

Florida International University

Summer 2024 Senior Design Project

<Flex Workout App>

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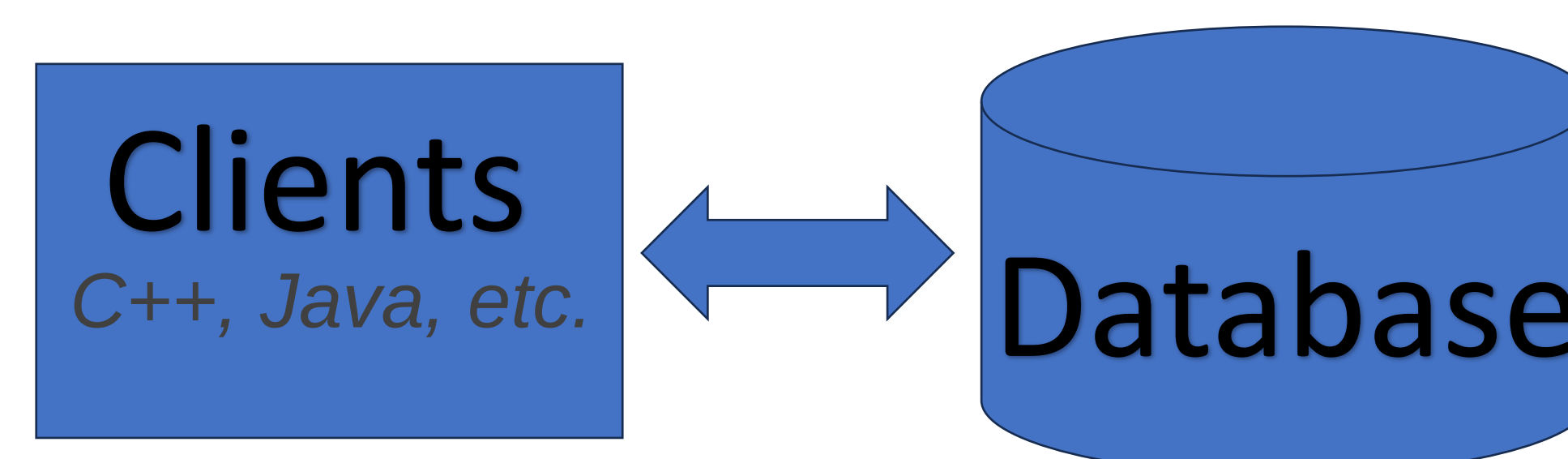
Instructor/Faculty: Masoud Sadjadi, Florida International University

PROBLEM

The app provides a simple and efficient way for users to manage their workout routines. It allows users to log exercises, monitor progress, and calculate calories burned and metabolic rates. Users can create and customize workout plans, making it easy to follow tailored fitness programs.

SYSTEM DESIGN

2 Tier Architecture



VERIFICATION

Manual Regression, Testing and Debugging

CURRENT SYSTEM

Kotlin and Local Database



OBJECT DESIGN

The project includes routines with a name and description, and exercises with a name, YouTube URL, sets, and repetitions.

SUMMARY

We created an app to easy Track workouts, calculate metrics, customize plans, share, and get recommendations

REQUIREMENTS

Workout tracking, Metabolic rate, and One Rep Max calculation, Customization, Search, Personalized recommendations

