



fitracker System Documentation

Independent Project

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<http://fitracker.daviddonatelli.com>

1-800-33-VOCAL

UserID: 6604493

Pin: 1183

Contents

1. System Summary

1.1 fitracker System Summary.....	3
1.2 fitracker Features List.....	3

2. Sample Calls

2.1 First Time User.....	4
2.2 Regular User w/Podcast.....	5
2.3 Regular User w/TimeCheck.....	6

3. System Diagrams

3.1 Call Flow Diagram.....	7
3.2 Database Diagram.....	8

4. State Tables

9

5. APPENDIX

Appendix I: Tips Of The Day.....	19
Appendix II: Exercise Types.....	21
Appendix III: Exercise Quick Descriptions.....	24
Appendix IV: Individual Exercise Descriptions..	26
Appendix V: Podcast Skeleton Structure.....	30
Appendix VI: Podcast Detailed Description.....	31

1.1 fitracker System Summary

The fitracker system is aimed at an average traveler who still wants to get workouts in while on the job. Unlike the previous version of fitracker, which included both personal diet as well as workouts, this version does not support anything diet-related. Instead, it focuses on being a personal trainer, giving advice and feedback on a user's workout routine. Fitracker also provides ongoing "podcasts" that will guide a user throughout their workout.

1.2 Features List

- Custom Account (login/password)
- Website Backup to database
- Can hear recommended muscle groups for a given day
- Breakdown of how to do specific workouts
- Workouts customized for home gym or traveling gym
- Option to have a workout recommendation be repeated quickly, in detail, or via podcast
- Real-time interaction enabling the system to be used throughout the workout.
- SMS Text Messaging of Tips Of The Day
- Tips Of The Day Customized by Gender

Sample Call Scripts

2.1 First Time User Call

Who	What They Said	Notes
System	Welcome to fitracker. What's your pin?	
User	12345	
System	I see it's your first time using fitracker, so let me take a second to tell you about the system. My name is Dave and I'll be your virtual trainer. I can track your daily workouts and plan a customized routine just for you. There are a couple of way you can help me plan out the best workout for you. First, I'll be asking you what type of gym you are working out in. For example, you might normally workout at a large gym at home, but sometimes be looking for a workout on the road at smaller sized gym. I can help you stay on track with your workouts between these gyms, and tell you what workout I recommend. For working out, I can either give you a quick overview of a given workout, or I can put together a podcast which you can download to your mp3 player, so I can walk you through your workout. Just let me know what works best for you, and I'll be happy to take car of it. If you want to hear that description again, say "tell me again". Otherwise if you are ready to start, say "hit the gym"	Large audio file, pause before last line
User	Hit The Gym	
System	What type of gym are you working out in today? You can choose "big gym", "small gym", or "no gym"	
User	Big Gym	
System	Ok let me setup your workout for today. In the meantime, here's a quick tip to help you out. Try supersets! Supersets involve working opposing muscles at the same time. For example, doing a set of bicep curls and then doing a set of tricep pushdowns. You can do this with any other push and pull combination. Ok I got your workout ready to go. Today you will be working chest and arms. How would you like to review your workout. You can say "quick review", "detailed review", or "podcast"	Pause before and after tip.
User	Quick review	
System	Ok we have a big chest and arm day lined up here at home, so let's get to it. We will start the day with some classic bench to get your energy level up and get a good chest workout at the same time. We will keep focusing on your chest after that with some sets of incline press. We'll then move our attention to your biceps, doing sets of preacher curls followed by sets of reverse curls. Finally, we will get your triceps with tricep pushdowns and finally skull crushers to make sure we worked everything out equally. To hear that workout in detail say "break it down", or say "I'm good"	Pause before last line
User	I'm good.	
System	Ok well good luck in the gym, and I'll talk to you soon. Oh, and thanks for using fitracker!	

