDIATE
ADVANCED
Age:
Current weight:
Target weight:
Height:
Which fitness equipment do you have:
KETTLEBELLS
DUMBBELLS
BARBELLS
WEIGHT MACHINES
CARDIO MACHINES
BANDS
What are your personal goals:
LOSE WEIGHT
GAIN MUSCLE
IMPROVE HEALTH


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
SEARCH EXERCISES
CHOOSE FILTERS
PHOTO
Name
Basic information


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
SEARCH EXERCISES
CHOOSE FILTERS
PHOTO OF THE EXERCISE
Name
Description
Dificulty:
Muscle Group:
Equipment needed:


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
SEARCH HEALTHY RECIPES
CHOOSE FILTERS
PHOTO
Name
Basic information


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
SEARCH HEALTHY RECIPES
CHOOSE FILTERS
PHOTO OF THE DISH
Name
Main Ingredients:
Recipe text:

Atomic Fitness

FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT

# GET A PROGRAM GENERATED ACCORDING TO YOUR FITNESS PROFILE

If your fitness profile is filled and up to date,
click here to generate your program

GENERATE

Atomic Fitness

FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT

# YOUR GENERATED PROGRAM

Main Goal: Program Duration:
Training Level: Time per Workout:

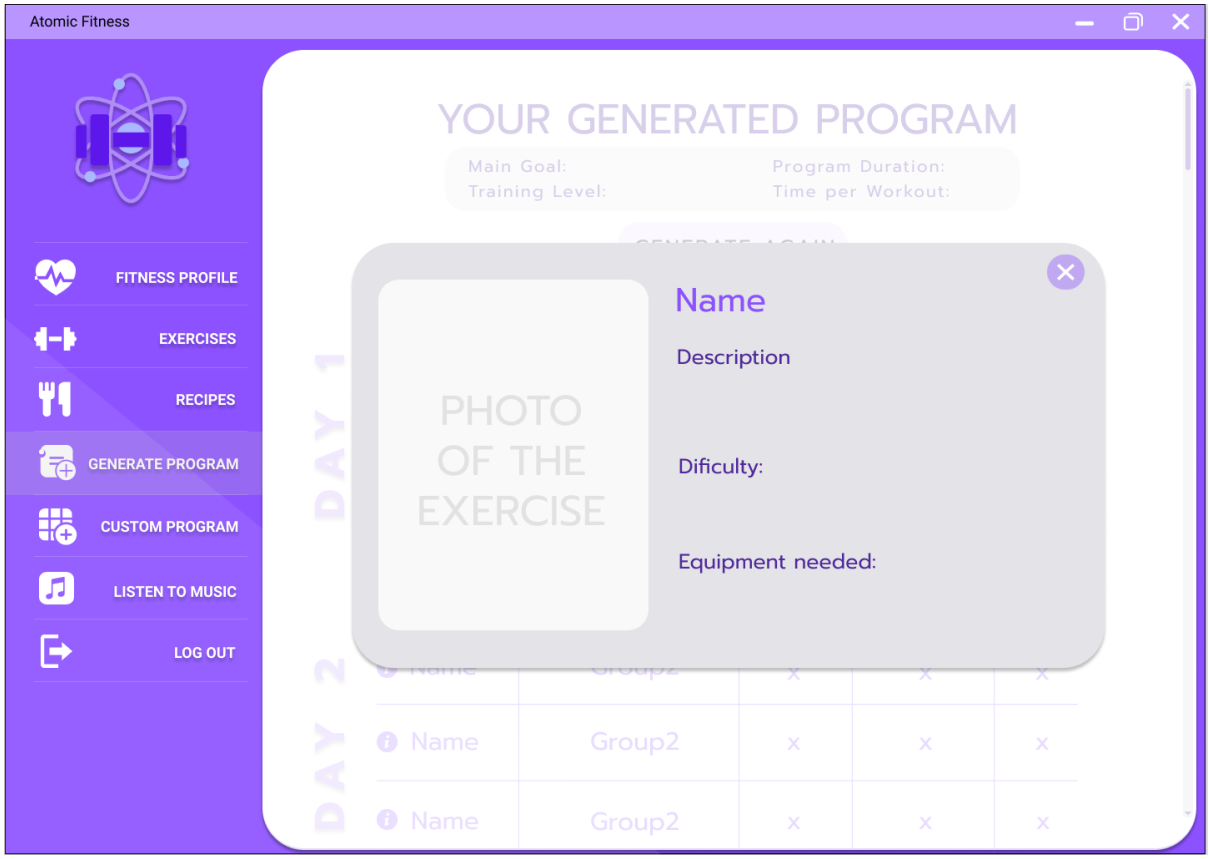
GENERATE AGAIN

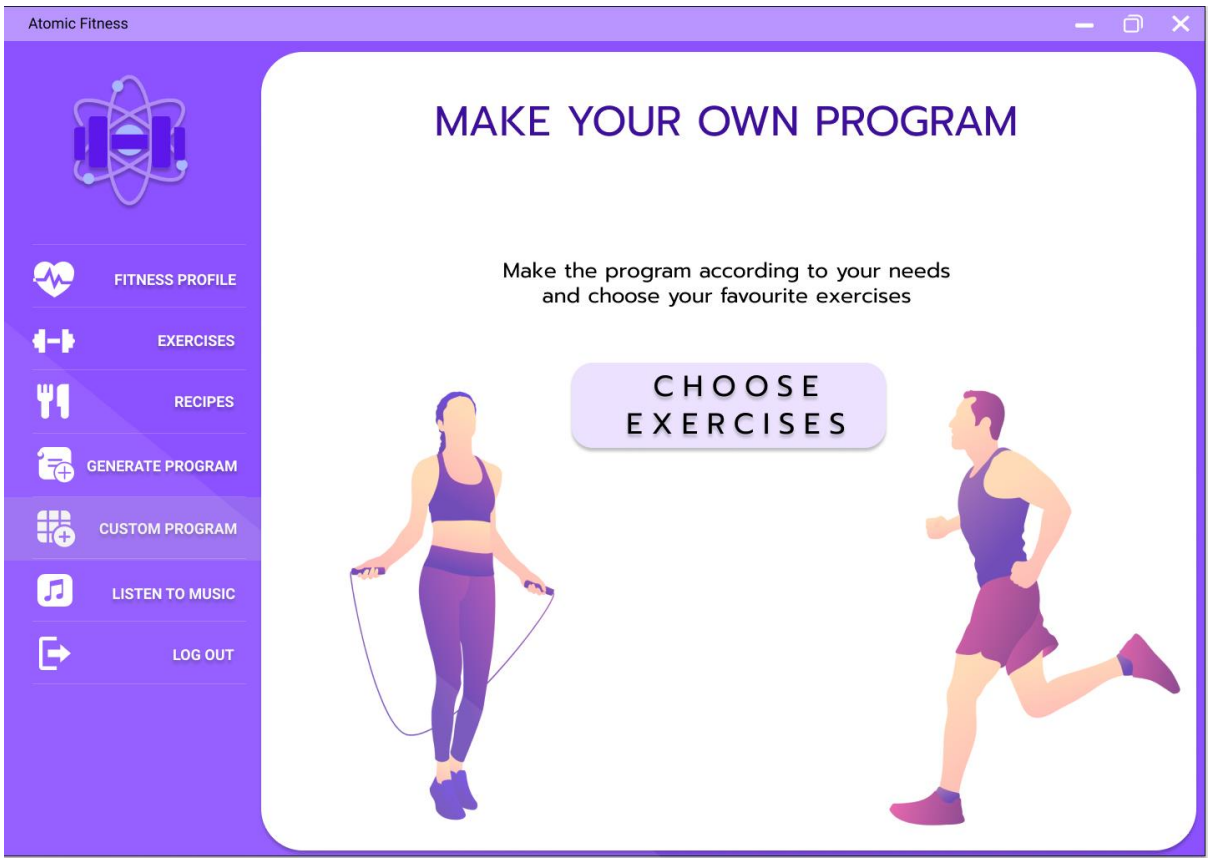
DAY 1

| Exercise | Main Muscle Group | Sets | Rep Total | Rest |
|---|---|---|---|---|
| Name | Group1 | x | x | x |
| Name | Group1 | x | x | x |
| Name | Group1 | x | x | x |

