FIT TRACK

The main goal for this app is to be able to quickly enter the reps, sets, and weight on every work out so a print out may done.

Log in or Register	⊙
Routine	⊙
Edit Routine	⊙
About Us	⊙
Contact Us	⊙

Results will be sent to your email if you regsiter.

FIT TRACK

BACK   **About Us**

After all of the hype about body building very few programs seem to be geared towards a total transformation, physical, mental, spiritual and emotional. This is a video of a transformation solution by Body-for-LIFE

FIT TRACK

BACK   **Contact Us**

Name

Email

Phone

Question

Submit

FIT TRACK

BACK   **Routine**

This is an example of an routine that was suggested by several trainers. It is used by all levels of expertise. It is quick and easy to record. Enter the weight, number of reps, sets on each exercise.
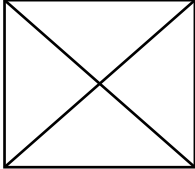
Bench Press	⊙
Lat Pulls	⊙
Leg Press	⊙
Dumbell Curls	⊙

FIT TRACK

BACK   **Bench Press**

Recommend Reps
  10-12
Recommend Sets
  1-3
Recomended Weight:
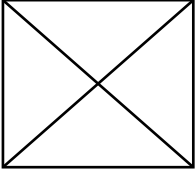 Heavy enough to
  make you strain
  on last reps

Enter weight, reps, sets
eg. 100 10 3

Submit

FIT TRACK

BACK   **Lat Pulls**

Recommend Reps
  10-12
Recommend Sets
  1-3
Recomended Weight:
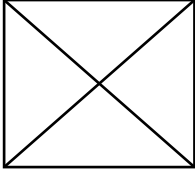 Heavy enough to
  make you strain
  on last reps

Enter weight, reps, sets
eg. 100 10 3

Submit

FIT TRACK

BACK   **Leg Press**

Recommend Reps
  10-12
Recommend Sets
  1-3
Recomended Weight:
  Heavy enough to
  make you strain
  on last reps
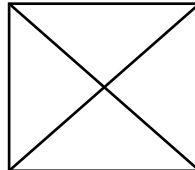
Enter weight, reps, sets
eg. 100 10 3

Submit

FIT TRACK

BACK   **Dumbell Curls**

Recommend Reps
  10-12
Recommend Sets
  1-3
Recomended Weight:
  Heavy enough to
  make you strain
  on last reps

Enter weight, reps, sets
eg. 100 10 3

Submit

FIT TRACK

BACK   **Edit Routine**

Lifts Related To The Routine

Over Head Press	⊙
Chest Exercises	⊙
Dead Lift	⊙
Shoulder Shrug	⊙

FIT TRACK

Log in or Register

REGISTER ONLY AT THIS TIME

Name

Email
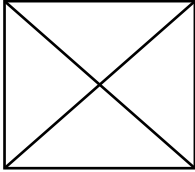
Phone

Submit

FIT TRACK

index.html   #login

Over Head Press

Recommend Reps
   10-12
Recommend Sets
   1-3
Recomended Weight:
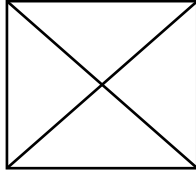   Heavy enough to
   make you strain
   on last reps

Enter weight, reps, sets
eg. 100   10   3

Submit

FIT TRACK

edroutine.html   #over

Sitting Rows

Recommend Reps
   10-12
Recommend Sets
   1-3
Recomended Weight:
   Heavy enough to
   make you strain
   on last reps
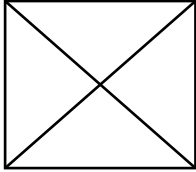

Enter weight, reps, sets
eg. 100   10   3

Submit

FIT TRACK

edroutine.html   #rows

Dead Lift

Recommend Reps
   10-12
Recommend Sets
   1-3
Recomended Weight:
   Heavy enough to
   make you strain
   on last reps

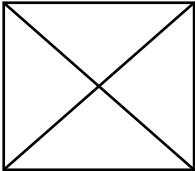Enter weight, reps, sets
eg. 100   10   3

Submit

FIT TRACK

edroutine.html   #lift

Shoulder Shrug

Recommend Reps
   10-12
Recommend Sets
   1-3
Recomended Weight:
   Heavy enough to
   make you strain
   on last reps

