BodyBuilding Workouts App

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Bodybuilding Workouts

Description

A muscular and a fit body is a dream of every individual. But only some of us are able to achieve this dream.
So why and for whom you are waiting for. Just tie your shoes and start to build a super fit body using this bodybuilding workouts app.
Fitness Secrets:

• 	Weight Training

• 	Exercises

• 	Fitness

This app contains different types of workout for everybody. People who want to get muscular , people who want to be slim , people who don't want to go to gym but still want to be fit . Workouts are present for each individual depending on their priorities.

App has different types of delicious and healthy diet plans.

We are done on our part, now it's your turn to prove that you can also have a muscular and fit body. So just download the app and fulfil your dream of getting fit body.

Just find few minutes from your time to rate our app, how much you liked it, so that we can improve the app more from our part. Your positive feedback is always welcomed and appreciated

Intended User

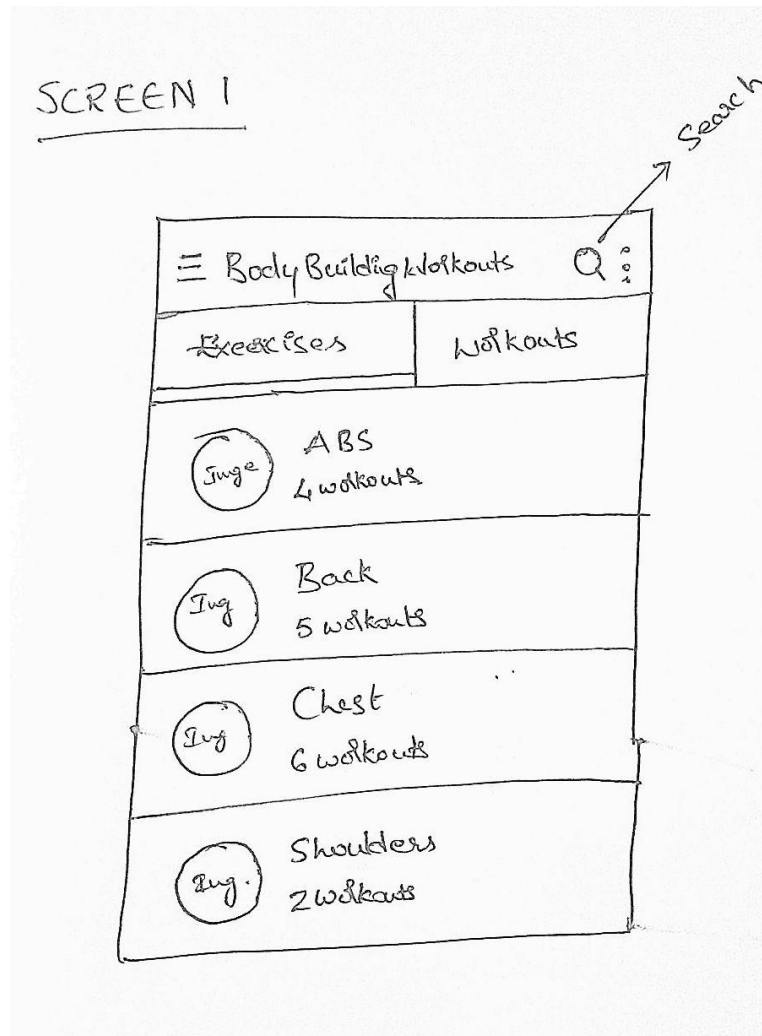Fitness Freaks, People who wants to be Fit