DAY 2

| Exercise | Main Muscle Group | Sets | Rep Total | Rest |
|---|---|---|---|---|
| Name | Group2 | x | x | x |
| Name | Group2 | x | x | x |
| Name | Group2 | x | x | x |


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
YOUR GENERATED PROGRAM
Main Goal:
Training Level:
Program Duration:
Time per Workout:
DAY 1
DAY 2
PHOTO OF THE EXERCISE
Name
Description
Dificulty:
Equipment needed:
Name
Group2
Name
Group2


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
MAKE YOUR OWN PROGRAM
Make the program according to your needs
and choose your favourite exercises
CHOOSE EXERCISES

Atomic Fitness

FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT

# MAKE YOUR OWN PROGRAM

ACCESS YOUR PROGRAM

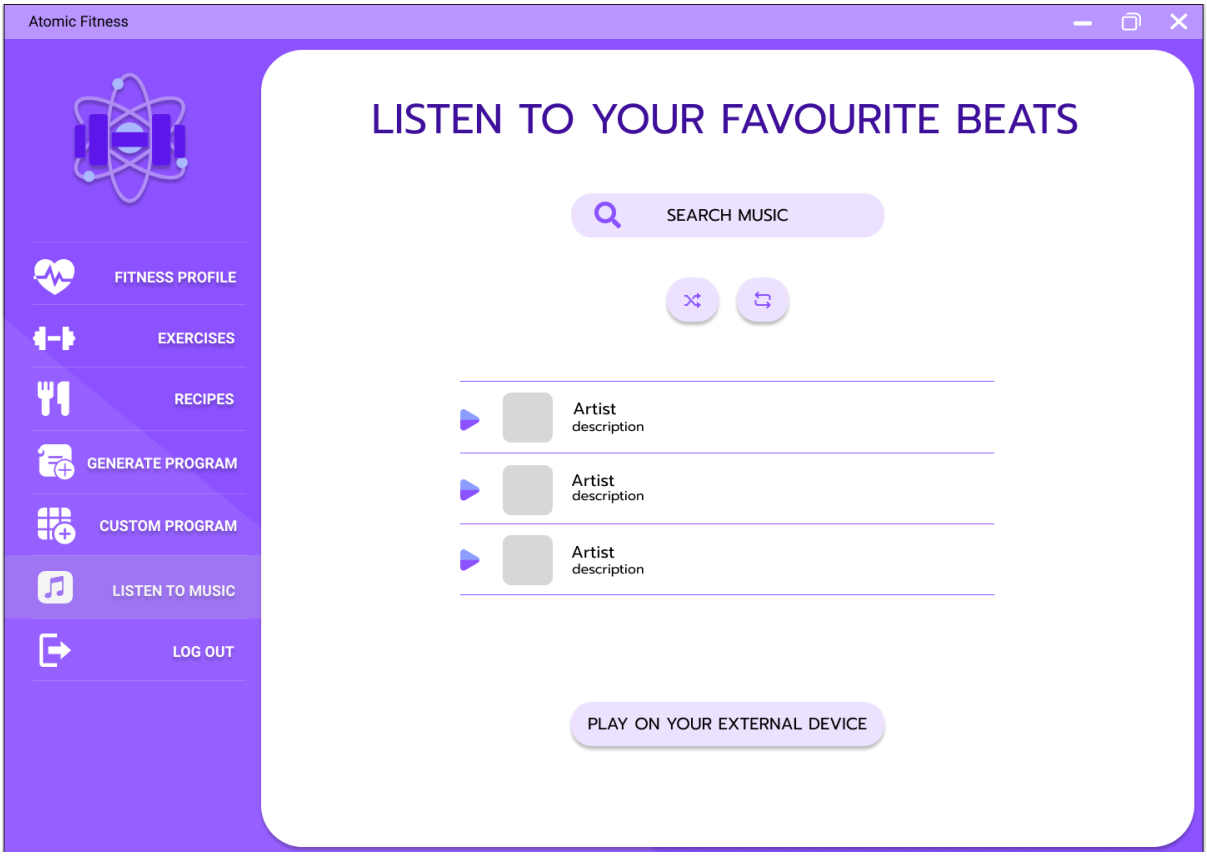
MAKE A NEW PROGRAM

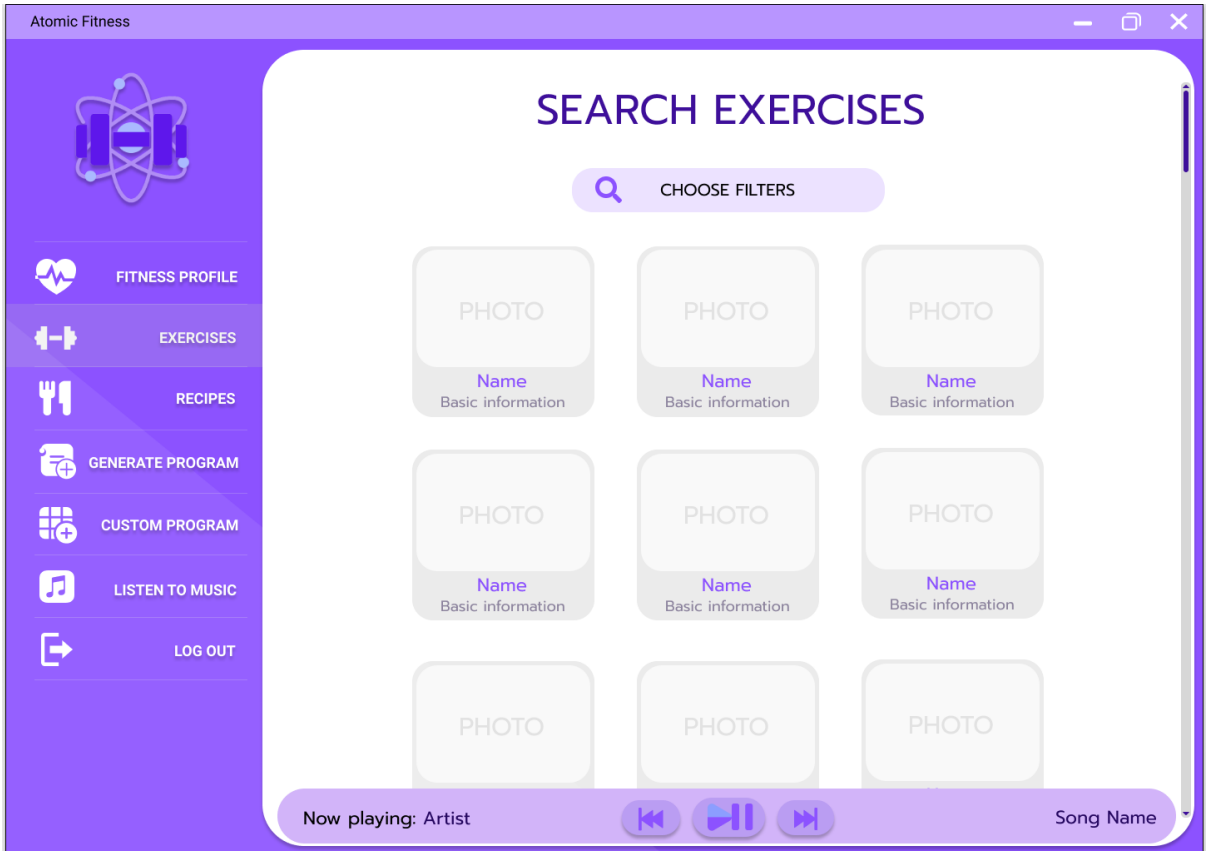
Atomic Fitness

FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT

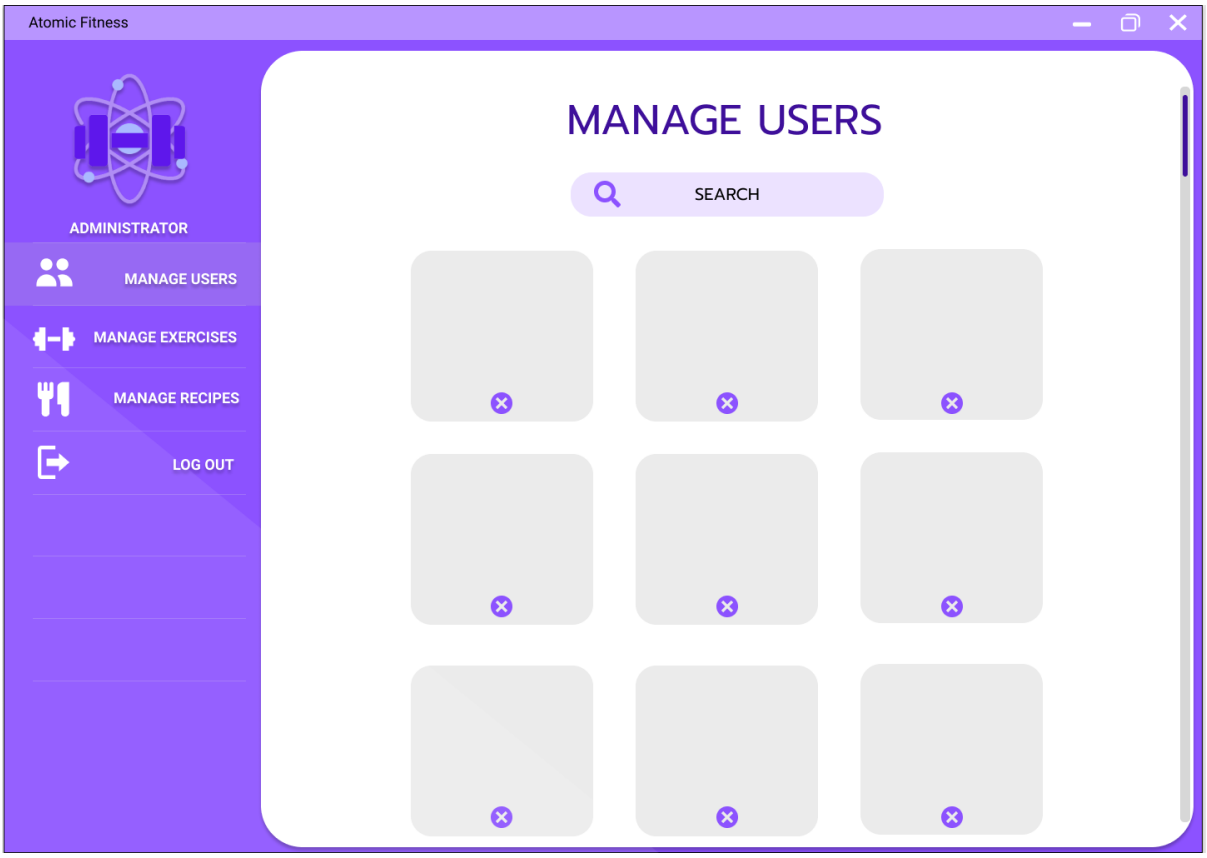
