

## STARIA - WORKOUT APP

Students: Jorge Pereira, Jose Menendez, Humberto Monguia, Alejandro Rodriguez

Instructor: Seyed Masoud Sadjadi, Florida International University

### PROBLEM

Many people struggle to maintain a consistent workout routine because they lack structure, proper exercise tracking, or the ability to monitor progress over time.

Existing fitness apps are often bloated with unnecessary social features, locked behind paywalls, or do not offer customizable workout splits and tracking tailored to individual goals. Users need a simple, intuitive way to:

- Create structured workout plans
- Track exercises, sets, reps, time, and weight
- Build personalized routines
- Monitor progress through clear data visualization

Our project solves this by providing an all-in-one workout planning and tracking tool that focuses on usability, customization, and clean design.

### CURRENT SYSTEM

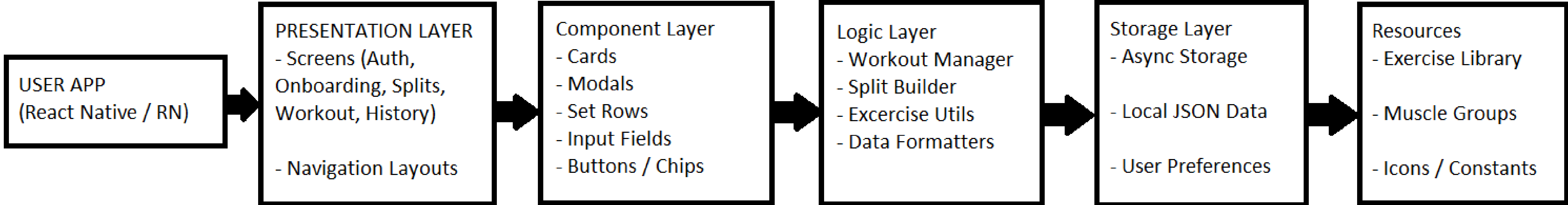
Current workout apps have limitations such as:

- Limited customization or rigid routines
- Paywalls that hide essential features (history tracking, custom splits, etc.)
- Complex interfaces that overwhelm beginners
- No focus on creating your own full workout system

Our app addresses these gaps by giving users:

- Full control over custom workout splits
- A clean, modern UI built with React Native
- Progress tracking with saved history
- A simple workflow: choose → track → improve

### SYSTEM ARCHITECTURE



### SYSTEM DESIGN

App Structure

- /src/app → Auth screens, onboarding, dashboard, split & workout views
- /src/components → Modular UI components (cards, modals, exercise rows, inputs)
- /src/constants → Color system, icons, muscle groups
- /src/lib → Utility functions and data helpers

