setTimerValue();

runCountdownTimer();

* Show/Hide Buttons
* timerUI();
* setInterval: 1 second
* Decrement timer value.
* timerUI();

Is timer value between 1 – 5?

TRUE

FALSE

[Timer is either 0, or greater than 5]

Is audio on AND transition “false”?

TRUE

FALSE

[Audio is off, OR transition is “true.”]

Play “warning” sfx.

Interval done. Repeat.

Is timer value 0?

TRUE

FALSE

[Timer is greater than 5.]

Interval done. Repeat.

Is audio on?

TRUE

FALSE

Play “next” sfx.

Is transition “true”?

TRUE

Set transition to “false.”

FALSE

Are there more poses in the exercise?

TRUE

p++

FALSE [The exercise is done]

Are there more exercises in the circuit?

TRUE

FALSE [The circuit is done]

* p = 0
* i++
* Set transition to “true”

Are there more circuits in the workout?

TRUE

FALSE [The workout is done]

* p = 0
* i = 0
* circuits - -
* Set transition to “true”
* clearInterval(countdownTimer);
* reset();

Did user want to pause between exercises?

TRUE

* pause();
* return;

FALSE

clearInterval(countdownTimer);

Did the user want to pause between circuits?

TRUE

FALSE

* pause();
* return;

continueWorkout();

updateUI();