

Flex App User Manual

Why use the Flex Workout App?

The Flex Workout App is a mobile android application that was designed to fitness enthusiasts to easily create and save their workout routines, keep track of their progress and fitness goals in one place, and make important calculations such as finding their Basal Metabolic Rate and One-rep Max.

Once you have installed the app as shown in the user installation guide in the project documentation, you follow this guide on how to use the app.

Features and usage

1. The workout page will allow you to add, edit or delete workout plans. You can have as many workout routines as the user would like.

It will ask you to enter the Workout Routine Name and Description.

2. In the Exercise page you can also add, edit, or delete. It will ask you for the exercise name, number of repetitions and sets as well as a YouTube URL.

Alternatively, the app lets you choose and search from a library of common exercises.

3. The Calculator page will take in the Gender, Weight(kg), Height(cm), and Age.

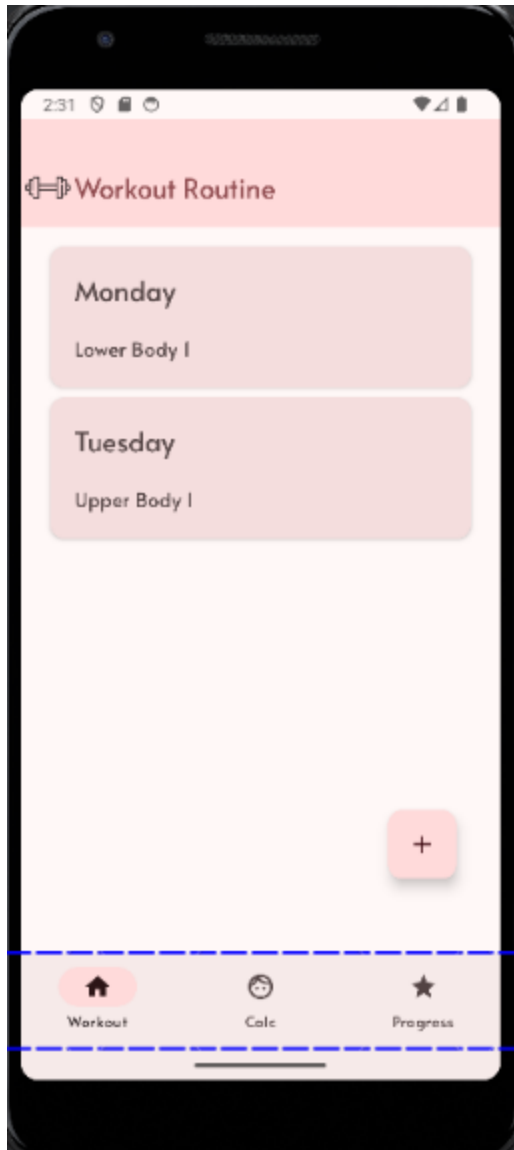
It will calculate the Basal Metabolic Rate which tells the user how many calories they need to help them with weight loss.

The drop-down menu will allow the user to switch to the One Rep Max Calculator. In the One Rep Max Calculator, it will ask the user for the amount they can lift and the number of repetitions to calculate their max possible lift.

4. The Progression tracker allows you to keep track of important information in your fitness journey, such as protein intake last month or squat weight progression over time

Navigating between screens:

Use the bottom navigation bar to move between the main features

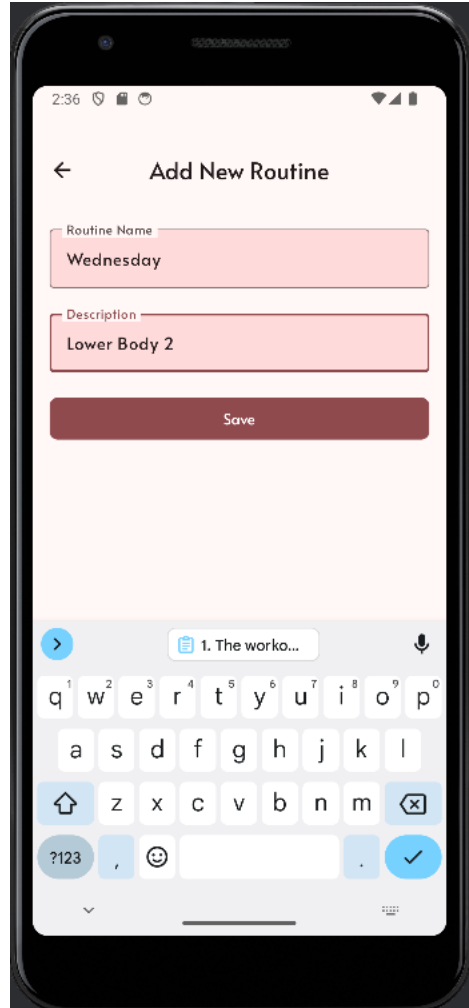
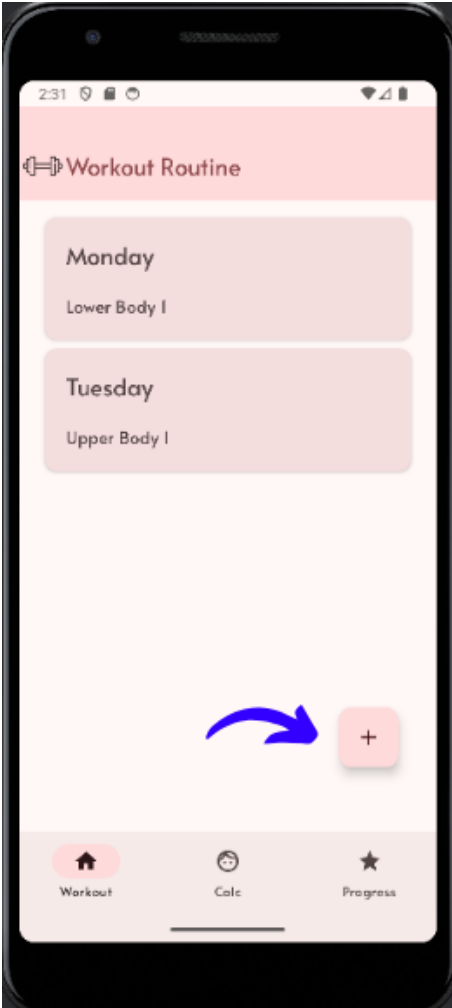


To go back hit the backwards arrow on a screen wherever it is presented

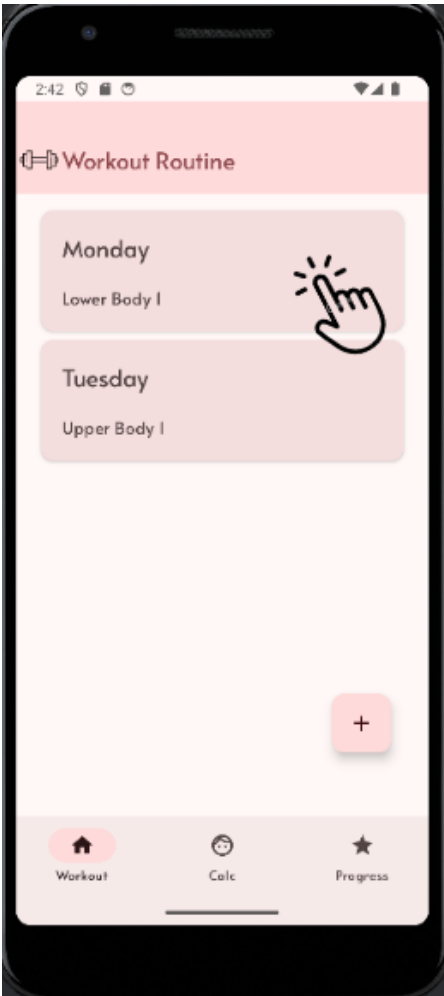
Creating a workout routine:

Click the + Icon in the Workout Screen

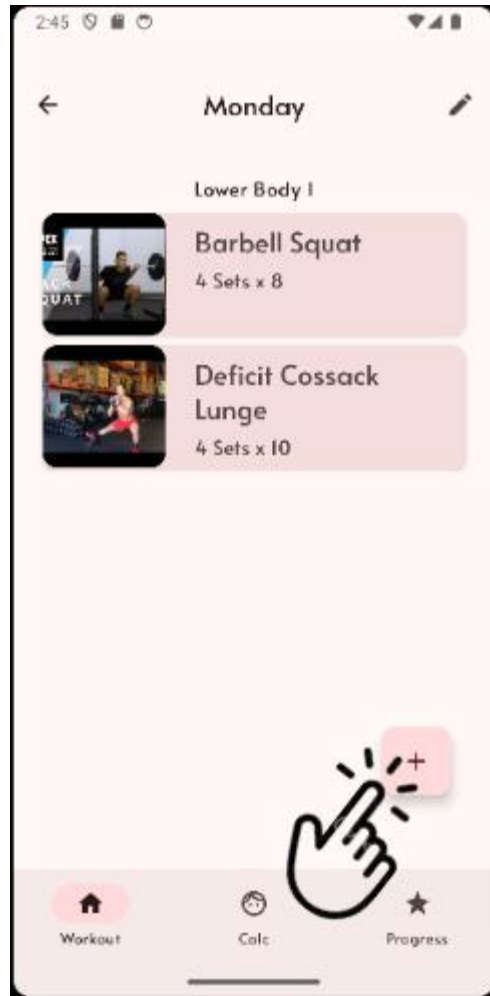
Enter the name and description of the routine



Adding exercises to your routine:



Click the routine



Click the + button

2:48

← Add new exercise

Exercise Name

Barbell Squat

Num. reps

8

Num. sets

4

YouTube url

Enter the na...

q w e r t y u i o p

a s d f g h j k l

z x c v b n m

?123 , .

✓

Enter the exercise name, repetitions and number of sets, and a youtube url to demonstrate the exercise

2:49

← Add new exercise

Num. reps

8

Num. sets

4

YouTube url

Save

Exercise Library

Search Library

Squat

Barbell Squat

Dumbbell sumo squat

BACK SQUAT

Glutes, Quads

Glutes

Workout

Calc

Progress

OR

Click Exercise Library, and search from a list of common exercises, and click on the desired one

Hit save:

2:55

← Add new exercise

Exercise Name
Walking Lunges

Num. reps
10

Num. sets
3

YouTube url
<https://www.youtube.com/watch?v=tQNkt>

Save

Exercise Library ^

< GIF | ...