# YOUR PROGRAM

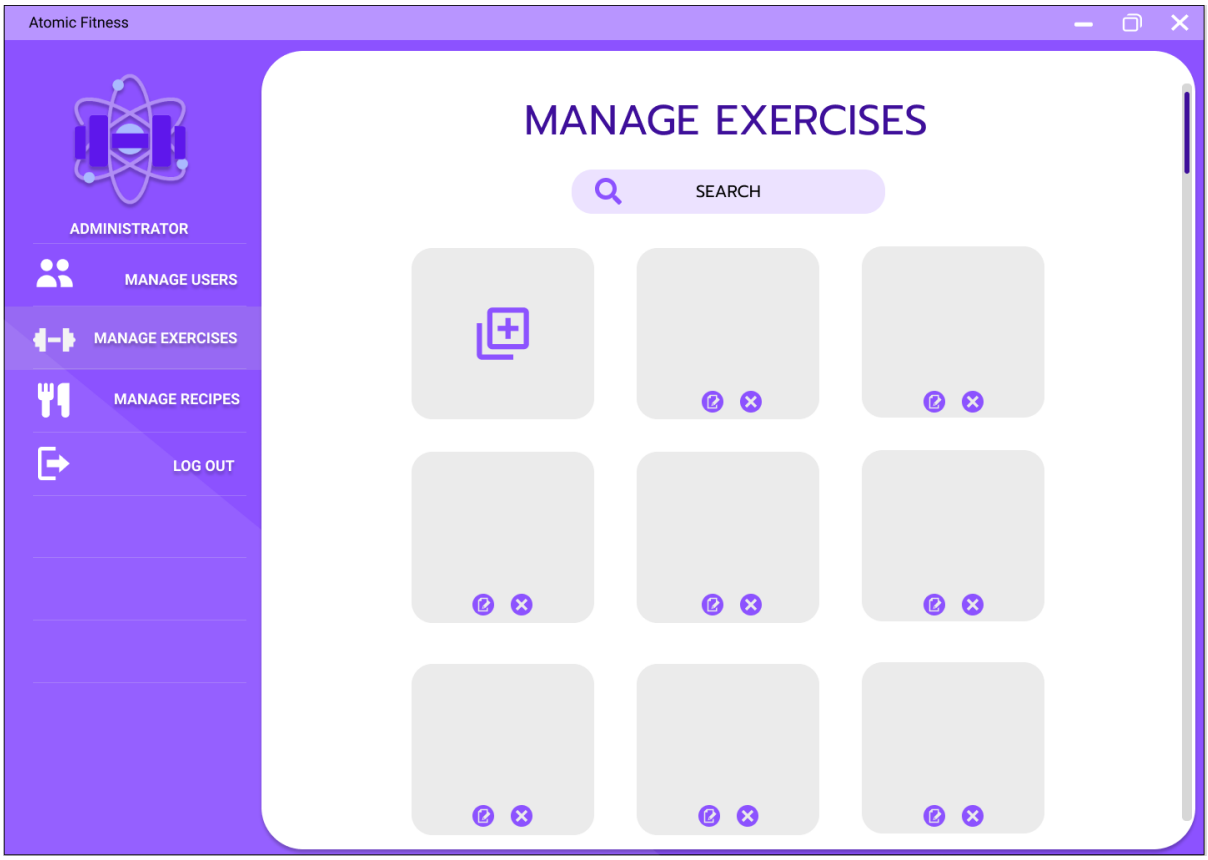
| Exercise | Main Muscle Group | Sets | Rep Total | Rest |
|---|---|---|---|---|
| Name | Group | x | x | x |
| Name | Group | x | x | x |
| Name | Group | x | x | x |
| Name | Group | x | x | x |
| Name | Group | x | x | x |
| Name | Group | x | x | x |

