

## System and Unit Test Report

# Sprint 1:

### User Story 1: 5 story points

- As a powerlifter, I want to see programs only related with power-lifting so that I do not have to check the entire result page for a workout program.

#### Unit Test for US1

- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <program>
  - In the <Style> section, select <Powerlifting>
  - Click <Filter> button
- 6 programs previews initially shown to the user should now reduces down to 3 Programs (Westside Conjugate Program, Combo Program, Linear Periodization Program)

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### User Story 2: 4 story points

- As someone who has never worked out before, I want to know the level of difficulty of any workout programs so that I know if it is within my range of capabilities.

#### Unit Test for US2: w/o filtering

- Starting at the homepage, click the blue button <Choose a program>
- 14 workouts provide (program or routine) should show in their detail page once selected the level of difficulty in the <Level: > field

#### Unit Test for US2: w/ filtering

- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <program>
  - In the <Level: > section, select <Beginner>
  - Click <Filter> button
- 2 programs shows: <My Beginner Program>, <Linear Periodization Program>

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### User Story 3: 3 story points

- As a user, I want a specific routine so that I do not have to commit to an entire workout program

#### Unit Test for US3:

- Starting at the homepage, click the blue button <Choose a program>

- In the filtering section,
  - Select <routine>
  - Click <Filter> button
- 8 routines shown

**Unit Test for US3:** w/ filtering difficulty level on Routine

- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Level> section, select <Beginner>
  - Click <Filter> button
- 2 routines shows: <Massive Leg Routine>, <Glute Routine>
- Choose one program above: <Massive Leg Routine>
  - Click <View Detail>
  - The <Level: > field should show the difficulty of this program

# Sprint 2:

User Story 1: 13 story points

- As a user, I want to filter the programs or routines with some options so that I don't have to see entire data.

- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <Bodybuilding>
  - In the <Goal> section, select <Build Muscle>
  - In the <Level> section, select <Intermediate>
  - Click <Filter> button
  - <Big Arm Routine> shown
- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <Bodybuilding>
  - In the <Goal> section, select <Build Muscle>
  - In the <Level> section, select <Advance>
  - Click <Filter> button
  - <Killer Chest Routine> shown
- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <General Fitness>
  - In the <Goal> section, select <Build Muscle>
  - In the <Level> section, select <Beginner>
  - Click <Filter> button
  - <Massive Leg Routine>, <glute Routine> shown
- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <General Fitness>
  - In the <Goal> section, select <Build Muscle>
  - In the <Level> section, select <Intermediate>
  - Click <Filter> button
  - <glute Routine>, <Shoulder Routine>, <Big Arm Routine> shown
- Starting at the homepage, click the blue button <Choose a program>

- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <General Fitness>
  - In the <Goal> section, select <Build Strength>
  - In the <Level> section, select <Beginner>
  - Click <Filter> button
  - <Build Stretch Routine> shown
- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <General Fitness>
  - In the <Goal> section, select <Build Strength>
  - In the <Level> section, select <Intermediate >
  - Click <Filter> button
  - <Chest + Shoulder Routines>, <Shoulder Routine> shown
- Starting at the homepage, click the blue button <Choose a program>
- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <General Fitness>
  - In the <Goal> section, select <Conditioning >
  - In the <Level> section, select <Advance >
  - Click <Filter> button
  - <Squats Gauntlet Routine> shown

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User Story 2: 17 story points

- As an experienced fitness user, I want to design my own customized program since the provided programs do not align with my goals.

#### Unit Test for US2:

- Starting at the homepage, click the orange button <Choose a program>
- In the <Name> field, enter "My Squat Program"
  - In the <Structure> field, select <Program>
  - Click the blue button <Extra Setting>
    - In the <Styles> field, enter "Powerlifting"
    - In the <Level> field, select <Intermediate>
    - In the <Length (in weeks)> field, enter "6"
    - In the <Goals> field, enter "Conditioning" and then press enter
      - Enter "Build Strength" and then press enter
    - In the <General Information> field, enter "This program helps that lifter become more athletic through heavy lifting and circuit training"