q¹ w² e³ r⁴ t⁵ y⁶ u⁷ i⁸ o⁹ p⁰

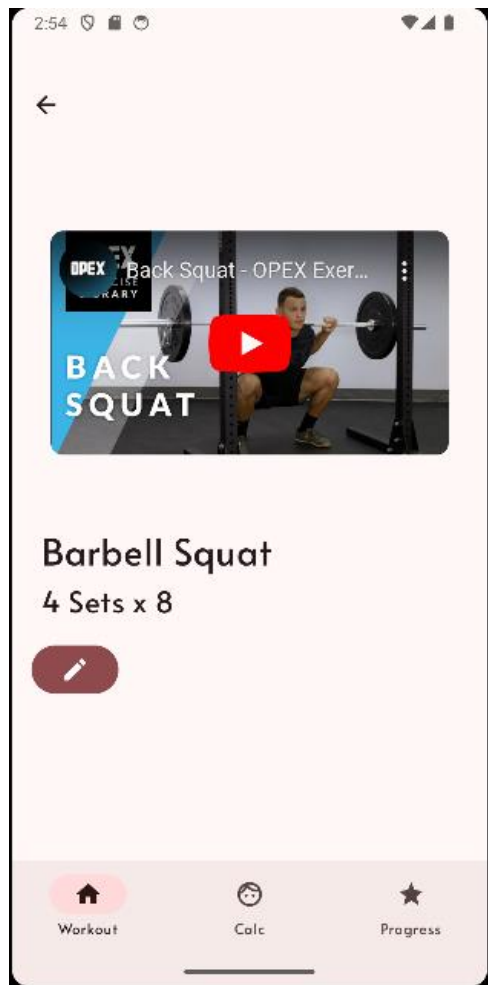
a s d f g h j k l

⬆ z x c v b n m ⬇

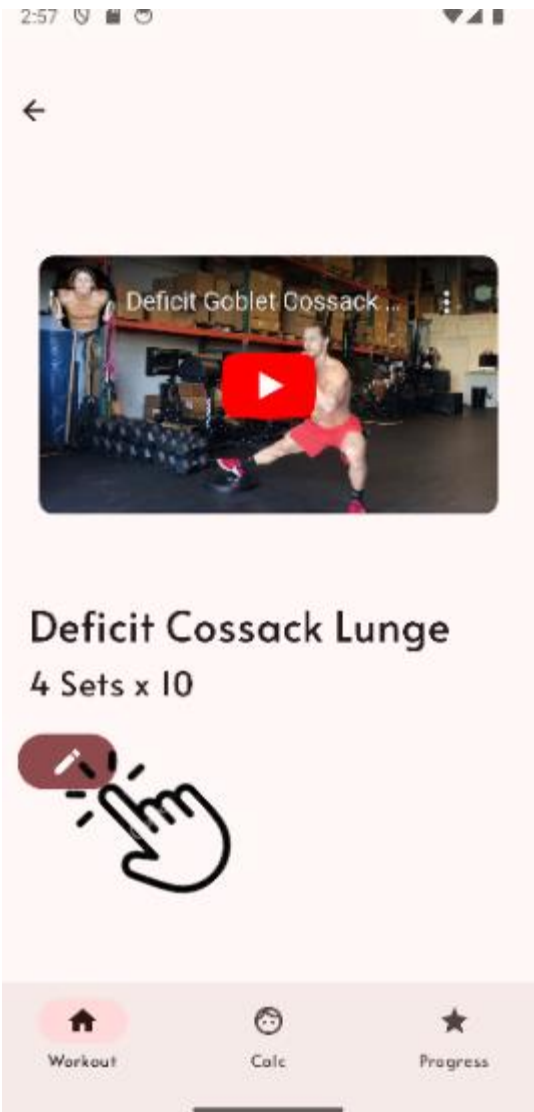
?123 , 😊 . ✓

View Exercise Demonstration:

Click on the exercise in your routine:



Delete/Edit an exercise:

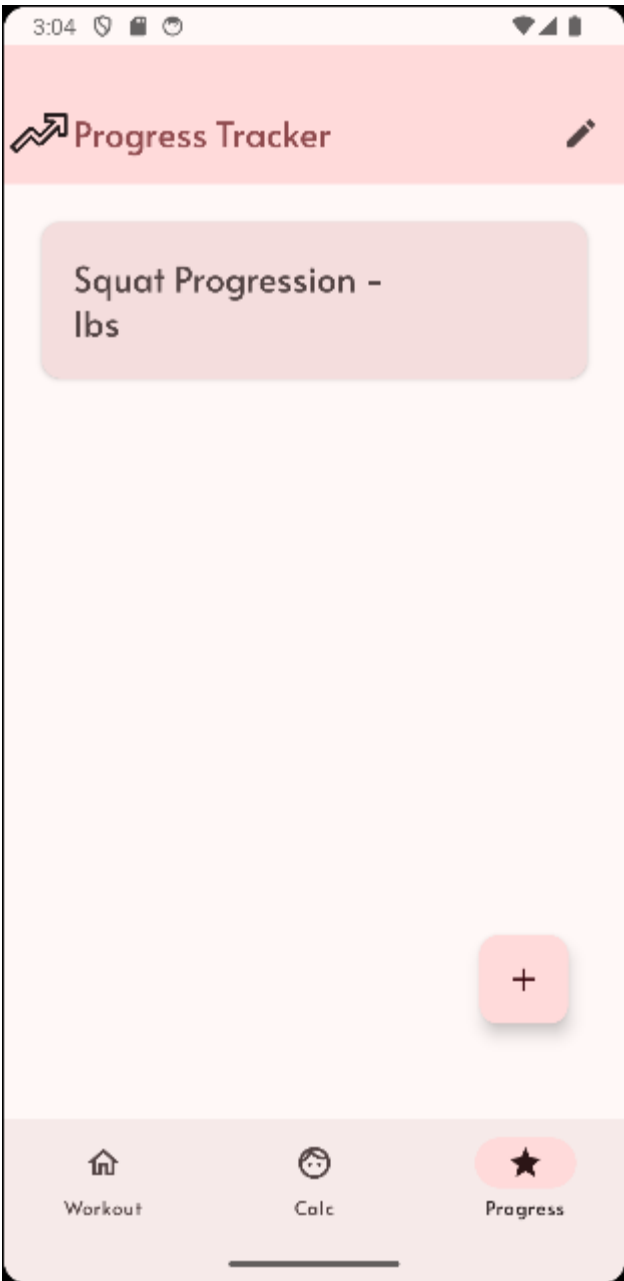


Click the edit Icon

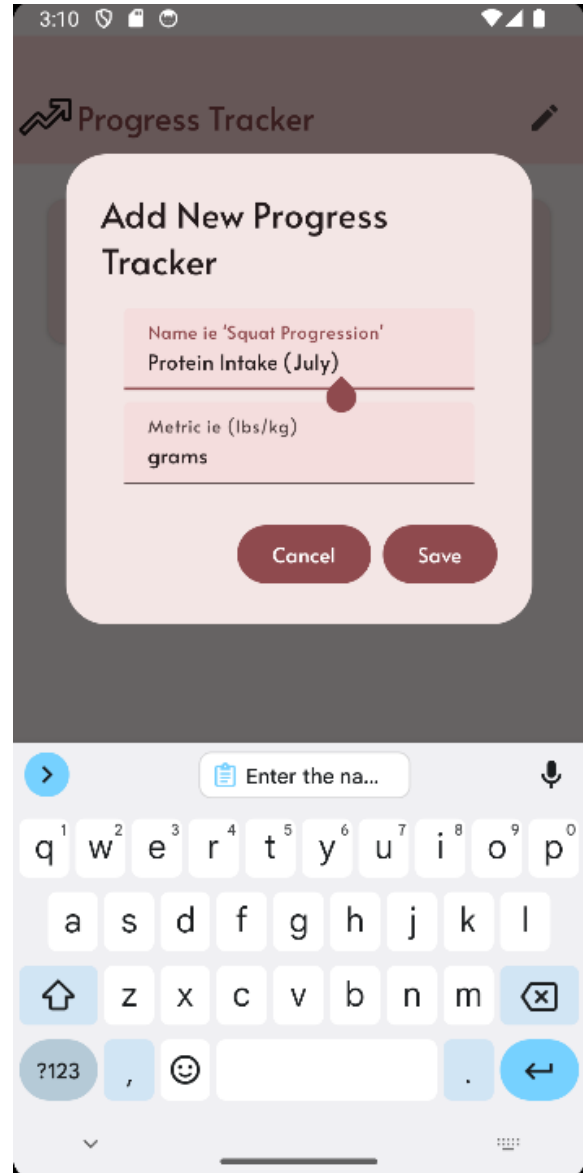


Edit details and hit the save (check mark) or delete icon (trash icon)

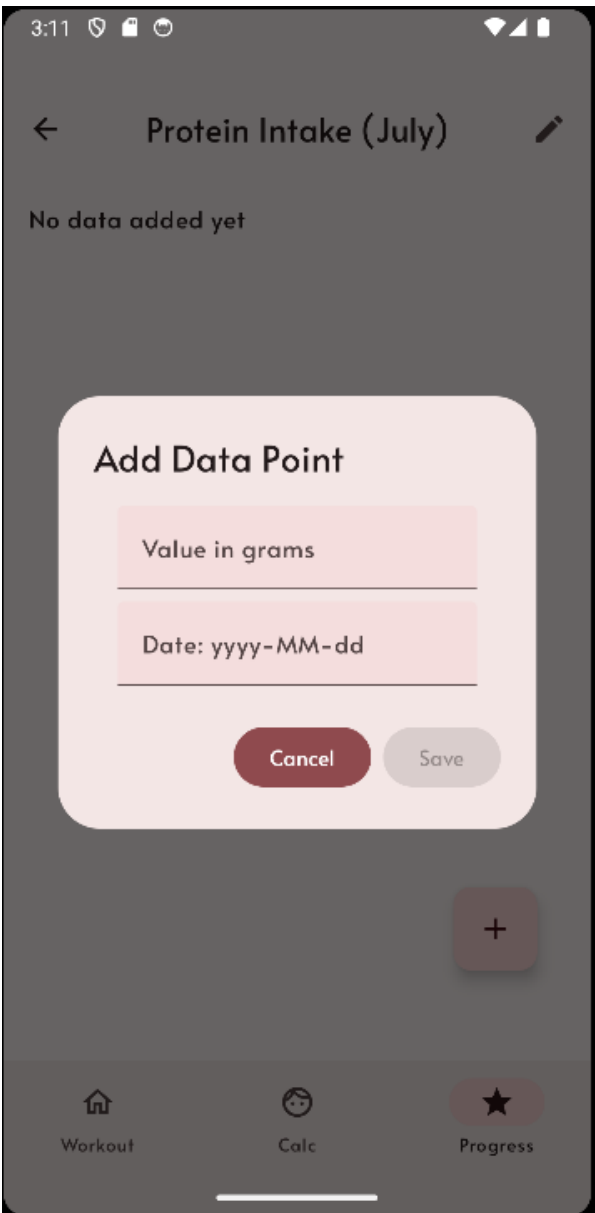
Using the progression tracking feature:



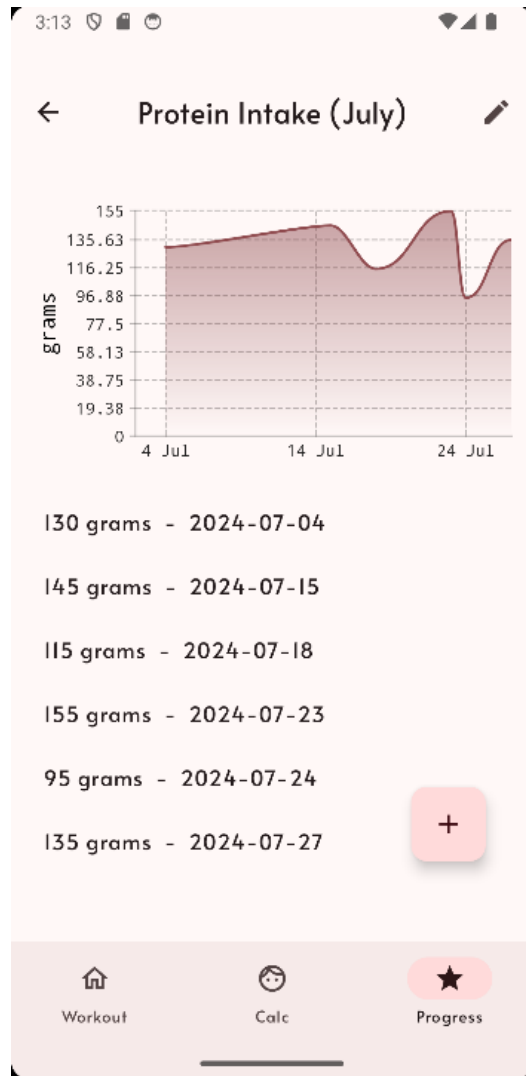
Click + icon on the bottom right



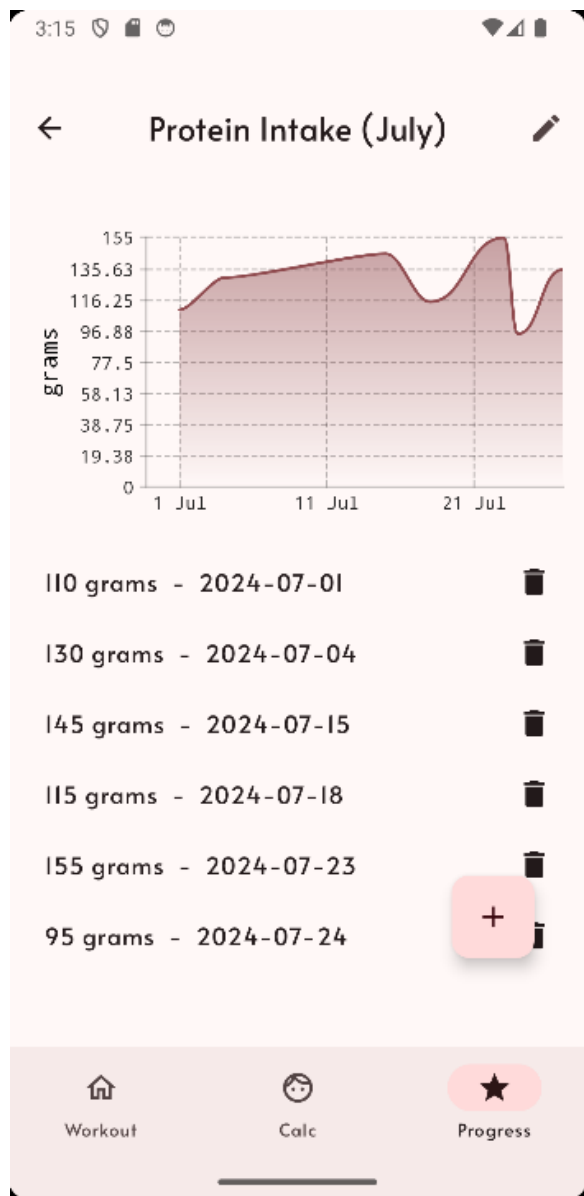
Enter the type of tracker and the metric used such as lbs, grams, calories, etc, then save