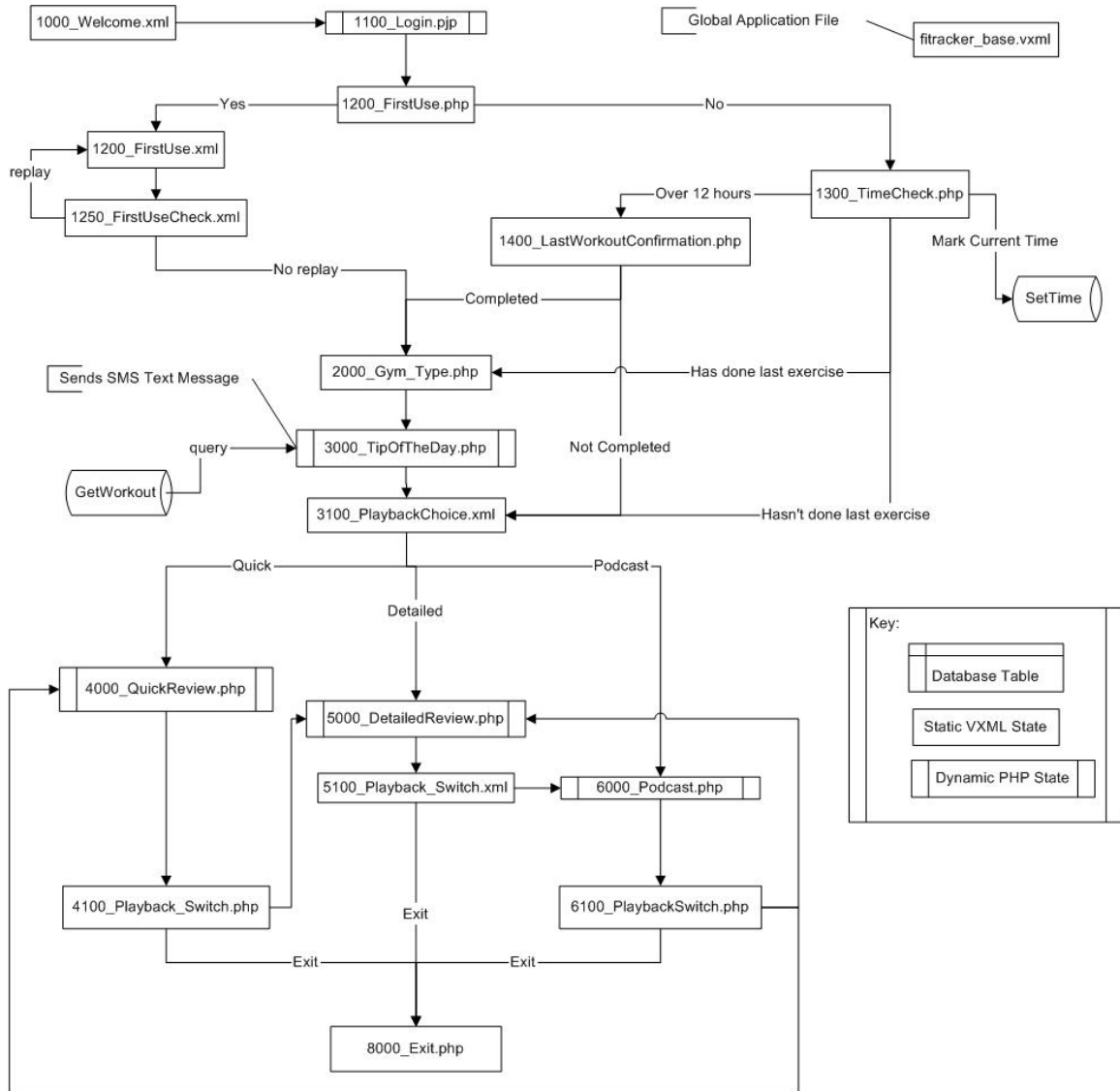
2.2 Regular User Podcast

Who	What They Said	Notes
System	Welcome to fitracker. What's your pin?	
User	12345	
System	Let's see, the last workout you were on was chest and arms, did you get that done?	
User	No	
System	Ok, let's go over that workout again. How would you like us to review your workout. You can say "quick review", "detailed review", or "podcast"	
User	Podcast	
System	Ok I just put together your workout in a podcast so I can walk you through it step by step. Just update your fitracker podcast to download your new podcast. Or to download it manually, just log in to your account on fitracker.daviddonatelli.com , and I've put the link at the top of your page. If you are ready to hit the gym say "I'm gone". To hear a quick description of what is on your podcast say "quick review", or to hear a detailed review of your workout say "break it down"	
User	I'm gone	
System	Ok well good luck in the gym, and I'll talk to you soon. Oh, and thanks for using fitracker!	