Enter weight, reps, sets
eg. 100   10   3

Submit

FIT TRACK

edroutine.html   #shrug
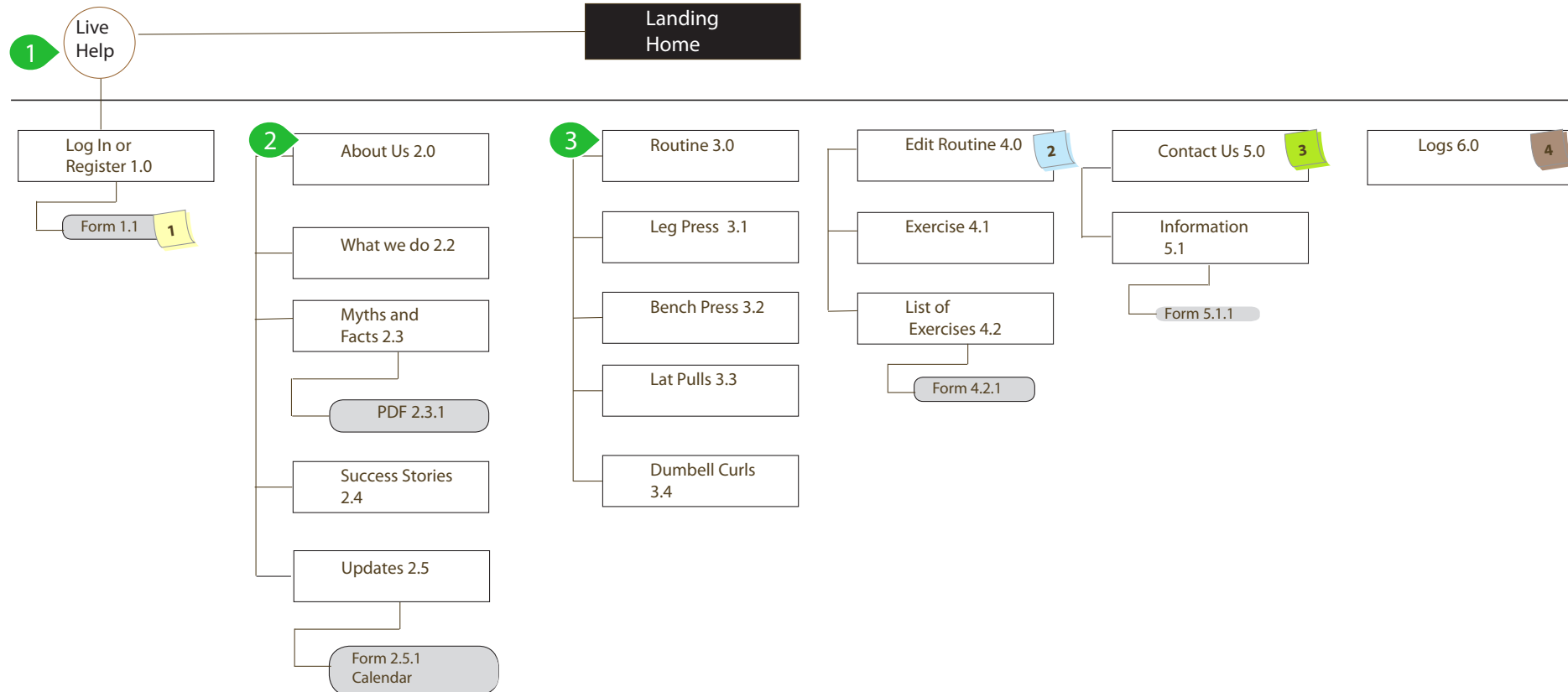
Mobil App Design Package

