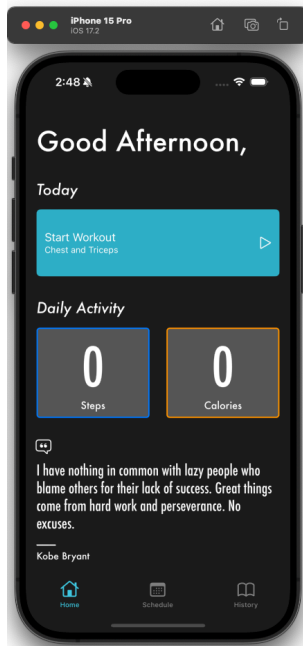


## LiftBuddy Documentation

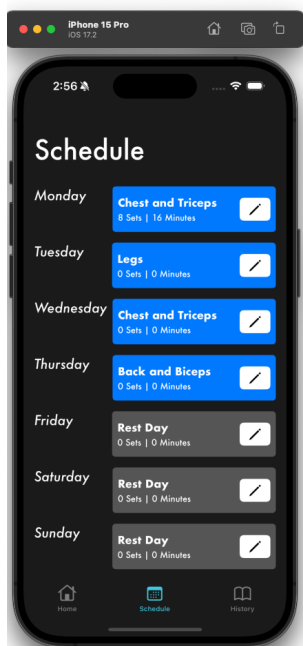
LiftBuddy is your personalized fitness companion designed to elevate your training experience. Whether you're a frequent gym-goer or just starting out, LiftBuddy allows you to create, schedule, and track your workouts with ease.

### Screen #1 (Home Screen):



Upon launch, you're greeted with a welcome message adjusted to the current time of day. The interface allows you to start your scheduled workout routine with a single tap through the "Start Workout" button. Track your daily activity with real-time data pulled with HealthKit, showcasing your step count and active calories burned. The screen also adds an extra boost of inspiration with daily motivational quotes from world renowned figures.

### Screen #2 (Schedule Screen):

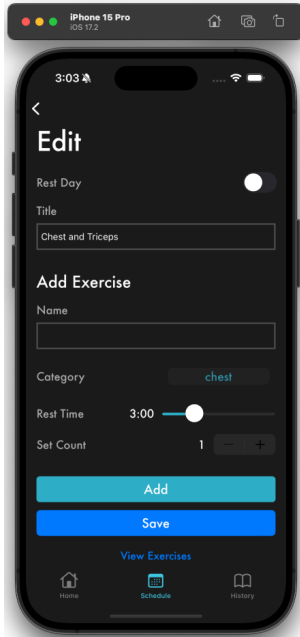


Effortlessly manage your weekly workout schedule in the schedule screen.

This screen provides a comprehensive overview of your planned workout for each day of the week. Easily distinguish rest days from your training days with a distinct gray background. Control your schedule with the intuitive editing feature, accessed through the pencil icon.

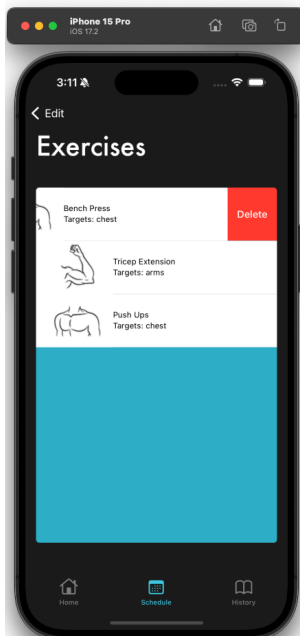
# LiftBuddy Documentation

## Screen #3 (Edit Screen):



Whether you're adjusting exercise details or designating a rest day, LiftBuddy streamlines the editing process for seamless modifications. Simplify workout customization with the Rest day switch, instantly transforming your selected day into a well-deserved break. Add new exercises effortlessly with Add Exercise UI, providing flexibility and variety to your routine. Explore your workout in detail with the View Exercises Button.

## Screen #4 (Exercise Table View)



Effortlessly navigate through your added exercises for a particular routine, swiping left to remove any exercises.

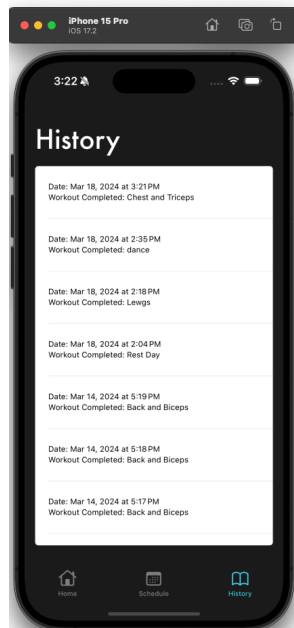
# LiftBuddy Documentation

## Screen #5 (Workout Screen)



Maximize your performance with real-time insights and tools available on the workout screen. Monitor your heart rate with precision using HealthKit integration. Track your exercise, rest, and workout duration with the built-in timer. Transition between exercises with the next button and conclude your session using the end workout button, seamlessly logging your data and guiding you back to the home screen.

## Screen #6 (History Screen)



Explore a log of your completed workouts in the history screen, recorded and stored using Core Data.