Iron Therapy

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Current Progress

❖ Created higher fidelity wireframes for Iron Therapy

❖ Implemented project management through Github

  ➢ Github project for to do, in progress, and completed

  ➢ Each tag has an associated issue

❖ Created the static Angular frontend

Login Page

Features Wanted:

- Clean interface
- Simple to use
- Quick to process
- Scalable
- Sign up page
- Password recovery
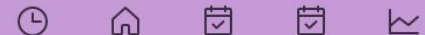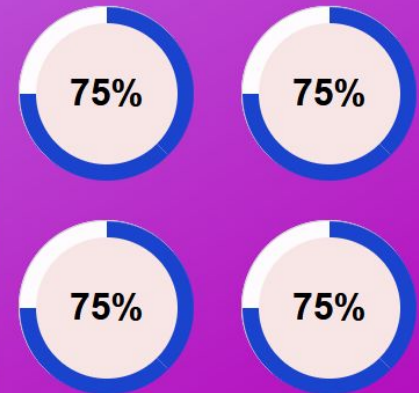- Marketing
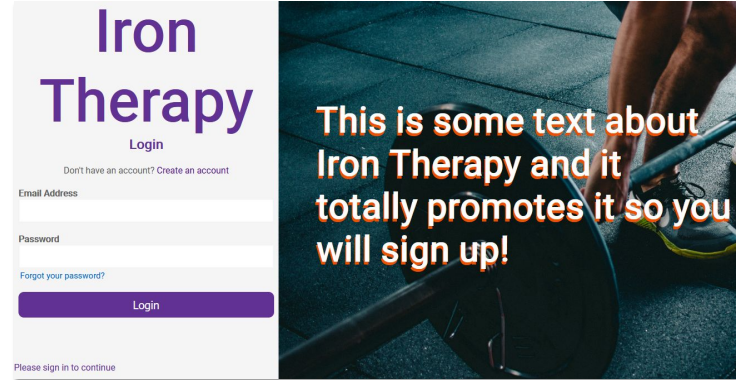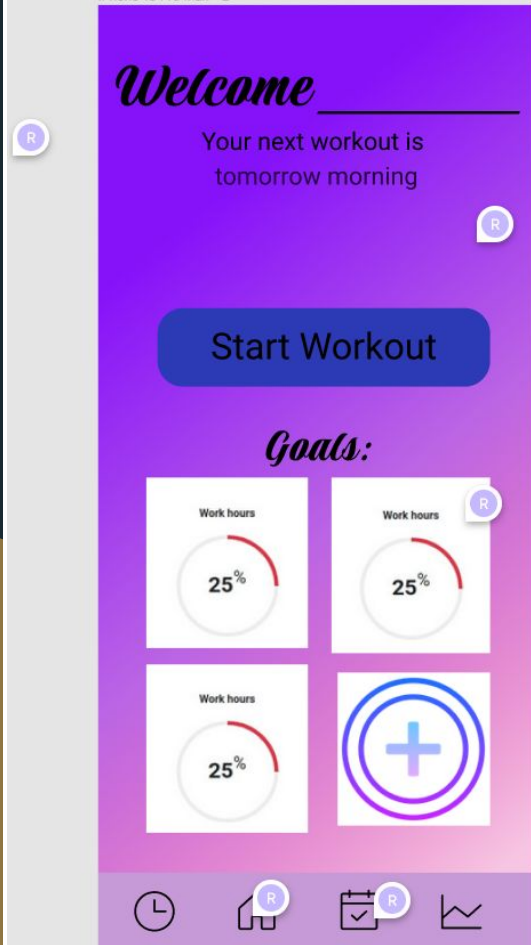
Homepage

Features wanted:
- Custom welcome message
- Time of next workout in sentence format
- Large start workout button
- Goals
  - Circle with percentage completed
  - Max of 4
  - Button to add more if < 4
- Designed for a quick glance of important information and personalized
- Current iteration good but a little too simplistic/flat perhaps

