



## AMRAP

- lblFor: JLabel
- lblSeconds: JLabel
- **lblTimeToBeDisplayed**: JLabel
- lblDone: JLabel
- **tfMinutes**: JTextField
- btnStart: JButton
- strMinutes: String

+ Clock(JFrame frame) : void  
+ initialize() : void  
+ run() : void

- lblSecondsRestDisplay: JLabel  
- tfRounds: JTextField  
- tfSecondsWork: JTextField  
- tfSecondsRest: JTextField  
- btnStart: JButton  
- strRounds: String  
- strSecondsWork: String  
- strSecondsRest: String  
- intRounds: Integer  
- intSecondsWork: Integer  
- intSecondsRest: Integer  
- **actualizador**: Thread

+ TABATA (JFrame frame) : void  
+ initialize() : void  
+ run() : void  
+ assignValues : void

- lblMinutesW: JTextField  
- tfSecondsW: JTextField  
- tfRoundsW: JTextField  
- tfSecondsR: JTextField  
- btnStart: JButton  
- strMinutesW: String  
- strSecondsW: String  
- strRoundsW: String  
- strSecondsR: String  
- intMinutesW: Integer  
- intSecondsW: Integer  
- intRoundsW: Integer  
- intSecondsR: Integer  
- **intTotalSeconds**: Integer  
- **lblSecondsDisplay**: JLabel  
- lblNumbersRoundsDisplay: JLabel  
- lblRoundsDisplay: JLabel  
- lblWorkDisplay: JLabel  
- lblRestDisplay: JLabel  
- **actualizador**: Thread

+ TABATA (JFrame frame)  
+ initialize() : void  
+ run() : void  
+ assignValues : void

<<interface>>  
**Runnable**