Features

List the main features of your app.
- Custom workouts
- Save your workouts
- Filter workouts with and without Equipment
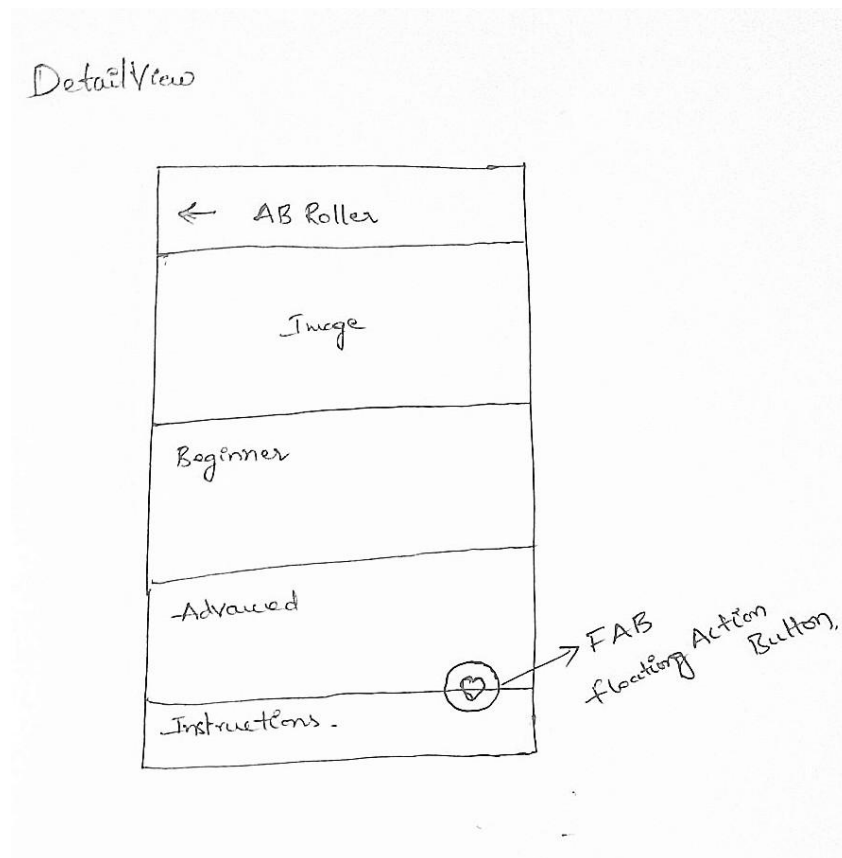
User Interface Mocks

These can be created by hand (take a photo of your drawings and insert them in this flow), or using a program like Photoshop or Balsamiq.

Screen 1

This is the home screen of the Bodybuilding App. Which show two tabs of "Exercises" and "Workouts"

Screen 2

This is the Detailview Screen. You will get this screen after selecting particular Exercise.

Add as many screens as you need to portray your app's UI flow.

Key Considerations

How will your app handle data persistence?

The uses a content provider.

Describe any corner cases in the UX.

Upon launching the app, the app displays the Bodybuilding workouts screen with "Workouts" and "Exercises" Tabs
Upon selecting one Exercise in "Exercises". Then you will enter into "Exercises" Listview with filters for "Equipment , Without Equipment".
Upon selecting Equipment Exercise to see complete workout information.
the app icon or swipes from left hand corner to open the navigation drawer.
When a user favourite the workout, it will resides in user's favourite directory.

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

This app deals with high-resolution compressed images and loading, it is part of the app's backend.

Next Steps: Required Tasks

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

Task 1: Project Setup

● Analysis on Workouts and Exercises
● Get Accurate information
● design the application layout
● add required libraries

Task 2: Implement UI for Each Activity and Fragment

● Build UI for MainActivity
Capstone_Stage1
● Build UI for navigation drawer
● Build UI for fragments:
  ○ Exercises
  ○ Workouts
● Build UI for Custom or favourite workouts by Users to Create Custom workouts list

Task 3: Database Design

● Design database model for the app:
  ● database contract
  ● database helper
  ● content provider

Task 4: RecyclerView

Describe the next task. List the subtasks. For example:
● Set up adapter
● set up viewHolder
● Display data to RecyclerView

Task 5: Transitions and animations

● Recyclerview item animations
● appearance animations
● Swipe to refresh
● use android transition API

Task 6: Floating action buttons

● Implementing FABs for most common actions: Favourite the workout to create custom list of workout by user.

Task 7: Implement Google Play Services & Accessibility

● Admob
● Identity
● content description
● TRL layout
● localisation

Task 8: Handle error cases

● Network errors
● Null pointers errors
● data format errors
● invalid data errors