

## DESIGN YOUR OWN WORKOUT!

NAME (Workout/Routine) :

Style (Optional) :

Difficulty Level (Optional) :

Length (Optional) :  ← Could be int ??  
Ex) 8 Week or 1 Day

Goal (Optional) :

General info (Optional) :

DESIGNER TOOL

When mouse is hovering on this box, it ~~is~~ becomes shaded grey (Sprint 3)

Minimize View Icon

Cycle Name (Optional) :  (clear Cycle) ← border

Day Name (Optional) :  (clear day) ← click to clear cycle

Exercise Name :  (clear exercise) ← click to clear day

Order of which exercise is perform → Order :  ← click to clear exercise

- Ex) Is it the first exercise or second? etc.

Length :

Weight :

More : ☐ Warm Up ☐ Main ← Some Exercises can be classified as Warm Up or Main Exercises (Purpose : Might be useful for displaying on the new page)

RPE :

Notes :

⊕ Exercise Name :

⊕ Day Name (Optional) :

⊕ Cycle Name (Optional) :

⊕ will be dynamic for our page

Add another exercise

Add another Day

Add another cycle

Notice that these do not have boxes, only once the ⊕ is clicked the box shows up for input and clear box option.

\* Key Points : Set a limit of char input for strings

If the view points are minimized, the maximize icon should show for the ability to

maximize → ∨ ← symbol for maximizing  
← symbol for minimize

Export

When mouse is hovering on this box, it becomes grey (Sprint 3)

If user clear day, all fields of exercises of that day is cleared.  
If user clear exercise, all fields of that exercise is cleared.

Logo

Default view when user first enters page



HOME

ABOUT US

SIGN IN

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General Info (Optional):

- Cycle Name (Optional):

(clear Cycle)

- Day Name (Optional):

(clear Day)

- Exercise Name:

(clear Exercise)

☐ Warm Up

☐ Main

Order:

Length:

Weight:

✓ More:

⊕ Exercise Name:

⊕ Day Name (Optional):

⊕ Cycle Name (Optional):

Export