2.3 Regular User Time Check

Who	What They Said	Notes
System	Welcome to fitracker. What's your pin?	
User	12345	
System	Welcome back. We last spoke less than twelve hours ago. Have you already done your workout?	
	Yes	
	Ok. What type of gym are you working out in today? You can choose "big gym", "small gym", or "no gym"	
	No gym	
	Ok let me setup your workout for today. In the meantime, here's a quick tip to help you out. If your main goal isn't to gain muscle mass but rather tone it, keep your reps high in the 10-14 range. This will tone your muscles rather than bulk them up. Ok I got your workout ready to go. Today you will be working chest and arms. How would you like to review your workout. You can say "quick review", "detailed review", or "podcast"	Female voice for tip
	podcast	
	Ok I just put together your workout in a podcast so I can walk you through it step by step. Just update your fitracker podcast to download your new podcast. Or to download it manually, just log in to your account on fitracker.daviddonatelli.com , and I've put the link at the top of your page. If you are ready to hit the gym say "I'm gone". To hear a quick description of what is on your podcast say "quick review", or to hear a detailed review of your workout say "break it down"	
	I'm gone	
	Ok well good luck in the gym, and I'll talk to you soon. Oh, and thanks for using fitracker!	

3.1 Call Flow Diagram



3.2 Database Diagram

account	
	userID
	firstName
	lastName
	email
	firstTimeFlag
	gender
	phone
	carrier
	currentWorkout
	lastWorkoutType
	lastWorkout1
	lastWorkout2
	lastWorkout3
	lastWorkout1Type1
	lastWorkout1Type2
	lastWorkout1Type3
	lastWorkout2Type1
	lastWorkout2Type2
	lastWorkout2Type3
	lastWorkout3Type1
	lastWorkout3Type2
	lastWorkout3Type3
	lastTime
	podcast
	lastTip
	lastTimeLong

4.1 State Tables



1000_Welcome.xml

Play Prompt		
Entering from		
Prompts		
Name	Condition	Wording
	always	Welcome to fitracker.
Condition	Action	
Always		
Module Settings		

1100_Login.php

Speech Input				
Entering from				
1000_Welcome				
Prompts				
Type	Name	Wording		
Initial	11001	What' your pin?		
Timeout 1	11002	I'm sorry, I didn't hear you. Let's try again.		
Timeout 2	11003	You must not have an account. You can sign up for a free one at fit tracker dot david donatelli dot com		
Retry 1	11004	I'm sorry that isn't a valid pin number. Let's try again.		
Retry 2	11005	You must not have an account. You can sign up for a free one at fit tracker dot david donatelli dot com		
Help	11006	Please say your user ID number to log into the system. If you don't have an account, you can get one at fit tracker dot david Donatelli dot com.		
Option	Vocabulary	DTMF	Action	Confirm.
	<VERIFIED>		1200_FirstUse	
	<FAILED>		<Reprompt>	
Commands				
Module Settings				

1200_FirstUse.xml



Play Prompt		
Entering from		
1100_Login		
Prompts		
Name	Condition	Wording
12001	always	I see it's your first time using fitracker, so let me take a second to tell you about the system. My name is Dave and I'll be your virtual trainer. I can track your daily workouts and plan a customized routine just for you. There are a couple of way you can help me plan out the best workout for you. First, I'll be asking you what type of gym you are working out in. For example, you might normally workout at a large gym at home, but sometimes be looking for a workout on the road at smaller sized gym. I can help you stay on track with your workouts between these gyms, and tell you what workout I recommend. For working out, I can either give you a quick overview of a given workout, or I can put together a podcast which you can download to your mp3 player, so I can walk you through your workout. Just let me know what works best for you, and I'll be happy to take car of it.
Condition	Action	
Always	Go to: 1250_FirstUse	
Module Settings		

