

# **Flex App**

**A Cycle Syncing Workout Program**

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# What is Cycle Syncing?

Adjusting your lifestyle—diet, workouts, work flow—to synergistically support monthly hormonal fluctuations.

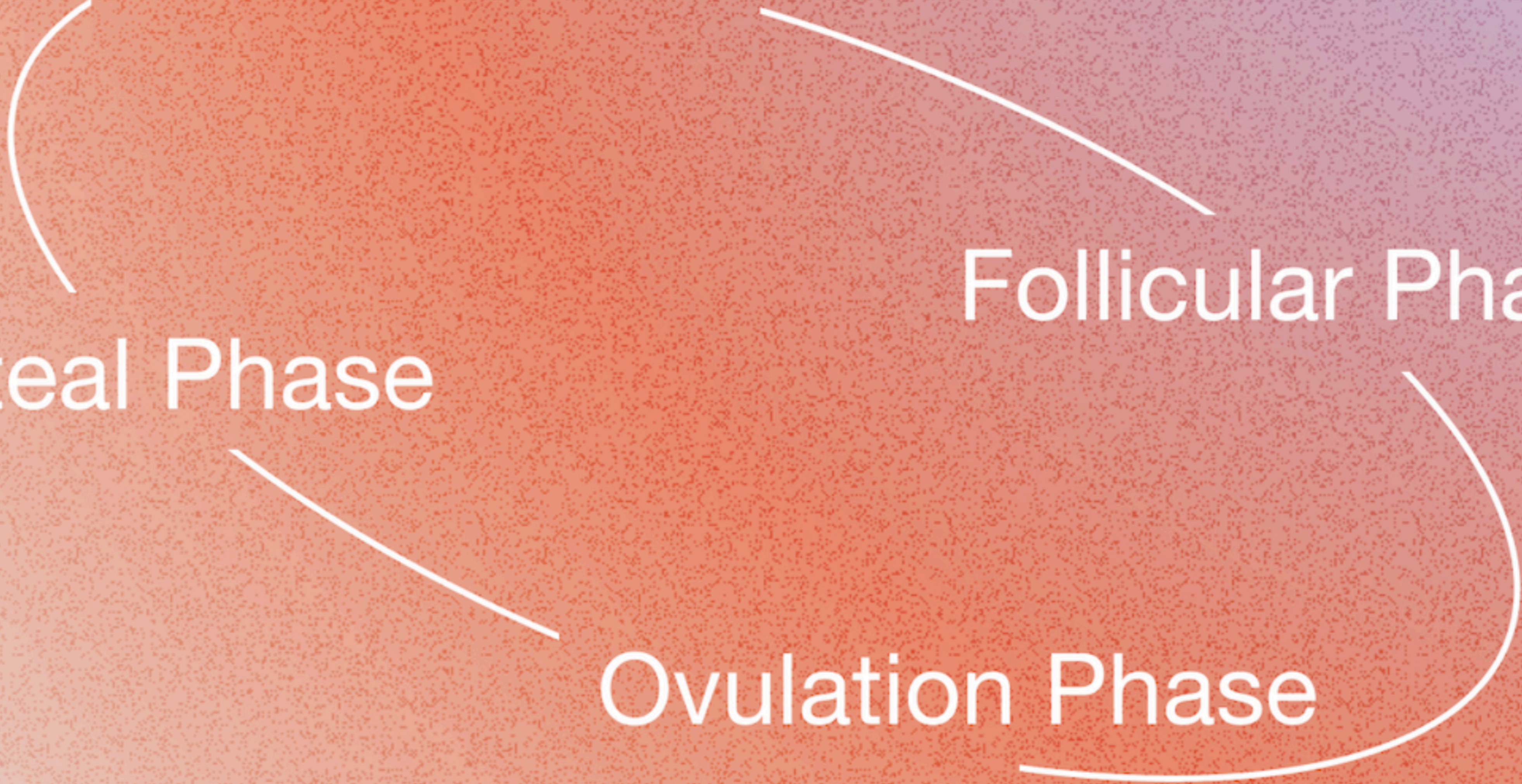


Menstruation

Follicular Phase

Luteal Phase

Ovulation Phase





# Typical Workout Programs:

Take the guess workout out of building/maintaining fitness by providing a schedule.

