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CPTS 479 – Larry Holder

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App Documentation
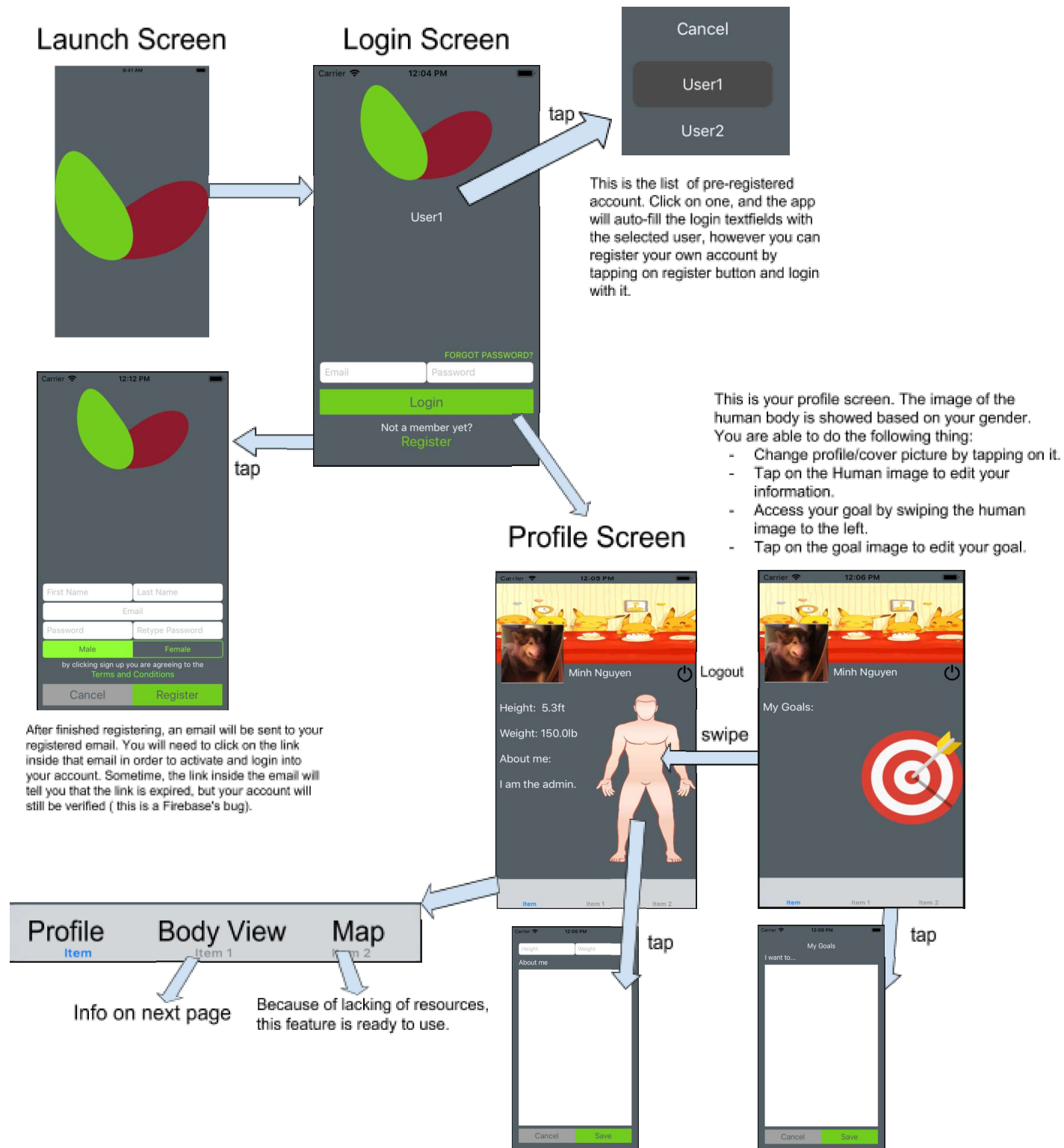
I.   Project Description (Previous Proposal)

Based on what I have discussed with the EPPL, the core features and functionality of the app are:

-   Categorizing work-out exercises based on muscles group. (1)

-    Displaying a picture of human body with the muscles' groups, which can be interact by the user. When the user clicks on a muscle group, the app will show them the exercises relate to that group. (2)

-   Be able to play videos from a server (such as YouTube) without leaving the app (3).

-   Option to displaying the map of the REC center, which contains information about the workout machines and how to use them. (*will be an additional feature when the above features have been successfully implemented)

-   App start screen with the EPPL logo.

-   A sign-up view for the user (WSU student).

-   A login page (using WSUID that the user input when sign up as password).

-   An initial profile page.

-   Animations mechanism (animate view that need to be animated).

The features and functionality that I will add to this app:

- For the profile page, I want to include statistics (will be shown as a graph, user can click on it to see more details on their performance), routines (a button that user can click on it and create their own workout routines by adding exercises to specific group), map (map of Rec Center), and history (will display all exercises done by user and the date).

