

## How to Use this Template

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**GitHub Username:** prateekcode

# GymTrainee

## Description

GymTrainee is workout app that keeps you filtered Youtube workout videos. It helps you as a trainer. The app contains a workout for Home as well as Gym. So you don't need to ask for someone's assistant. One needs a solution.

The app have all types of workout like Full Body Workout, Abs Workout, Lower Body Workout, Biceps & Triceps workout, Back workout, and all other necessary ones. You just have to watch videos from the section and you're done. You can save your workout too for later use.

When you're done just click on the check button which keeps you motivated while doing the workout.

## Intended User

This app for age group more than age of 10. This app for those who are interested in fitness and workout.

# Features

The main features are:

- Workout videos
- Save favorite workout videos
- Search workout
- Keep motivated with videos

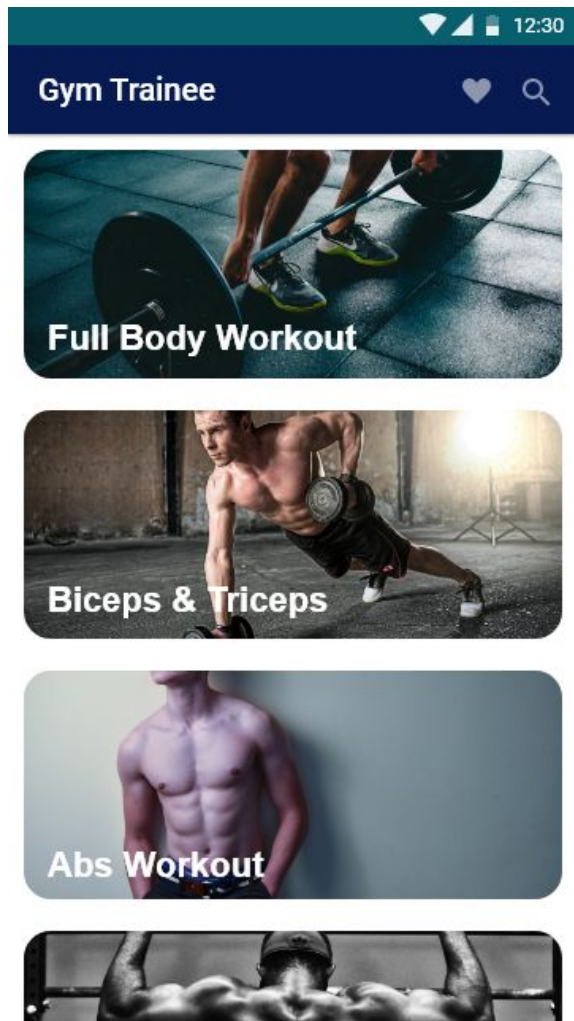
## User Interface Mocks

The Mockup of the app created in Adobe Xd tools.


### Splash Screen




## Home Screen




## Workout Screen




← Full Body Workout




Full Body Workout in 45 minutes  
TrainWithMeOnline




Full Body Workout for Females  
HealtyGuide




Total Body Workout for Men in 1 video  
Gaurav Taneja



Beginners Full Body Workout Training  
Fittime




Training at Home | Full Body Workout Training  
Fitness Guru




Muscle Gain workout for Beginners  
Yash Anand

## Player Screen





← Gym Trainee



0:00 / 15:45

**Tips & Instructions**

Don't use momentum instead of your abs to do the work. Keep your middle muscles contracted throughout the entire range of motion.



# Key Considerations

1. Using Android Studio with all upgraded Gradle files and dependencies
2. Written in Java and XML

## How will your app handle data persistence?

For Data Persistence, I'm using Room, Live Data, and View Model to save and retrieve favorite workout videos.

## Describe any edge or corner cases in the UX.

This app uses a Youtube player, for this I'm using third-party library to play video inside the app. App have simple elegant and simple UI.

## Describe any libraries you'll be using and share your reasoning for including them.

I'm using a couple of the library in my Project.

1. Glide - For loading images
2. Room - To store data
3. Retrofit - For API calls
4. YouTube player view - For Playing Videos
5. ButterKnife - For View Bindings

## Describe how you will implement Google Play Services or other external services.

I'm using AdView in my apps that use Google Play Service and Google Analyst

# Next Steps: Required Tasks

This is the section where you can take the main features of your app (declared above) and break them down into tangible technical tasks that you can complete one at a time until you have a finished app.

## Task 1: Project Setup

Using Android Studio to create a new project and first of all, make XML files and implement other Gradles files. Along with that I added logic for my every code. Start my project using XML and Java.

## Task 2: Implement UI for Each Activity and Fragment

- Implement UI for MainScreen (i.e. MainActivity)
  1. Use RecyclerView to load workout

2. Made all other layout using XML.
- Implement UI for Workout Playlist Activity:
    1. Use YouTube API to retrieve videos from YouTube
    2. Make the required layouts
  - Implement UI for PlayerActivity:
    1. Use YouTube Player view to play videos using video id
    2. Add a CardView to show instructions and tips
    3. Add two FAB, one for Done and another one to Mark Favorite

### Task 3: Create Room Database

In this step, I will create Room Database to store favorite workout videos and stored at one place which can be easily accessible from MainActivity.

- Make a Database class that extends RoomDatabase
- Make the Entity for the room database in a class and annotate it with @Entity.
- Make Dao for the database and annotate with @Dao.
- Just Init your Activity with this database and you are ready for arranging your data in the room database

### Task 4: Network Calls

- Making API calls like getting video using youtube API with the help of retrofit
- Make an interface that handles API calls
- Implement interface with retrofit
- Successfully Make a list and load to recycler View using an adapter

### Task 5: Debugging and Testing

Debugging:

- Use debugging Breakpoints to check java code lines in android studio
- Debug and start building gradle with all files
- Install apk and it's time to checking all breakpoints

Testing:

- Test apk using android studio logcat
- Test apk on different devices using firebase test lab

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## Submission Instructions

- After you've completed all the sections, download this document as a PDF [ File → Download as PDF ]
  - Make sure the PDF is named "**Capstone\_Stage1.pdf**"
- Submit the PDF as a zip or in a GitHub project repo using the project submission portal

If using GitHub:

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- Add this document to your repo. Make sure it's named "**Capstone\_Stage1.pdf**"