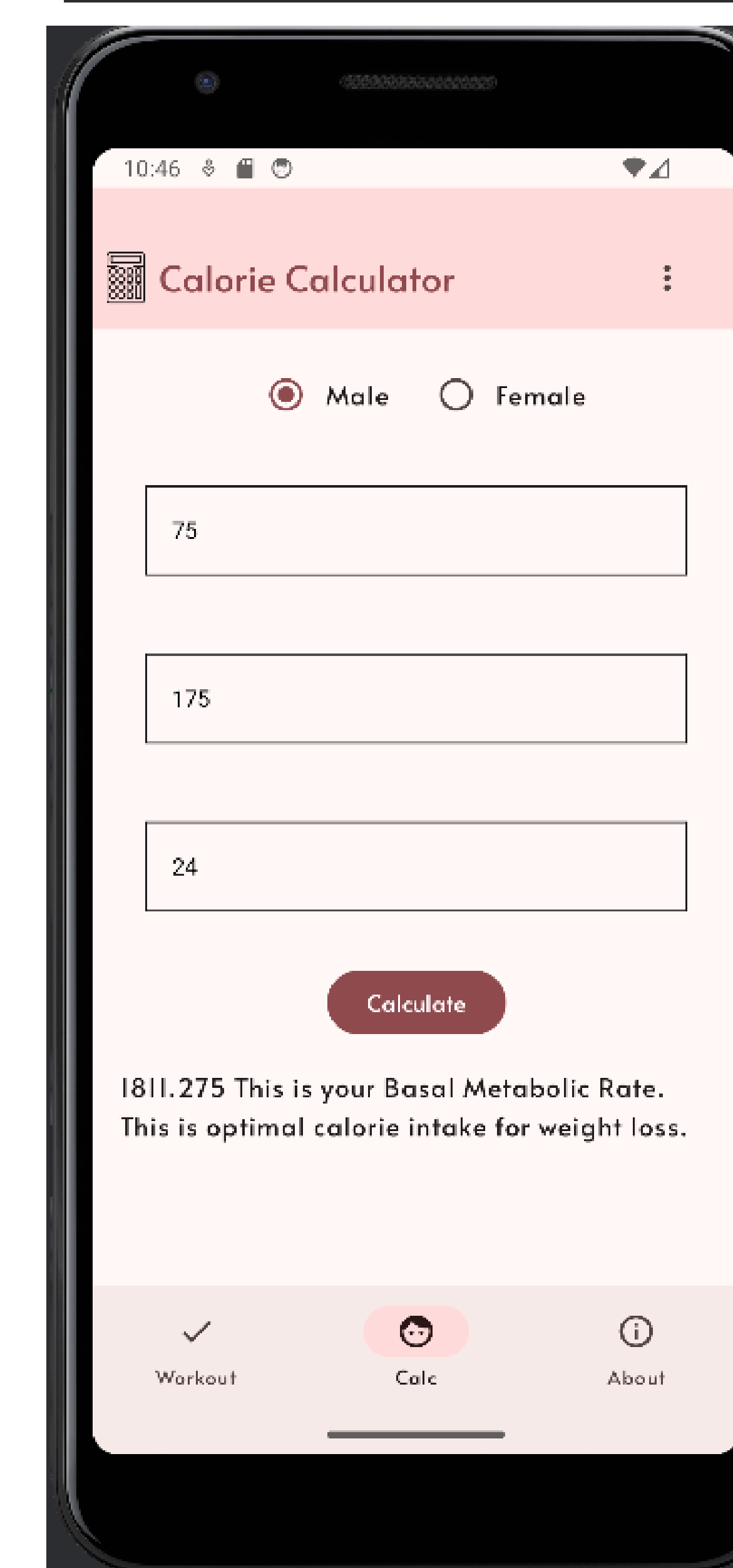
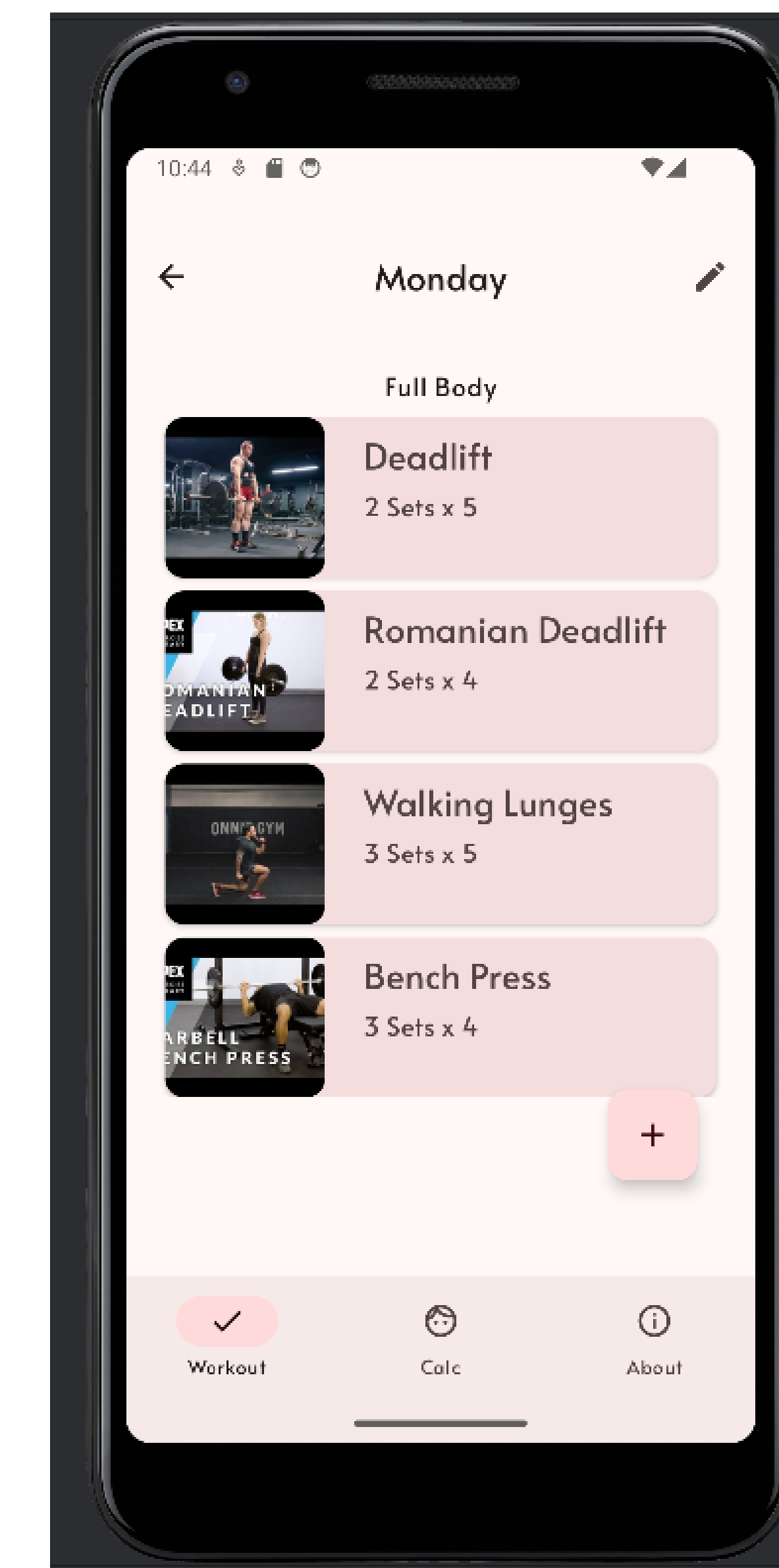
IMPLEMENTATION

Local database
Kotlin
Android Studio



REFERENCES

<https://m3.material.io/>
<https://kotlinlang.org/>
<https://www.athleanx.com/calculators/one-rep-max>
<https://www.calculator.net/calorie-calculator.html>
<https://github.com/PierfrancescoSoffritti/android-youtube-player>



ACKNOWLEDGEMENT

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