1250_FirstUseCheck.xml

Speech Input				
Entering from				
1200_FirstUse				
Prompts				
Type	Name	Wording		
Initial		If you want to hear that description again, say "tell me again". Otherwise if you are ready to start, say "hit the gym"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	"tell me again"		1200_FirstUse	
	"hit the gym"		Go to: 2000_GymType	
Commands				
Module Settings				

1300_TimeCheck.php

Speech Input				
Entering from				
1100_Login				
Prompts				
Type	Name	Wording		
Initial		<IF TIME>Welcome back. We last spoke less than twelve hours ago, are you calling to check in on your previous workout?		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	Yes		Go to: 3000_Playback_Choice	
	No		Go to: 2000_Gym_Type	
	ELSE		Go to: 1350_LastWorkout	
Commands				
Module Settings				

1400_LastWorkoutConfirmation.php

Speech Input				
Entering from				
1300_TimeCheck				
Prompts				
Type	Name	Wording		
Initial		Let's see, the last workout you were on was		
		<WORKOUT>		
		Did you get that done?		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	Yes		"Ok let's keep moving then"	
			Go to: 2000_GymType	
	No		"Ok let's go over that workout again"	
			Go to: 3000_Playback_Choice	
Commands				
Module Settings				

2000_Gym_Type

Speech Input				
Entering from				
1200_FirstUseCheck OR 1300_TimeCheck OR 1350_LastWorkout				
Prompts				
Type	Name	Wording		
Initial		What type of gym are you working out in today? You can choose "big gym", "small gym", or "no gym"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	"big gym"		Go to: 3000_Playback_Choice	
	"small gym"		Go to: 3000_Playback_Choice	
	"no gym"		Go to: 3000_Playback_Choice	
Commands				
Module Settings				

3000_TipOfTheDay



Play Prompt		
Entering from		
2000_GymType		
Prompts		
Name	Condition	Wording
30001.wav	always	Ok let me setup your workout for today.
30001a.wav		<IF MALE> In the meantime, here's a quick tip to help you out.
		<TIP OF THE DAY MALE>
30001b.wav		<IF FEMALE> In the meantime, my co-trainer Emily wants to give you a quick tip.
		<TIP OF THE DAY FEMALE>
Condition	Action	
Always	Go to: 3100_Playback_Choice	
Module Settings		

3100_Playback_Choice

Speech Input				
Entering from				
3000_TipOfTheDay				
Prompts				
Type	Name	Wording		
Initial		Ok I got your workout ready to go. Today you will be working		
		<EXERCISE>		
		How would you like to review your workout. You can say "quick review", "detailed review", or "podcast"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	podcast		Go to: 6000_Podcast	
	"detailed review"		Go to: 5000_Detailed_Review	
	"quick review"		Go to: 4000_Quick_Review	
Commands				
Module Settings				

4000_Quick_Review



Play Prompt		
Entering from		
2000_GymType		
Prompts		
Name	Condition	Wording
	always	<QUICK REVIEW>
Condition	Action	
Always	Go to: 7000_Playback_Switch	
Module Settings		

5000_Detailed_Review

Speech Input				
Entering from				
3100_Playback_Choice				
Prompts				
Type	Name	Wording		
Initial	50001a	<IF INITIAL> Here's a breakdown of your workout. To skip an exercise at any time, say "skip", or press 1.		
		<EXERCISE DESCRIPTION>		
	50001b	To hear this description again, press 2 or say "tell me again". To move on, press 3 or say "keep going"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	skip		Go to: 7000_Playback_Switch	
	"keep going"		Go to: 7000_Playback_Switch	
	"tell me again"		Go to: 7000_Playback_Switch	
Commands				
Module Settings				

6000_Podcast



Play Prompt		
Entering from		
2000_GymType		
Prompts		
Name	Condition	Wording
	always	Ok I just put together your workout in a podcast so I can walk you through it step by step. Just update your fitracker podcast to download your new podcast. Or to download it manually, just log in to your account on fitracker.daviddonatelli.com , and I've put the link at the top of your page.
Condition	Action	
Always	Go to: 7000_Playback_Switch	
Module Settings		