- In the <Cycle> field, enter “1”
  - In the <Week> field, enter “3”
    - In the <Day> field, enter “Heavy Squats”
      - In the <Exercise> field, enter “Curl Up”
        - In the <Equipment> field, enter “n/a”
        - In the <Type> field, select “Warm Up”
        - In the <Length> field, enter “3x8”
        - In the <Weight> field, enter “Bodyweight”
        - Click the blue button <Exercise Setting>
          - In the <RPE> field, enter “n/a”
          - In the <Note> field, enter “Pause for 2 seconds when curled”
      - Click the grey button <(+)Exercise>
      - In the <Exercise> field, enter “Side Plank”
        - In the <Equipment> field, enter “n/a”
        - In the <Type> field, select “Warm Up”
        - In the <Length> field, enter “3x20 Seconds”
        - In the <Weight> field, enter “Bodyweight”
        - Click the blue button <Exercise Setting>
          - In the <RPE> field, enter “n/a”
          - In the <Note> field, enter “n/a”
      - Click the grey button <(+)Exercise>
      - In the <Exercise> field, enter “Bird Dog”
        - In the <Equipment> field, enter “n/a”
        - In the <Type> field, select “Warm Up”
        - In the <Length> field, enter “3x8”
        - In the <Weight> field, enter “Bodyweight”
        - Click the blue button <Exercise Setting>
          - In the <RPE> field, enter “n/a”
          - In the <Note> field, enter “Alternate and hold position for 3 seconds”
      - Click the grey button <(+)Exercise>
      - In the <Exercise> field, enter “Back Squats”
        - In the <Equipment> field, enter “Barbell”
        - In the <Type> field, select “Workout Set”
        - In the <Length> field, enter “3x3”
        - In the <Weight> field, enter “n/a”
        - Click the blue button <Exercise Setting>
          - In the <RPE> field, enter “8”
          - In the <Note> field, enter “n/a”
      - Click the grey button <(+)Exercise>
      - In the <Exercise> field, enter “Back Squats”
        - In the <Equipment> field, enter “Barbell”

- In the <Type> field, select “Workout Set”
- In the <Length> field, enter “3x5”
- In the <Weight> field, enter “80% of 1RM”
- Click the blue button <Exercise Setting>
  - In the <RPE> field, enter “n/a”
  - In the <Note> field, enter “Back off sets”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Full Body Ab Roller”
  - In the <Equipment> field, enter “n/a”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “4x10”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Go onto knees if too challenging”
- Click the grey button <(+)Day>
- In the <Day> field, enter “Lower Body Circuit”
  - In the <Exercise> field, enter “Curl Up”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Pause for 2 seconds when curled”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Side Plank”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x20 Seconds”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “n/a”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Bird Dog”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>

- In the <RPE> field, enter “n/a”
  - In the <Note> field, enter “Alternate and hold position for 3 seconds”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Goblet Squats”
  - In the <Equipment> field, enter “Dumbbell”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “3x12”
  - In the <Weight> field, enter “n/a”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “7”
    - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Wide Stance Back Squats”
  - In the <Equipment> field, enter “Barbell”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “3x8”
  - In the <Weight> field, enter “n/a”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “7”
    - In the <Note> field, enter “Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Hamstring Stretch Hold”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout Set”
    - In the <Length> field, enter “3x45 Seconds”
    - In the <Weight> field, enter “45lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Stiff Leg Deadlift”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout Set”
    - In the <Length> field, enter “3x25”
    - In the <Weight> field, enter “n/a”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “6”
      - In the <Note> field, enter “Superset with the next exercise”

- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter "Suitcase Walk"
  - In the <Equipment> field, enter "Kettlebell"
  - In the <Type> field, select "Workout Set"
  - In the <Length> field, enter "3x20 Meters"
  - In the <Weight> field, enter "15lb"
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter "n/a"
    - In the <Note> field, enter "45 seconds rest interval. Repeat circuit 3 more times."
- Click the grey button <(+)Day>
- In the <Day> field, enter "Bench Day"
  - In the <Exercise> field, enter "Face Pulls"
    - In the <Equipment> field, enter "Cable"
    - In the <Type> field, select "Warm Up"
    - In the <Length> field, enter "3x12"
    - In the <Weight> field, enter "n/a"
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter "6"
      - In the <Note> field, enter "n/a"
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter "Single Arm Tricep Extensions"
    - In the <Equipment> field, enter "Cable"
    - In the <Type> field, select "Warm Up"
    - In the <Length> field, enter "3x10"
    - In the <Weight> field, enter "n/a"
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter "6"
      - In the <Note> field, enter "n/a"
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter "Pull Ups"
    - In the <Equipment> field, enter "Cable"
    - In the <Type> field, select "Warm Up"
    - In the <Length> field, enter "3x8"
    - In the <Weight> field, enter "Bodyweight"
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter "n/a"
      - In the <Note> field, enter "n/a"
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter "Bench Press"
    - In the <Equipment> field, enter "Barbell"
    - In the <Type> field, select "Workout Set"