- Explore button which show up an image of human body then execute the core features (1) (2) (3) mentioned above).

- A convenient way to add new contents for the app owner (it can be as simple as drag a text file into the app folder, then the app will automatically add that content to itself).

- I will also include a quick search functionality (user will perform swipe down gesture on the profile page, a search bar will show up. The user will input what they want to find, and the app will show the best matched results).

II. App functionalities layout

Launch Screen

Login Screen

Cancel

User1

User2

tap

This is the list of pre-registered account. Click on one, and the app will auto-fill the login textfields with the selected user, however you can register your own account by tapping on register button and login with it.

User1

FORGOT PASSWORD?

Email   Password

Login

Not a member yet?
Register

tap

First Name   Last Name
Email
Password   Retype Password
Male   Female
by clicking sign up you are agreeing to the
Terms and Conditions
Cancel   Register

After finished registering, an email will be sent to your registered email. You will need to click on the link inside that email in order to activate and login into your account. Sometime, the link inside the email will tell you that the link is expired, but your account will still be verified (this is a Firebase's bug).

This is your profile screen. The image of the human body is showed based on your gender. You are able to do the following thing:
- Change profile/cover picture by tapping on it.
- Tap on the Human image to edit your information.
- Access your goal by swiping the human image to the left.
- Tap on the goal image to edit your goal.

Profile Screen

Minh Nguyen   Logout

Height: 5.3ft

Weight: 150.0lb

About me:

I am the admin.

Item   Item 1   Item 2

swipe

Minh Nguyen

My Goals:

Item   Item 1   Item 2

Profile   Body View   Map
Item   Item 1   Item 2

Info on next page

Because of lacking of resources, this feature is ready to use.

Height   Weight
About me

Cancel   Save

tap

My Goals
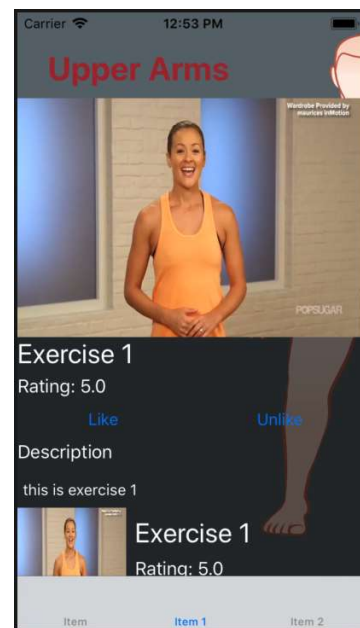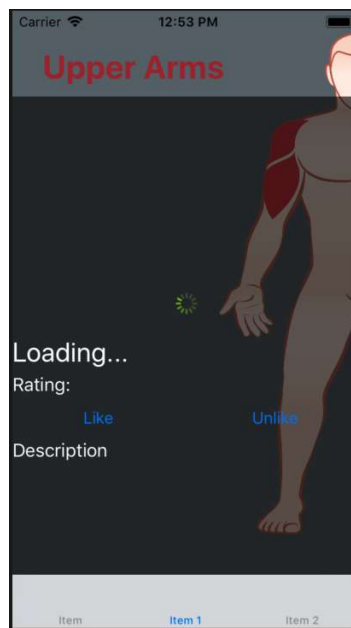I want to...

Cancel   Save

tap

Body Screen

This is the body screen, the list of the muscle groups will be list on the left (for the front of the body) and the right (for the back of the body). Tap on any of them to bring your to the Exercise Video View (such as below). Only the exercises relate to the chosen muscle group will be displayed. The groups that currently have exercises in them are upper arm (front), chest, and lower leg (back).

Screen 1 (Front)
- Upper Arms
- Chest
- Forearms
- Abs
- Side Abs
- Upper Legs
- Lower Legs

Tap on the button on the right to view the exercises

Item   Item 1   Item 2

swipe

Screen 2 (Back)
- Upper Arms
- Upper Back
- Forearms
- Lower Back
- Glutes
- Upper Legs
- Lower Legs

Tap on the button on the right to view the exercises

Item   Item 1   Item 2

Video View

On this view, you can play the video (by tapping on it), scroll down to read the video information, and pick a video from the playlist.
Tap on the muscle group name (on the top to dismiss the view)

Loading Screen
Upper Arms

Loading...
Rating:
Like   Unlike
Description

Item   Item 1   Item 2

Exercise Screen
Upper Arms

Exercise 1
Rating: 5.0
Like   Unlike
Description

this is exercise 1

Exercise 1
Rating: 5.0

Item   Item 1   Item 2

III.   Implemented features

-   Categorizing work-out exercises based on muscles group.

-   Displaying a picture of human body with the muscles' groups, which can be interact by the user. When the user clicks on a muscle group, the app will show them the exercises relate to that group. The app will also only show image of the chosen muscle group position as the background.

-   Be able to play videos from a server without leaving the app.

-   Designed an icon for the app.

-   Launch screen with the company logo.

-   One-time login mechanism.