4100_Playback_Switch

Speech Input				
Entering from				
4000_Quick_Review				
Prompts				
Type	Name	Wording		
Initial		To hear that workout in detail say "break it down", or say "I'm good"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	"break it down"		Go to: 5000_Detailed_Review	
	"I'm good"		Go to: 8000_Exit	
Commands				
Module Settings				

5100_Playback_Switch

Speech Input				
Entering from				
5000_Detailed_Review				
Prompts				
Type	Name	Wording		
Initial		If you would like a podcast of that workout so I can walk you through the exercises, say "podcast". Otherwise say "I'm good"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	"podcast"		Go to: 6000_Podcast	
	"I'm good"		Go to: 8000_Exit	
Commands				
Module Settings				

6100_Playback_Switch

Speech Input				
Entering from				
6000_Podcast				
Prompts				
Type	Name	Wording		
Initial		If you are ready to hit the gym say "I'm gone". To hear a quick description of what is on your podcast say "quick review", or to hear a detailed review of your workout say "break it down"		
Timeout 1				
Timeout 2				
Retry 1				
Retry 2				
Help				
Option	Vocabulary	DTMF	Action	Confirm.
	"detailed review"		Go to: 5000_Detailed_Review	
	"quick review"		Go to: 4000_Quick_Review	
	"I'm good"		Go to: 8000_Exit	
Commands				

Module Settings

8000_Exit.php



Play Prompt

Entering from

Prompts

Name

Condition

Wording

always

Ok well good luck in the gym, and I'll talk to you soon. Thank you for using fitracker

Condition

Action

Always

Module Settings

Appendix I: Tips Of The Day

File Name	Gender	Prompt
1TipMale.wav	M	Try supersets! Supersets involve alternating working on opposing muscles. For example, doing a set of bicep curls and then doing a set of tricep pushdowns. You can do this with any other push and pull combination.
2TipMale.wav	M	Breathe! Control your breathing while inhaling on the negative part of a set and exhaling on your main push. For example on the bench, breathe in as you lower the weight, then breathe out as you push up.
3TipMale.wav	M	Stay hydrated! Water is a must to seeing results from your workout. Make sure you drink throughout the day, especially during your workouts.
4TipMale.wav	M	Stretch! Stretching will not only reduce joint and muscle soreness, but will also increase your range of motion, enabling you to get a better lift.
5TipMale.wav	M	Mix in cardio! When you are skipping a day in the gym, do some cardio instead. Running, mountain biking, or the elliptical machine are all great ways to still get a workout without weights.
6TipMale.wav	M	Do more! If you are still feeling energetic at the end of a workout, do an extra set on a muscle that you were just working. It will increase muscle breakdown while still allowing for recovery. Just remember to get a good night's sleep!
7TipMale.wav	M	Get your rest! Believe it or not, sleep is more important than exercise if you are trying to get and stay in shape. Try to get at least 8 hours of sleep a night, and don't exercise if you drank alcohol the night before.
8TipMale.wav	M	<no tip>
9TipMale.wav	M	<no tip>
10TipMale.wav	M	<no tip>
11TipMale.wav	M	<no tip>
12TipMale.wav	M	<no tip>
1TipFemale.wav	F	Burn more calcs lifting weights than you do on the treadmill. You stop burning calcs 30min after u stop running, otherwise 6hrs afterwards
2TipFemale.wav	F	If your main goal isn't to gain muscle mass but rather tone it, keep your reps high in the 10-14 range. This will tone your muscles rather than bulk them up.
3TipFemale.wav	F	Take a break! Going to failure every day on cardio or in the gym doesn't help you reach your goals. Make sure you have days off during the week, try not to train more than 6 times a week with cardio.
4TipFemale.wav	F	Stay hydrated! Water is a must to seeing results from your workout. Make sure you drink throughout the day, especially during your workouts.