- In the <Length> field, enter “3x6”
- In the <Weight> field, enter “n/a”
- Click the blue button <Exercise Setting>
  - In the <RPE> field, enter “7”
  - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Bench Press”
  - In the <Equipment> field, enter “Dumbbell”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “3x8”
  - In the <Weight> field, enter “55lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Incline Bench Press”
  - In the <Equipment> field, enter “Dumbbell”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “3x10”
  - In the <Weight> field, enter “35lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Push Ups”
  - In the <Equipment> field, enter “n/a”
  - In the <Type> field, select “Workout Set”
  - In the <Length> field, enter “3x10”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Day>
- In the <Day> field, enter “Squat Accessories”
  - In the <Exercise> field, enter “Curl Up”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”

- Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Pause for 2 seconds when curled”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Side Plank”
  - In the <Equipment> field, enter “n/a”
  - In the <Type> field, select “Warm Up”
  - In the <Length> field, enter “3x20 Seconds”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “n/a”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Bird Dog”
  - In the <Equipment> field, enter “n/a”
  - In the <Type> field, select “Warm Up”
  - In the <Length> field, enter “3x8”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Alternate and hold position for 3 seconds”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Pause Back Squats”
  - In the <Equipment> field, enter “Barbell”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x3”
  - In the <Weight> field, enter “225lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Pause for 3 seconds”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Back Squats”
  - In the <Equipment> field, enter “Barbell”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x5”
  - In the <Weight> field, enter “n/a”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “7-8”
    - In the <Note> field, enter “n/a”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Full Body Ab Roller”

- In the <Equipment> field, enter “n/a”
- In the <Type> field, select “Workout Set”
- In the <Length> field, enter “4x10”
- In the <Weight> field, enter “Bodyweight”
- Click the blue button <Exercise Setting>
  - In the <RPE> field, enter “n/a”
  - In the <Note> field, enter “Go onto knees if too challenging”
- Click the grey button <(+)Day>
- In the <Day> field, enter “Squat Accessories”
  - In the <Exercise> field, enter “Curl Up”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Pause for 2 seconds when curled”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Side Plank”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x20 Seconds”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “n/a”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Bird Dog”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Warm Up”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Alternate and hold position for 3 seconds”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Pause Front Squats”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x3”

- In the <Weight> field, enter “185lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Pause for 3 seconds”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Pin Back Squats”
  - In the <Equipment> field, enter “Barbell”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x5”
  - In the <Weight> field, enter “n/a”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “7-8”
    - In the <Note> field, enter “Set pins at above parallel.”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Mountain Climbers”
  - In the <Equipment> field, enter “Barbell”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x30 Seconds”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “n/a”
- Click the grey button <(+)Day>
- In the <Day> field, enter “Back Circuit”
  - In the <Exercise> field, enter “Back Rows”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “95lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Back Rows”
    - In the <Equipment> field, enter “Dumbbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x6”
    - In the <Weight> field, enter “45lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”

- In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Pull Ups”
  - In the <Equipment> field, enter “n/a”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x8”
  - In the <Weight> field, enter “Bodyweight”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Lat Pulldowns”
  - In the <Equipment> field, enter “Cable”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x6”
  - In the <Weight> field, enter “115lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “1 minute rest interval. Repeat circuit 3 more times.”
- Click the grey button <(+)Day>
- In the <Day> field, enter “Explosive Lower Body Circuit”
  - In the <Exercise> field, enter “Bulgarian Split Squats”
    - In the <Equipment> field, enter “Dumbbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x10”
    - In the <Weight> field, enter “15lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Tempo Back Squats”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x5”
    - In the <Weight> field, enter “135lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”

- In the <Note> field, enter “3 second descend. Ascend as quickly as possible. Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Box Jumps”
    - In the <Equipment> field, enter “3 Foot Box”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x8”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “1 minute rest interval. Repeat circuit 3 more times.”
- In the <Day> field, enter “Push Day Circuit”
  - In the <Exercise> field, enter “Push Press”
    - In the <Equipment> field, enter “Barbell”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x5”
    - In the <Weight> field, enter “95lb”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Superset with the next exercise”
  - Click the grey button <(+)Exercise>
  - In the <Exercise> field, enter “Plyometric Push Ups”
    - In the <Equipment> field, enter “n/a”
    - In the <Type> field, select “Workout set”
    - In the <Length> field, enter “3x6”
    - In the <Weight> field, enter “Bodyweight”
    - Click the blue button <Exercise Setting>
      - In the <RPE> field, enter “n/a”
      - In the <Note> field, enter “Superset with the next exercise”
- Click the grey button <(+)Exercise>
- In the <Exercise> field, enter “Single Arm Shoulder Press”
  - In the <Equipment> field, enter “Dumbbell”
  - In the <Type> field, select “Workout set”
  - In the <Length> field, enter “3x15”
  - In the <Weight> field, enter “15lb”
  - Click the blue button <Exercise Setting>
    - In the <RPE> field, enter “n/a”
    - In the <Note> field, enter “30 seconds rest interval. Repeat circuit 3 more times.”

