setTimerValue();

Is transition “true?”

TRUE

FALSE

Set timer to:

workout[currentSettings.i].transition

Set timer to:

workout[currentSettings.i].poses[currentSettings.p].duration

Is timer active?

TRUE

FALSE

[Workout is just getting reset]

runCountdownTimer();

Do NOT run countdown timer.

(Do nothing.)

runCountdownTimer();

Are there more poses in this exercise?

TRUE

p++

FALSE

[This exercise is done.]

Are there more exercises in this circuit?

TRUE

FALSE

[This circuit is done.]

Advance to next exercise:

p = 0

i++ (probably okay)

Set transition to “true”

Are there more circuits in this workout?

FALSE

[The workout is done.]

Show/hide buttons

timerUI();

setInterval: 1 second

Decrement timer value.

timerUI();

Is timer value between 1 - 5?

TRUE

Is audio on AND transition “false?”

FALSE

[Timer is either 0, or greater than 5]

TRUE

Play “warning” sfx.

FALSE

Is timer value 0?

FALSE

[Timer is greater than 5]

End of this interval. Repeat.

TRUE

Is transition “true?”

TRUE

[But the transition is now over]

FALSE

[Poses are being counted down]

Set transition to “false.”

TRUE

Advance to next circuit:

circuits - -

p = 0

i = 0

Set transition to “true”

End of workout

clearInterval

Reset workout

Return;

Did the user want to pause between exercises?

TRUE

pause();

return;

FALSE

Did the user want to pause between exercises?

TRUE

pause();

return

FALSE

End of this countdown

clearInterval

setTimerValue();

Initial Actions Before Loop Begins

**Run Countdown Loop**

**Decide Whether to Run Timer Again**

**Execute the Decided-Upon Action**

**Functions**

**Set Timer Value**

**Edit Timer Values**

**(for next time)**

**Decide Whether to Run Countdown Timer**