Maintain the same intensity throughout the month.

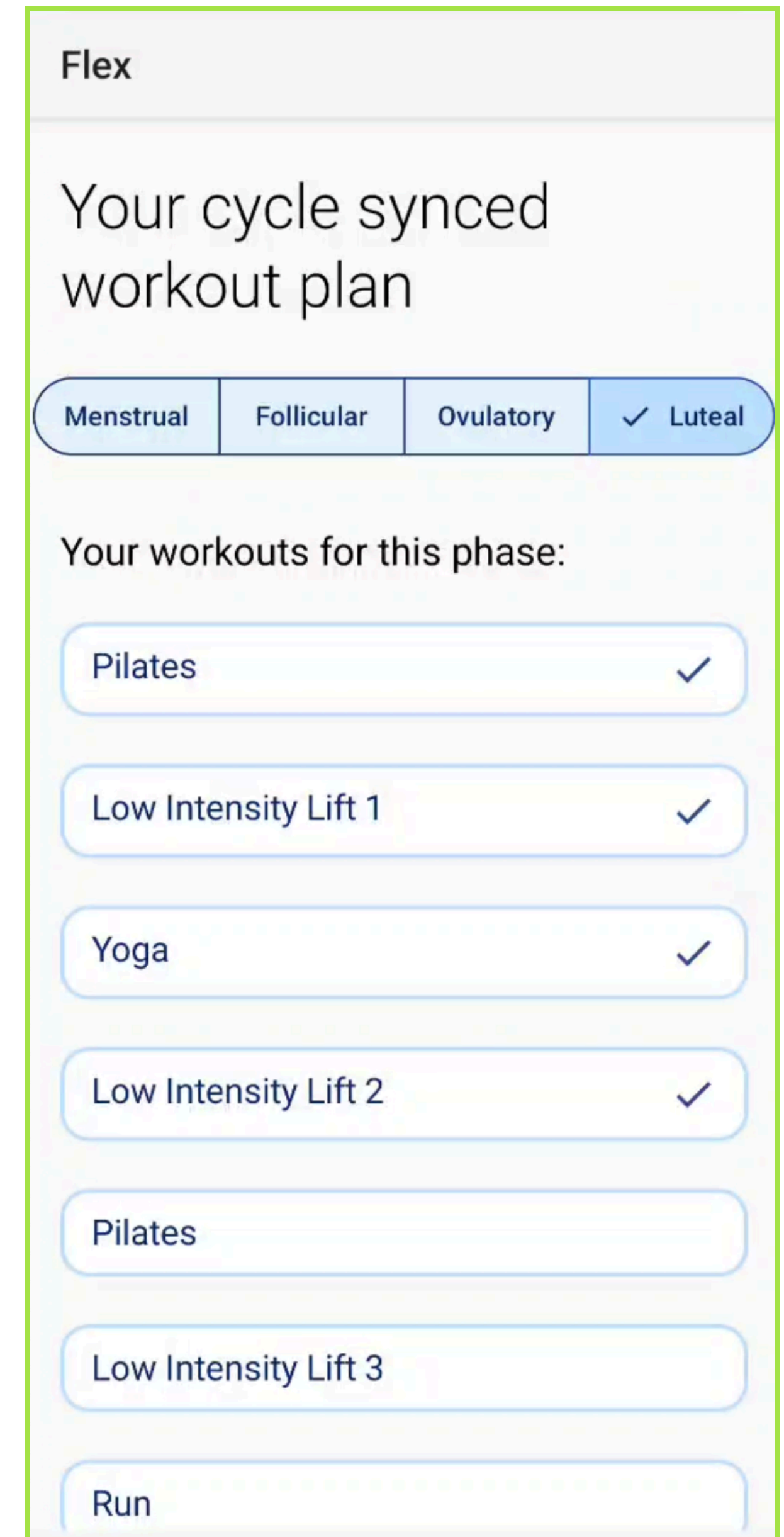
Do not accommodate the female hormonal cycle.



# The Flex App

Provides a workout program that has been tailored to synergize with the female hormonal cycle.