Workout Plans

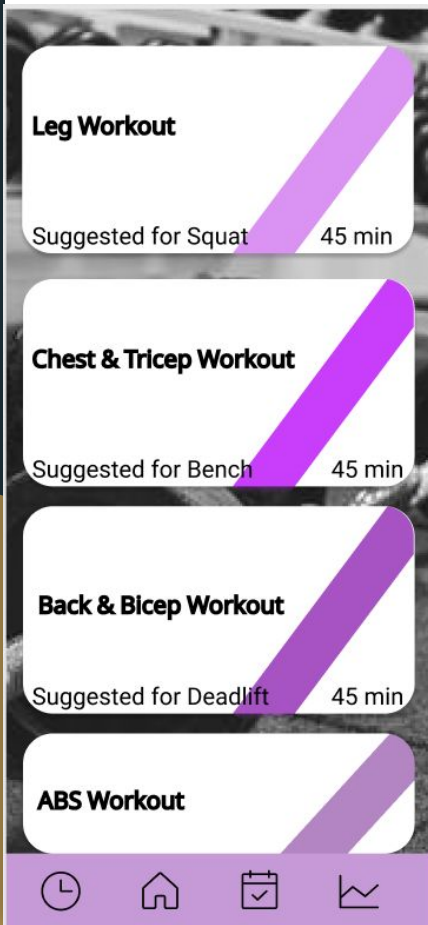**Leg Workout**

Suggested for Squat   45 min

Chest & Tricep Workout

Suggested for Bench   45 min

Back & Bicep Workout

Suggested for Deadlift   45 min

ABS Workout

Features wanted:
- Clickable divs where each one links to a separate workout
- Can see the average time for the workout
- A way to see what workout improves what goal
- Goals:
  - Add clickable functionality
  - Takes to Exercise/Workout page where it auto fills out the page
- Designed to display all possible workouts that can be done by the user

Workout Name

Suggestion for Goal   **TIME**

Workout Name

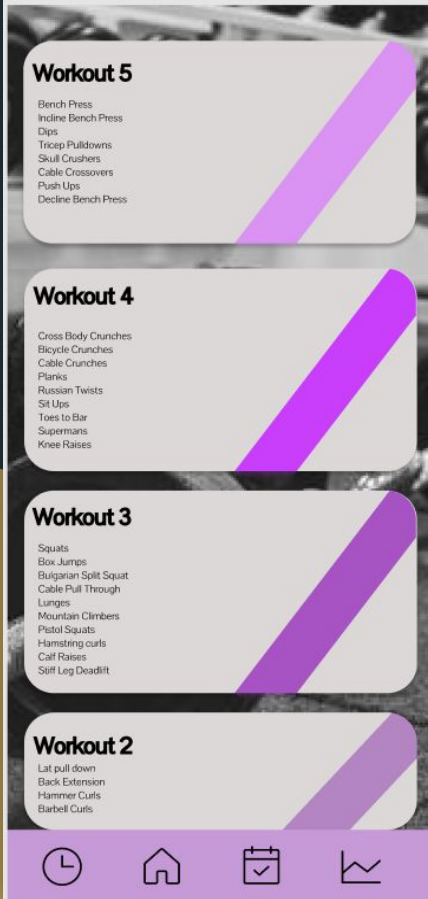Suggestion for Goal   **TIME**

Workout Name

Suggestion for Goal   **TIME**

Workout Name

History

Features wanted:
- Able to see what workout you have done in the past
- A way to see what workout improves what goal
- Goals:
  - Add more stylistic aspects
- Designed to present user with previous workouts done in the app

Exercise/workout page

Features wanted:
- Stylistic page that maintains the theme of our app
- Easy to keep track of the weights and reps of their current workout
- Simple way to add new sets
- (Not shown in the wireframes) Simple way to delete a set
- Goals:
  - Add functionality
  - Buttons to add and remove an exercise
  - Button to edit an exercise
- This page is designed to help the user keep track of their current progress for each workout and allows for a more personalized experience

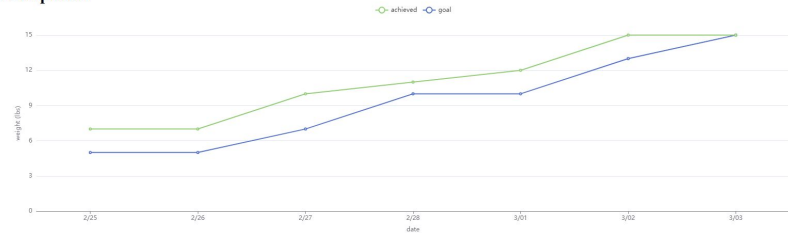# Navbar/analysis page

- Parent-child communication using event emitters
- Easy to add/remove icons
- Styling still subject to change

Analysis page
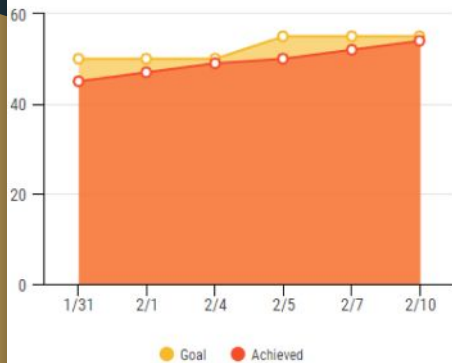
DEMO TIME