



Welcome to

# Home Sweat Home



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**About**



Welcome to

# Home Sweat Home

Username

Password

Login

**You are not alone,  
we all are in this  
together...**





## Our Mission

**Our goal is to keep people active during hard times in COVID-19**



## Developers



### Sung Na

Sung is a student at BCIT and aspires to become a full-stack web developer.



Sung Na

sung981216@gmail.com

Leg Day

**M T W R F S A S**

Chest Day

**M T W R F S A S**

Cardio Day

**M T W R F S A S**



Sung Na

sung981216@gmail.com



**Start Today's Workout**



**Edit Workouts**



**View Workouts**



**View Friends**



a

mail.com

ay

M T W R F S A S

Day

M T W R F S A S

Day

M T W R F S A S



Your workout for today  
is...

Cardio Day

M T W R F S A S





Your workout for today  
is...

Treadmill

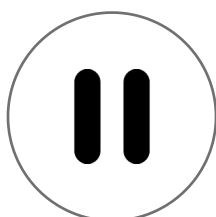
15:00

Elapsed Time

05:35

Stair Climber

Cycling







Paused

Treadmill

Skip this  
workout



QUIT



# Completion!

**You completed the workout:**

## Cardio

**All exercises completed:**

Treadmill

Stair Climber

Cycling



**Your limitation...  
It's only your imagination**

**Main Page**



# My Workouts

Leg Day



M T W R F S A S

Chest Day

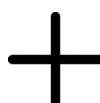


M T W R F S A S

Cardio Day



M T W R F S A S





# Add Workouts

"Enter Workout Title"

M T W R F S A S

"Exercise Title"

☐ Repitition

☐ Timed

Sets:

Reps:

Time:



Submit



## Edit Workouts

"Cardio Day"

M T W R F S A S

"Treadmill"



Repetition



Timed

Sets:

Reps:

Time: 15:00



Edit



## Friends List

Max Jesus



Share

Ricky Choi



Share

Medhat Elsmery



Share

**Add Friends**



# Share Workout

Choose a workout you want to share

☐

Leg Day

M T W R **F** S A S

☐

Chest Day

M T **W** R F S A S

☒

Cardio Day

M T W R **F** S A S

Send



**Your workout is getting  
sent to  
Medhat Elsmery**







## Add Friends

Name:

Email:

**Add Friends**

Not a user