- Provides a workout schedule to take the guess workout out building/maintaining fitness
- Adapts the intensity and type of workouts based on the female hormonal cycle



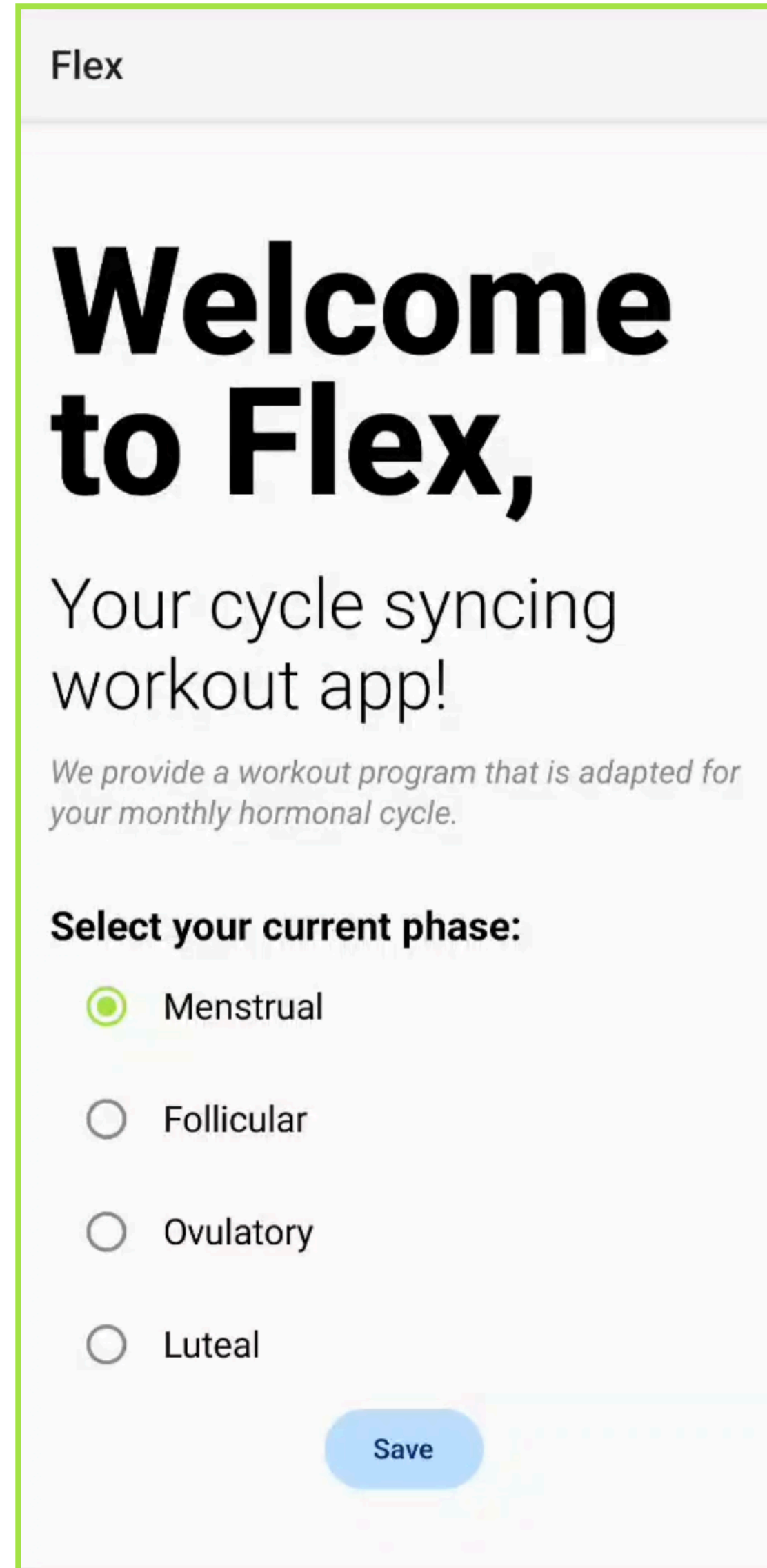