- Click the grey button <(+)Cycle>
  - In the <Cycle> field, enter “2”
    - In the <Week> field, enter “3”
      - In the <Day> field, enter “Bench Day”
        - In the <Exercise> field, enter “Bench Press”
          - In the <Equipment> field, enter “Barbell”
          - In the <Type> field, select “Workout Set”
          - In the <Length> field, enter “10x2”
          - In the <Weight> field, enter “155lb”
          - Click the blue button <Exercise Setting>
            - In the <RPE> field, enter “n/a”
            - In the <Note> field, enter “n/a”
        - Click the grey button <(+)Exercise>
        - In the <Exercise> field, enter “Side Plank”
          - In the <Equipment> field, enter “n/a”
          - In the <Type> field, select “Warm Up”
          - In the <Length> field, enter “3x20 Seconds”
          - In the <Weight> field, enter “Bodyweight”
          - Click the blue button <Exercise Setting>
            - In the <RPE> field, enter “n/a”
            - In the <Note> field, enter “n/a”
      - In the <Day> field, enter “Lower Body Day”
      - In the <Exercise> field, enter “Pin Back Squats”
        - In the <Equipment> field, enter “Barbell”
        - In the <Type> field, select “Workout set”
        - In the <Length> field, enter “3x5”
        - In the <Weight> field, enter “225lb”
        - Click the blue button <Exercise Setting>
          - In the <RPE> field, enter “n/a”
          - In the <Note> field, enter “Set pins at above parallel.”
- Click the green button <Done!>
  - Click the blue button <Upload your workout>
  - Click the blue button <Ok>
- Click the tab <Home> to return to the home page
- Click the blue button <Choose a program>
- Find your customized program <(Custom) My Squat Program> on the page
  - Click the blue button <View Detail>
- User should see that the program is displayed correctly on detail page
-

# Sprint 3:

User Story 1: 7 story points

- As a user, I want to see the details of programs or routines so that I can understand them easily.

## Unit Test for US1:

Starting at the homepage, click the blue button <Choose a program>

- In the filtering section,
    - Select <Routine>
    - In the <Style> section, select <Bodybuilding>
    - In the <Goal> section, select <Build Muscle>
    - In the <Level> section, select <Advance>
    - Click <Filter> button
    - <Killer Chest Routine> shown
  - Click <View Detail> button to go to <detail page>
    - Click <Cycle 1>
    - Click <Day 1>
    - See Exercise1 <Barbell Incline Bench Press>
- 

User Story 2: 9 story points

- As an experienced fitness user, I want to design my own customized program since the provided programs do not align with my goals.

## Unit Test for US2:

- \* Same test from User Story 2 from Sprint 2
- 

User Story 3: 15 story points

- As a lifter, I want an instruction about how to do an exercise so that I can perform it correctly

## Unit Test for US3:

Starting at the homepage, click the blue button <Choose a program>

- In the filtering section,
  - Select <Routine>
  - In the <Style> section, select <Bodybuilding>
  - In the <Goal> section, select <Build Muscle>
  - In the <Level> section, select <Advance>
  - Click <Filter> button
  - <Killer Chest Routine> shown
- Click <View Detail> button to go to <detail page>
  - Click <Cycle 1>
  - Click <Day 1>
  - See Exercise1 <Barbell Incline Bench Press>
- Click <Exercises How-To> Button



- See the key word <Incline Bench Press> with Equipment <Barbell>
  - Click <View Detail> Button to go to <Exercise Detail> page
  - See the Video <How To: Barbell Incline Chest Press> on the left and the description on the right.
- 

User Story 4 (grab from product backlog): 11 story points

- As a user, I want the website to remember the customize workout problem I design.

#### Unit Test for US4:

- Starting at the homepage, click the blue button <Design your own>
- The message pop up to ask user to login <login page>
- After log in, return back to the homepage, click the blue button <Design your own>
- Fill in the information for customize program
  - Fill in the <name>: John's Routine
  - In the <structure> field, select "routine"
  - In the <Day> field, enter "1"
  - In the <Exercise> field, enter "Squats"
  - In the <Cycle> field, enter "1"
  - In the <week> field, enter "1"
  - In the <Equipment> field, enter " n/a"
  - In the <Type> field, enter " Warm Up"
  - In the <Length> field, enter " 3x5"
  - In the <Weight> field, enter " Bodyweight"
  - Click the green button <Done!>
    - Click the blue button <Upload your workout>
    - Click the blue button <Ok>
  - Click the tab <Home> to return to the home page
  - Click the <Mypage>
  - Find your customized program <(Custom) My Squat Program> on the page
    - Click the blue button <View Detail>
  - User should see that the program is displayed correctly on detail page