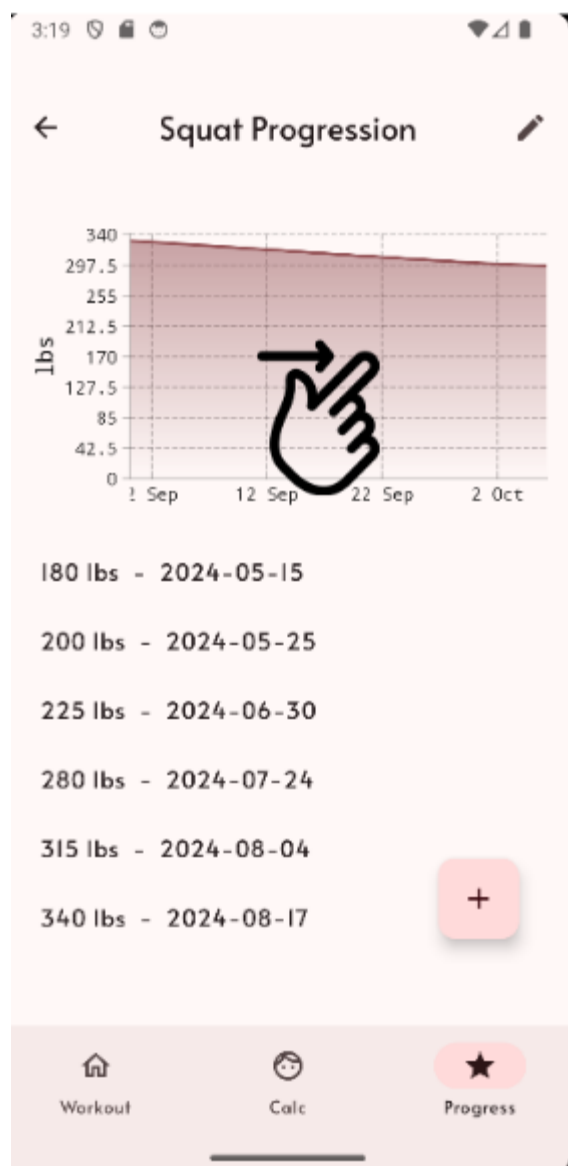
Click the tracker in the main, page and hit the + icon to add data points



Enter a valid date and value for the data Record, and see the chart update



Click the edit icon on the top right to enable the action of deleting data points in your tracker



Slide your finger along the graph when viewing charts with more time between dates