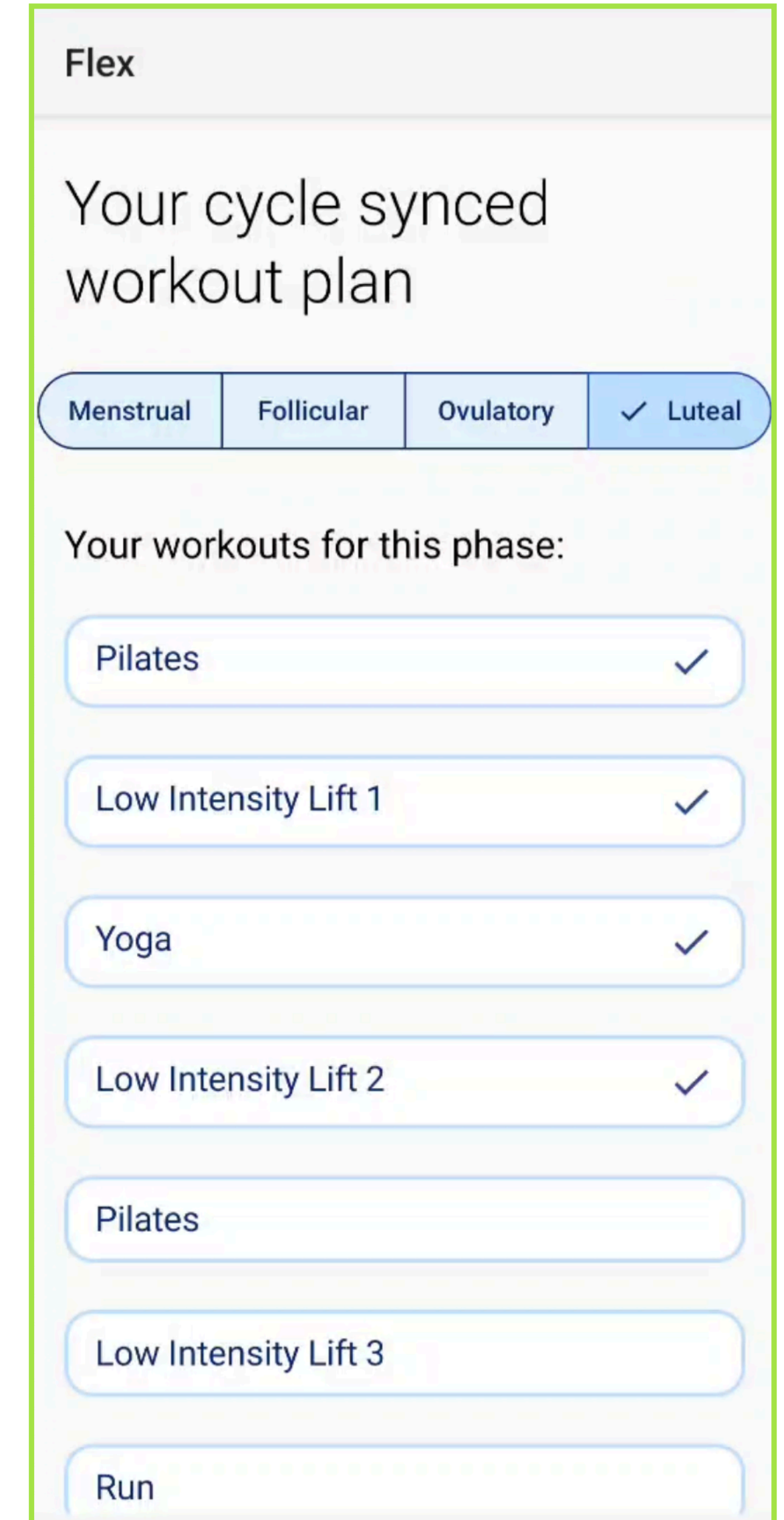
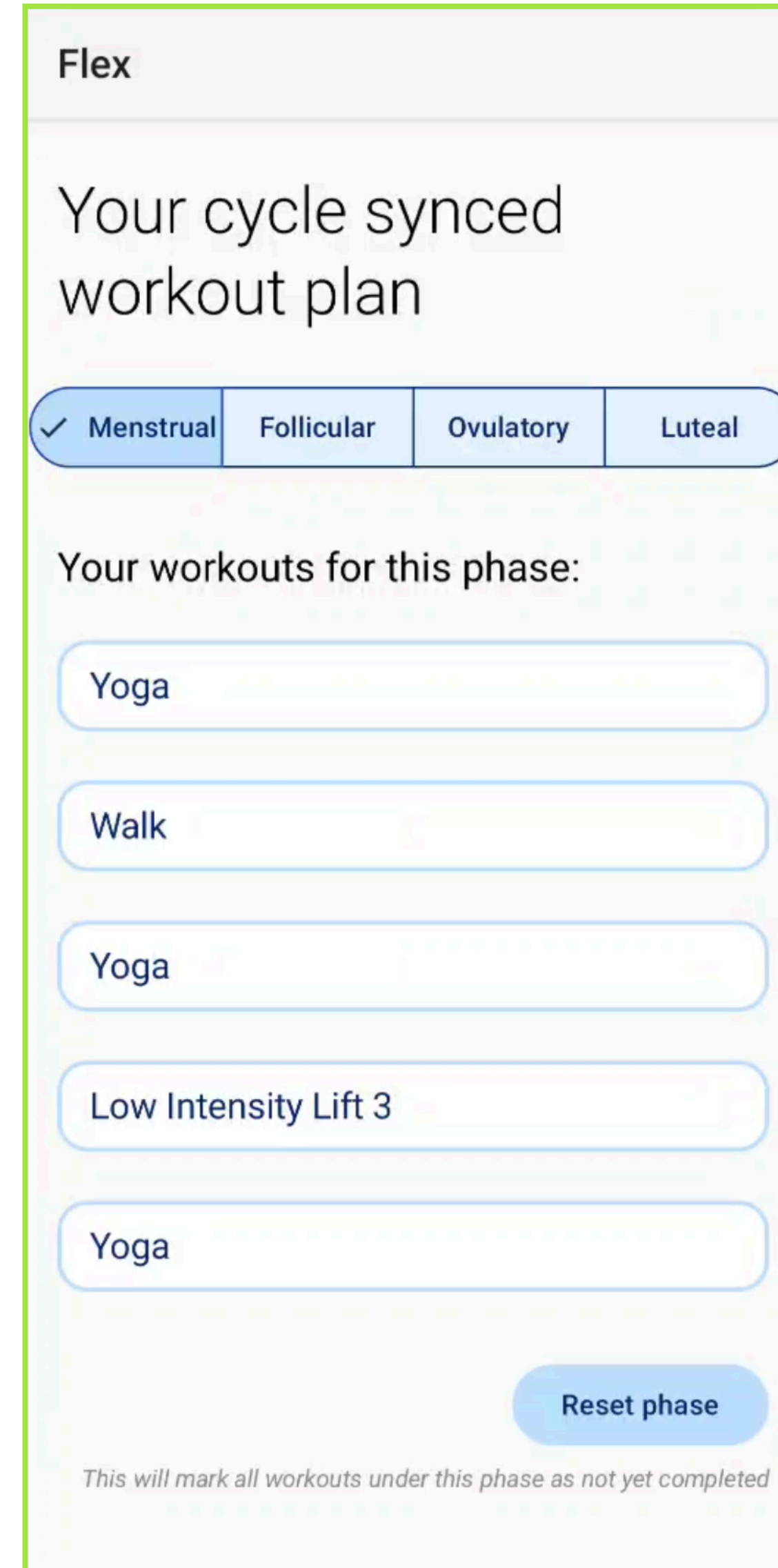