-   Ability to sign up, verify user, and login using email (not WSUID as proposed).

-   A simple profile page with profile/cover picture and basic user's information.

-   Human body images correspond to user's gender and specific muscle groups.

-   Custom drop down button on the login screen (initially, the purpose for that button is setting localizations (language) for the app, but it got changed to select user account for debugging process).

-   Storing user data on a database (Firebase), and fetching it every time user login (snapshot of it is provided below).

```
testserver-45f46
 └─ Users
     ├─ S7EzVLZKmTTnnwdG4xgCGI5VuPZ2    +   ×
     └─ XOREcUIZePg0PbQAhK4aOUvZIT52
         ├─ about: "I am the admin."
         ├─ coverImageURL: "https://firebasestorage.googleapis.com/v0/b/tes..."
         ├─ email: "MINH.T.NGUYEN@WSU.EDU"
         ├─ firstname: "Minh"
         ├─ gender: "Male"
         ├─ goals: ""
         ├─ height: 5.300000190734863
         ├─ lastname: "Nguyen"
         ├─ profileImageURL: "https://firebasestorage.googleapis.com/v0/b/tes..."
         └─ weight: 150
```

- Animated-UI with both portrait and landscape support (Both Iphone and Ipad are supported).

- A convenient way to update app content using json file stored inside the database. The list of exercises of a particular muscle group will be update if we update that json file (A

```
[
  {
    "type" : 1,
    "name" : "Exercise 1",
    "rating" : 5.0,
    "description" : "this is exercise 1",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FGet%20the%20Tightest%20Arms%20in%20Town%20With%20This%2010-Minute%20Workout%20%20Class%20FitSugar.mp4?alt=media&token=f06d5c56-cb30-4354-ae04-aa78f5fb9e40"
  },
  {
    "type" : 1,
    "name" : "Exercise 2",
    "rating" : 3.5,
    "description" : "this is exercise 2",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FThe%20Ultimate%20Arm%20and%20Shoulder%20Workout.mp4?alt=media&token=5fd08458-7d5a-4ff7-be42-b347221ea8ab"
  },
  {
    "type" : 1,
    "name" : "Exercise. 3",
    "rating" : 2.5,
    "description" : "",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FHow%20To%20Lose%20Arm%20Fat.mp4?alt=media&token=f20fc3a6-9752-4488-8c52-fe462435f348"
  },
  {
    "type" : 2,
    "name" : "Exercise 1",
    "rating" : 2.5,
    "description" : "",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FBlow%20Up%20Your%20Chest%20Workout%20%20Mike%20Hildebrandt.mp4?alt=media&token=765987fa-1036-4d8c-b33b-7444d3d66e72"
  },
  {
    "type" : 2,
    "name" : "Exercise 2",
    "rating" : 3,
    "description" : "",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2F5%20Best%20Exercises%20For%20A%20Bigger%20Chest%20%20James%20Grage.mp4?alt=media&token=6c0b3c56-b1ba-426f-be37-28d6712754ec"
  },
  {
    "type" : 14,
    "name" : "Exercise 1",
    "rating" : 3,
    "description" : "Examine she brother prudent add day ham. Far stairs now coming bed oppose hunted become his. You zealously departure had procuring suspicion. Books whose front would purse if be do decay. Quitting you way formerly disposed perceive ladyship are. Common turned boy direct and yet. \n\rYet bed any for travelling assistance indulgence unpleasing. Not thoughts all exercise blessing. Indulgence way everything joy alteration boisterous the attachment. Party we years to order allow asked of. We so opinion friends me message as delight. Whole front do of plate heard oh ought. His defective nor convinced residence own. Connection has put impossible own apartments boisterous. At jointure ladyship an insisted so humanity he. Friendly bachelor entrance to on by. ",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FCalf%20Workout%20(SORE%20IN%206%20MINUTES!).mp4?alt=media&token=c446c157-fd0b-43b7-a2be-75b9dd8d0293"
  },
  {
    "type" : 14,
    "name" : "Exercise 2",
    "rating" : 3,
    "description" : "Examine she brother prudent add day ham. Far stairs now coming bed oppose hunted become his. You zealously departure had procuring suspicion. Books whose front would purse if be do decay. Quitting you way formerly disposed perceive ladyship are. Common turned boy direct and yet.",
    "URL" : "https://firebasestorage.googleapis.com/v0/b/testserver-45f46.appspot.com/o/System%2FExercises%2FVideos%2FQuick%20Burn%20Calves!%20Best%20Workout%20for%20Sexy%20Slim%20Calves!.mp4?alt=media&token=cb75c32b-5c2c-4ed0-addf-3e1d78838e2e"
  }
]
```

snapshot of the json file is provided below).

IV. Not Implemented features

- Statistics (will be shown as a graph, user can click on it to see more details on their performance).

- Routines (a button that user can click on it and create their own workout routines by adding exercises to specific group).

- Map (map of Rec Center).

- History (will display all exercises done by user and the date).

- A quick search functionality.