by James Gerritsen

Fit Track

Mobile App Design

Information Architecture V.1

1 Live Help

Landing Home

Log In or Register 1.0

Form 1.1 **1**

2 About Us 2.0

What we do 2.2

Myths and Facts 2.3

PDF 2.3.1

Success Stories 2.4

Updates 2.5

Form 2.5.1 Calendar

3 Routine 3.0

Leg Press 3.1

Bench Press 3.2

Lat Pulls 3.3

Dumbell Curls 3.4

Edit Routine 4.0 **2**

Exercise 4.1

List of Exercises 4.2

Form 4.2.1

Contact Us 5.0 **3**

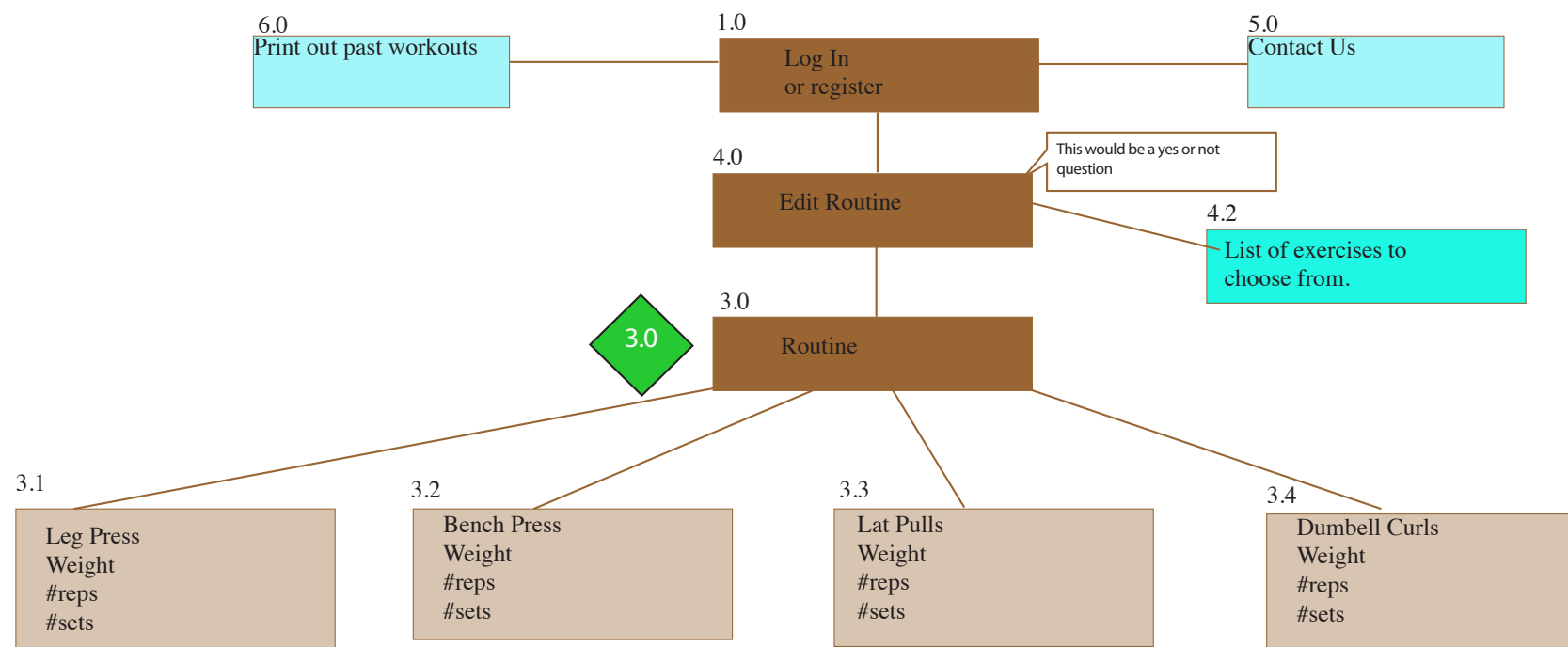Information 5.1

Form 5.1.1

Logs 6.0 **4**

Comment Stickiers

1 [Form 1.1] Registration form for paying for app. Sign up online.

2 [Edit Routine 4.0 to 4.2.1] When the participant wants to change by adding or deleting they may be able to at this point.

3 [Contact Us 5.0 to 5.1.1] Make it possible to enter information for help by using a form.

4 [Logs 6.0] View prior work outs and print the results

Technical Markers

1 [Live Help] Registration form is being used that may require help in some other form than email.

2 [About Us 2.0 to 2.5.1] This section including all from 2.0 to 2.5.1 will be added in a future upgrade.

3 [Routine 3.0 to 3.4] The main goal for this app is to be able to quickly enter the reps, sets, and weight on every work out so a print out may be done.

Prototype diagram used for the screen mock ups for the user testing.

6.0
Print out past workouts

1.0
Log In
or register

5.0
Contact Us

4.0
Edit Routine

This would be a yes or not question

4.2
List of exercises to choose from.

3.0

3.0
Routine

3.1
Leg Press
Weight
#reps
#sets

3.2
Bench Press
Weight
#reps
#sets

3.3
Lat Pulls
Weight
#reps
#sets

3.4
Dumbell Curls
Weight
#reps
#sets

3.0

This is an example of an routine that was suggested to me from a trainer. He said that is would be useful for all levels of expertise to use this type of recording because it is quick and easy to record. All you would do is enter in the weight, the number reps and then the number of sets on each exercise.