# Home Fragment

Welcome Screen:



Home Screen:



## Two State Flows

- **UI State:**
  - Loading
  - Success(WorkoutPlan)
- **Phase**



# Workout Fragment: Workout UI State

## Success:

Flex

### Low Intensity Lift 3

Start Workout

Barbell Hip Thrust      Sets:4  
Reps:5

Single-leg glute bridge      Sets:4  
Reps:20

Romanian Deadlift With Dumbbells      Sets:3  
Reps:15

## Active:

Flex

### Low Intensity Lift 3

End Workout      Complete Workout

Barbell Hip Thrust      5 reps

Rest      90 seconds

Barbell Hip Thrust      5 reps

Rest      90 seconds

Barbell Hip Thrust      5 reps

Rest      90 seconds

Barbell Hip Thrust      5 reps

Rest      90 seconds

Single-leg glute bridge      20 reps

## Activity Timer:

Flex

### Yoga

End Workout      Complete Workout

29:42

## Completed:

Flex

# Congrats,

## You Completed Low Intensity Lift 3!

Return to Home Screen



## ActiveWorkoutUseCase

# ActiveWorkoutUseCase

## Domain Layer

- Combines data from the Workout Repository and the Exercise Repository into a list of WorkoutSets.

### isActive = false:

- The List<WorkoutSets> contains an item for each exercise listed in the workout

### isActive = true :

- The List<WorkoutSets> contains an item for each set and rest in the workout

### isActive = false:

The screenshot shows a mobile application interface for a workout. At the top, the name 'Flex' is displayed. Below it, the workout title 'Low Intensity Lift 3' is shown. A blue button labeled 'Start Workout' is positioned below the title. The main content area contains three exercise items, each in a rounded rectangular box. The first item is 'Barbell Hip Thrust' with 'Sets:4' and 'Reps:5'. The second item is 'Single-leg glute bridge' with 'Sets:4' and 'Reps:20'. The third item is 'Romanian Deadlift With Dumbbells' with 'Sets:3' and 'Reps:15'.

### isActive = true:

The screenshot shows the same mobile application interface as the previous one, but with the 'isActive' flag set to true. The 'Start Workout' button is replaced by two buttons: 'End Workout' and 'Complete Workout'. The exercise items are now represented as individual sets and rest periods. The first set is 'Barbell Hip Thrust' with '5 reps', highlighted with a green border. This is followed by a 'Rest' period of '90 seconds'. The second set is 'Barbell Hip Thrust' with '5 reps', followed by another 'Rest' period of '90 seconds'. The third set is 'Barbell Hip Thrust' with '5 reps', followed by a 'Rest' period of '90 seconds'. The final item at the bottom is 'Single-leg glute bridge' with '20 reps'.



# Exercise BottomSheet

## ExerciseType: Reps

Flex

### Barbell Hip Thrust

Back Sets: 1 of 4 Next  
Reps: 5

Weight used  
155 Save

**Equipment:** barbell  
**Targeted muscle group:** glutes  
**Exercise description:**  
Begin seated on the ground with a bench directly behind you. Have a loaded barbell over your legs. Using a fat bar or having a pad on the bar can greatly reduce the discomfort caused by this exercise. Roll the bar so that it is directly above your hips, and lean back against the bench so that your shoulder blades are near the top of it. Begin the movement by driving through your feet, extending your hips vertically through the bar. Your weight should be supported by your shoulder blades and your feet. Extend as far as possible, then reverse the motion to return to the starting position.

## ExerciseType: Timed

Flex

### Barbell Hip Thrust

Back Sets: 2 of 4 Next  
Reps: 5

Weight used  
155 Save

**Equipment:** barbell  
**Targeted muscle group:** glutes  
**Exercise description:**  
Begin seated on the ground with a bench directly behind you. Have a loaded barbell over your

1 2 3 [X]  
4 5 6 [↩]  
7 8 9 [.-]  
0 [?]

## ExerciseType: Rest

Flex

### Low Intensity Lift 1

End Workout Complete Workout

### Elbow plank

Back 39 sec Next

Weight used  
0 Save

**Equipment:** body only  
**Targeted muscle group:** abdominals  
**Exercise description:**  
Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.

## ExerciseType: Rest

Flex

### Low Intensity Lift 3

End Workout Complete Workout

Barbell Hip Thrust 5 reps

Rest 90 seconds

Barbell Hip Thrust 5 reps

Rest 90 seconds

Barbell Hip Thrust 5 reps

### Rest

Back 81 sec Next



# Citations

## & inspirations

- <https://www.withsara.co/blog/cycle-sync-your-workouts-to-your-menstrual-cycle> (Image citation)
- <https://api-ninjas.com/api/exercises> (external API used)
- Retrofit <https://square.github.io/retrofit/> (http client)
- *MyFlo* by Flo Living (Cycle tracker app)
- *Alive* by Whitney Simmons (workout app)
- *In the Flo* by Alisa Vitti (book)
- *ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life* by Stacy T. Sims Phd (book)
- *Women Code: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive and Become a Power Source* by Alisa Vitti (book)