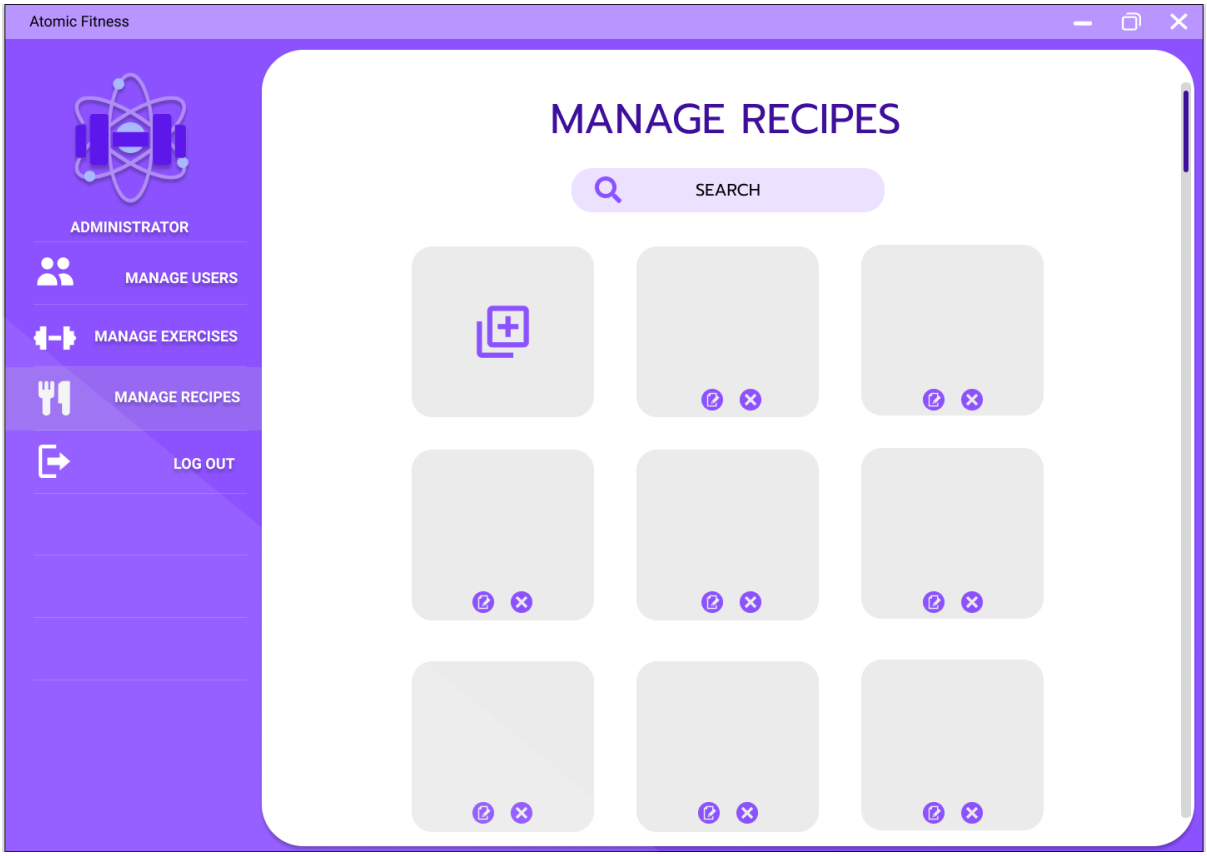

Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
LISTEN TO YOUR FAVOURITE BEATS
SEARCH MUSIC
Artist
description
Artist
description
Artist
description
PLAY ON YOUR EXTERNAL DEVICE


Atomic Fitness
FITNESS PROFILE
EXERCISES
RECIPES
GENERATE PROGRAM
CUSTOM PROGRAM
LISTEN TO MUSIC
LOG OUT
SEARCH EXERCISES
CHOOSE FILTERS
PHOTO
Name
Basic information
Now playing: Artist
Song Name

User Interfaces – Admin Screens:




Atomic Fitness
ADMINISTRATOR
MANAGE USERS
MANAGE EXERCISES
MANAGE RECIPES
LOG OUT
MANAGE RECIPES
SEARCH