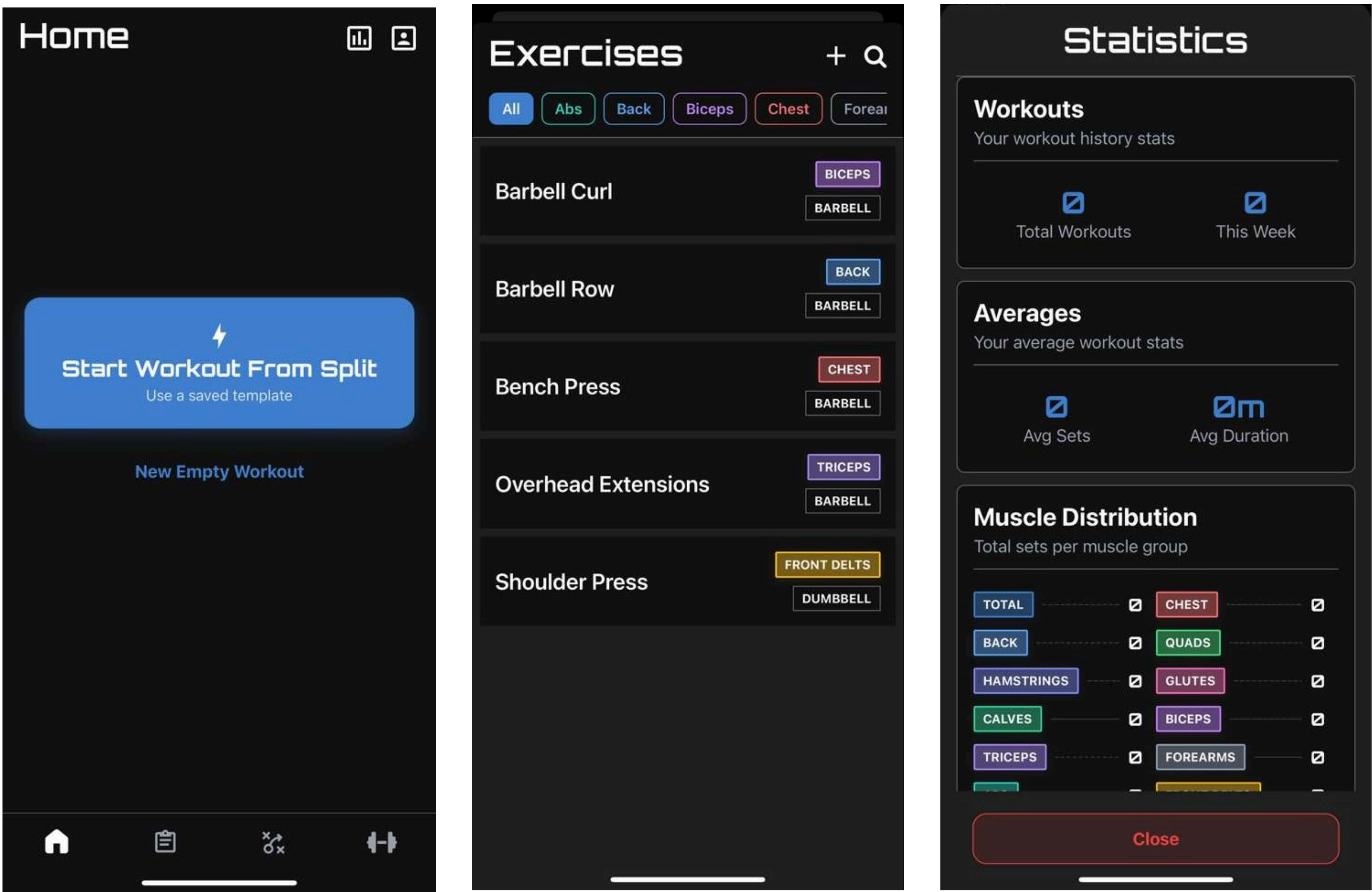
Core Technologies

- React Native / Expo for cross-platform development
- Async Storage or local data handlers for saving workouts
- Custom components for dynamic UI
- React state + context for app-wide data

Key Design Features

- Themed UI system (light/dark consistency)
- Component-based architecture for easy expansion
- Modals for creating/editing workouts
- Swipeable and reorderable exercise cards
- Clean visual hierarchy and intuitive navigation

### USER INTERFACE DESIGN



### VERIFICATION

The application was tested using:

- UI testing to verify all screens render correctly
- Interaction testing for modals, set rows, navigation, and reordering
- User workflow tests (creating a split → adding exercises → logging a workout → saving history)
- Data persistence tests to ensure workouts remain saved after app closure

Functional feature validation, such as:

- Exercise creation
- Reordering consistency
- Correct storage of logged sets
- Split creation and deletion

A variety of test workouts were created to ensure stability and usability.

### IMPLEMENTATION

Workout Split System

- Create, name, and customize splits
- Add or remove exercises
- Drag-and-drop exercise ordering
- Exercise previews showing targeted muscle groups

Workout Tracking

- Log sets with reps, weight
- Auto-add and remove set rows
- Tracking helpers
- Saves completed workouts to the user's history

User Interface Implementation

- Custom buttons, cards, checkboxes
- Themed text and inputs for consistent styling
- Scrollable views for long routines
- Half-screen & full modal components

Data Handling

- Exercise library with muscle categories
- Utility functions to calculate volume and progress