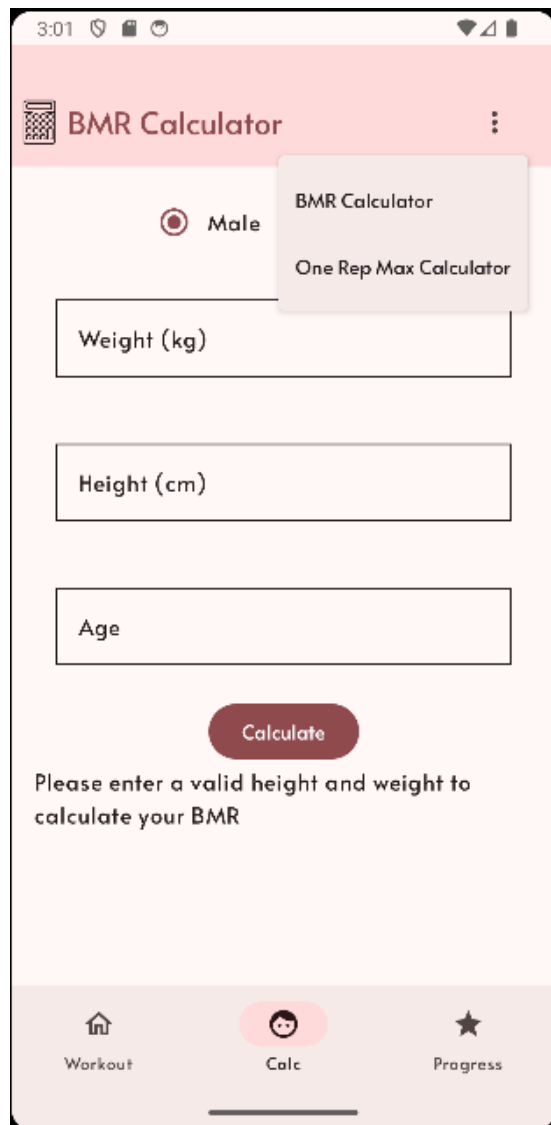
Using the calculator feature:

Click the 3 dots on the top right to select either the one-rep max or BMR calculator,

Enter weight, height, age for BMR,

Enter weight, and number of repetitions for one-rep max

Click 'calculate'



3:01

 **BMR Calculator** 

☒ Male

BMR Calculator
One Rep Max Calculator

Weight (kg)

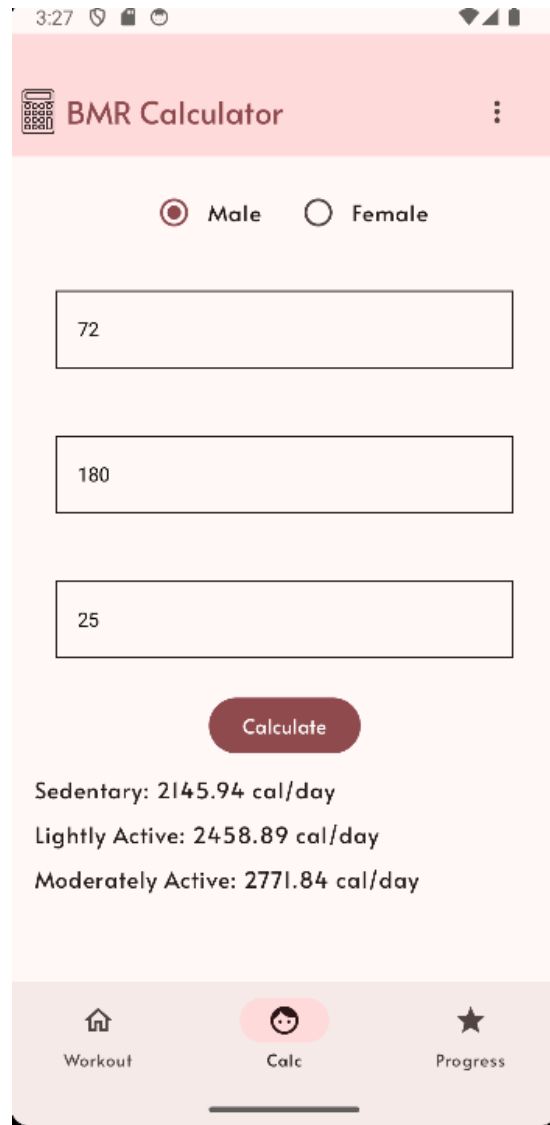
Height (cm)

Age

Calculate

Please enter a valid height and weight to calculate your BMR

  
Workout Calc Progress



3:27

 **BMR Calculator** 

☒ Male ☐ Female

72

180

25

Calculate

Sedentary: 2145.94 cal/day
Lightly Active: 2458.89 cal/day
Moderately Active: 2771.84 cal/day

  
Workout Calc Progress