

Sprint #, Story # is short handed to S#,S# for the purposes of this document.

- A. S1,S1: As a User I want to create a profile so that I can login to the app.
- B. S1,S2: As a registered User I want to login to the app so I may use it.

Scenario:

1. Start Liftlog App; select 'New Here? Create your account!'
 - a. Email = <realemail@thisexists.gov>
 - b. Password = <SecPass10>
 - c. Press 'Register'
 - d. User should receive verification email to provided email and have been sent back to login page. Click the 'verify' button in the email
2. User can now login.
3. User should be on the main landing page for the application.

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- A. S2,S3: As a User, I want an interface to navigate to different areas of the app.

Scenario:

1. User should login to the application using
 - a. Email = <realemail@thisexists.gov>
 - b. Password = <SecPass10>
2. User should now see the main landing page with buttons to the different areas of the application.

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- A. S2,S1: As a User, I want to see pre-made workouts that are available with the app.
 - B. S2,S2: As a User, I want to select a pre-made workout.

Scenario:

1. User should login to the application.
2. Select 'Routines'.
3. Select the desired pre-made workout
 - a. Select nSuns 5/3/1
 - b. Click the 'Start' button
4. User should now see the exercise page with the newly added exercises.

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- A. S3,S3: As a User, I want to have the application suggest workout adjustments.

Scenario:

1. User should login to the application.
2. Select 'Workouts'.
3. Navigate to the appropriate day and begin the workout.

4. User should upon completion of the appropriate 'push set', differentiated by its yellow color and ∞ repetitions, be prompted to provide their number of achieved repetitions.
 - a. Repetitions = <5>
5. The Users recorded maximum weight should be automatically adjusted accordingly.

A. S3,S4: As a User, I want to transfer my information and profile from one device to another.

Scenario:

1. User should login to the application and make their desired changes.
2. User should logout of the application and login from a different device.
3. The User profile and all accessory information should be visible and identical on the new device compared to what they had set it to on the last.

A. S4,S1: As a User, I want to see a selection of available exercises.

Scenario:

1. User should login to the application.
2. Select 'Profile'.
3. The User should be able to see all available exercises on the bottom portion of their profile page.