YOUR PHYSICAL TRAINER

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ABSTRACT

Fitness and Bodybuilding is the latest trend in present generation. Maintaining perfect body even at the young age is difficult due to obesity problems by doing some exercises regularly. So, this application is named as **YOUR PHYSICAL TRAINER.**

The main aim of this object is to build up a body by doing regular exercises. This application has two parts, Long-term Exercises and Short-term Exercises. Long-term Exercise is done for 3 months .Exercise are1) BICEPS 2) CHEST 3) TRICEPS 4) FORMARMS 5) ABS 6) LEGS. This will improve your six parts of the body by doing above exercises daily for 3months which is called as LONG-TERM exercises.

These 6 exercises contain parts, example one of the in biceps is Dumbbells which is exercise for Biceps which will have related exercising figure and steps for how to do the exercise

Short-Term exercises are done for 18days. The exercises are same as in Long-term: BICEPS, CHEST, FORMARMS, TRICEPS, ABS, LEGS each has 3days time to practice. Every exercise contains a part which is explained clearly in step by step process.

This application contains a remainder which is called as notification in general, which reminds you about your exercise. When you have started any of the exercises. Either long-term or shirt-term. Its gives a notification to you on early in the morning at 6:00am and later in the evening at 6:00pm that you

have some task to complete today in either morning section or in the evening section.

By continuously doing exercises as scheduler, you can easily build up good body or maintain good physique. If you have fewer days for doing exercises its better to choose short-term exercises which help you to maintain good physique in 18days.

INTRODUCTION

The main aim of this application is to build up body and maintain physique. It contains duration like short term and long term for 3 months and 18 days respectively. Select exercise and set remainder for particular exercise. This App gives notification on early in the morning at 6:00am and later at 6:00pm that you have some exercise to do now. It reminds daily for two times.

This YPT contains 2 options Long-term and Short term. Long-term and Short-term contains same exercises but the difference is duration LT scheduled for 3months and ST is for 18days.When we choose LT, there are several exercises ABS, PUSHUPS, CHEST, FOREARMS, TRICEPS, BICEPS.

LT has these 6 exercises, for example when we choose ABS exercises, there are seven exercises related to ABS, when we choose any one of them. Like Incline Bench Sit-ups shows the related images of that particular exercise step by step and display the procedure how to do in nice way. It will display only one image when you see at first, when u

swipe from right to left the next image will be displayed of next step.

Each exercises should be done for 15days. For example ABS &FOREARMS for 1month, BICEPS &TRICEPS for 1month and CHEST &PUSHUPS for 1month which will improve your body strongly with in 3months when you practice regularly.

When the second option is selected i.e. Short-Term, it to shows the similar exercises but the difference is duration. This ST is for only 18days which is scheduled as 3days of each exercise like ABS for 3days, Chest for 3days likewise BICEPS, TRICEPS, PUSHUPS, FOREARMS for 3days each which takes 18days which gives you some improvement of your body. When you have less time it's better to choose Short-Term than Long-Term.

When you have installed YPT application. Then this app will give automatic notification at 6:00 am and 6:00 pm daily because that is regular timings to do exercises for humans. That you have some task or exercise to do now.

RELATED WORK:

Present Generation has lack of time to concentrate on physique or being fit. It is taking lot of time to go to gym and have exercise session. So, to decrease the time and cost, this YPT will be helpful by providing exercises and notification to that, because people don't remember about exercises but they carry their mobile where ever they go, so app will remind you instead. Now a day's youth are going lazy without having gym practices so instead of going ,it's better bring the gym to them i.e. YPT.

EXISTING SYSTEM:

Physical Exercises will be trained in Gym. Wasting time to go to gym, having a trainer with you aside in gym is a waste of time and waste of money. So now a day's Technology has moving faster everyone is carrying an mobile, by our application we will manage the time of user well and nothing cost heavy by downloading our application.

DISADVANTAGES:

> Wastage of time by going to gym and choosing a trainer how to use equipments.
> Wastage of money because gym fee will be more per month.

PROPOSED SYSTEM:

This YPT application is for the people who are lazy because of going to Gym and to maintain youth fit. Because they are addicted to smart phones now a days, If the body building application is created with particular time notification they will do practice.

ADVANTAGES:

> No wastage of time due to you can practice in home by seeing our application.
> Application installation doesn't charge you the money. So money will be saved than wasting lot of money in Gym.

IMPLEMENTATION:

Implementation is the stage of the project when the theoretical design is turned out into a working system. Thus it can be considered to be the most critical stage in achieving a successful new system and in giving the user, confidence that the new system will work and be effective.

The implementation stage involves careful planning, investigation of the existing system and it's constraints on implementation, designing of methods to achieve changeover and evaluation of changeover methods.

The project is implemented by accessing simultaneously from more than one system and more than one window in one system. The application is implemented in the Internet Information Services 5.0 web server under the Windows XP and accessed from various clients.

Software Requirements :

The software used for the development of the project is:

- Operating system : Windows, Android
- Programming Language : Java, XML
- IDE : Eclipse
- Emulators : AVD
- Tools used : Android SDK Tools,

Android platform Tools,

- Android Developer Tools

Technologies Used:

What is android?

The first truly opened comprehensive platform for mobile devices, all of the software to run a mobile phone but without the proprietary obstacles that have hindered mobile innovation.

- Linux OS kernel
- Java programming
- Open source libraries: MySQL, Web Kit, OpenGL

WHY ANDROID?

- A simple and powerful SDK
- No licensing, distribution, or development fees
- Development over many platforms
- Linux, Mac OS, windows
- Excellent documentation
- Thriving developer community
- For us job opportunity

FUTURE SCOPE

There is a scope to enhance and can develop the app with the more extension in future because this app can give many benefits for the user who is seeing and selecting the required exercise to practice. This application has for scope in future because instead of going to gym and every website for exercise and its details we can directly develop the app with extension like not only displaying the images of exercises with description but also can give notification easily with this application.

CONCLUSION

This application will be useful for the user who won't have sufficient time to go the gym and practice and it is very hard to get the information of all the exercise in website this app gives all the information and how to do the particular exercise daily by showing images. Displaying each and every related exercise of ABS, PUSHUPS, CHEST, FOREARMS, BICEPS, and TRICEPS. By swiping images shows step by step image of that particular exercise.

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