5TipFemale.wav	F	Stretch! Stretching will not only reduce joint and muscle soreness, but will also increase your range of motion, enabling you to get a better lift.
6TipFemale.wav	F	<no tip>
7TipFemale.wav	F	<no tip>
8TipFemale.wav	F	<no tip>
9TipFemale.wav	F	<no tip>
10TipFemale.wav	F	<no tip>
11TipFemale.wav	F	<no tip>
12TipFemale.wav	F	<no tip>

Appendix II: Exercise Types

Type	Workout Files	Workout ID	Gym Type	Exercises
1	-1short.inc -1long.inc -1short.wav -1long.wav	Chest/Arms (1)	Big Gym	<ul style="list-style-type: none"> Decline Press Dips Close Grip Pullups Overhead Tricep Extension Machine Bicep Curls
1	-2short.inc -2long.inc -2short.wav -2long.wav	Chest/Arms (1) (sync with 11)	Small Gym	<ul style="list-style-type: none"> Machine Chest Press Push-Ups Dumbbell Curls Overhead Tricep Extension Diamond Push-Ups
1	-3short.inc -3long.inc -3short.wav -3long.wav	Chest/Arms (1) (sync with 11)	No Gym	<ul style="list-style-type: none"> Wide Push-Ups Diamond Pushups Pull - Ups
1	-4short.inc -4long.inc -4short.wav -4long.wav	Shoulders/Back (2)	Big Gym	<ul style="list-style-type: none"> Military Press Front Raise Seated Row Chin Up Lat Pull Down Reverse Fly
1	-5short.inc -5long.inc -5short.wav -5long.wav	Shoulders/Back (2) (sync with 14)	Small Gym	<ul style="list-style-type: none"> Military Press Front Raise Side Raise Reverse Fly Bent-Over Row Chin Up
1	-6short.inc -6long.inc -6short.wav -6long.wav	Shoulders/Back (2) (sync with 15)	No Gym	<ul style="list-style-type: none"> Upside Down Shoulder Press Chin Up
1	-7short.inc -7long.inc -7short.wav -7long.wav	Legs/Abs (3)	Big Gym	<ul style="list-style-type: none"> Squat Leg Press Dead lift Standing Calf Raise Leg Extension/Curl

				<ul style="list-style-type: none"> Crunches
1	-8short.inc -8long.inc -8short.wav -8long.wav	Legs/Abs (3) (sync with 17)	Small Gym	<ul style="list-style-type: none"> Squat Leg Press Standing Calf Raise Crunches Treadmill Lieing Leg Raise
1	-9short.inc -9long.inc -9short.wav -9long.wav	Legs/Abs (3) (sync with 18)	No Gym	<ul style="list-style-type: none"> Squat Calf Raise Crunch Treadmill Lieing Leg Raise
2	-10short.inc -10long.inc -10short.wav -10long.wav	Chest/Arms (1)	Big Gym	<ul style="list-style-type: none"> Bench Press Incline Press Preacher Curls Reverse Curls Tricep Push-Down Skull-Crushers
2	-11short.inc -11long.inc -11short.wav -11long.wav	Chest/Arms (1)	Small Gym	<ul style="list-style-type: none"> Sync'd with previous workout
2	-12short.inc -12long.inc -12short.wav -12long.wav	Chest/Arms (1)	No Gym	<ul style="list-style-type: none"> Sync'd with previous workout
2	-13short.inc -13long.inc -13short.wav -13long.wav	Shoulders/Back (2)	Big Gym	<ul style="list-style-type: none"> Dumbbell shoulder press Lateral Side Raise Chin Up Behind Neck Military Press Bent-over dumbbell row Upright Row
2	-14short.inc -14long.inc -14short.wav -14long.wav	Shoulders/Back (2)	Small Gym	<ul style="list-style-type: none"> Sync'd with previous workout
2	-15short.inc -15long.inc -15short.wav -15long.wav	Shoulders/Back (2)	No Gym	<ul style="list-style-type: none"> Sync'd with previous workout
2	-16short.inc -16long.inc	Legs/Abs (3)	Big Gym	<ul style="list-style-type: none"> Dead lift Squat

	-16short.wav -16long.wav			<ul style="list-style-type: none"> • Leg extension/curl • Windmills • Machine Crunch • Leg Raises
2	-17short.inc -17long.inc -17short.wav -17long.wav	Legs/Abs (3)	Small Gym	<ul style="list-style-type: none"> • Sync'd with previous workout
2	-18short.inc -18long.inc -18short.wav -18long.wav	Legs/Abs (3)	No Gym	<ul style="list-style-type: none"> • Sync'd with previous workout

Appendix III: Exercise Quick Reviews

Workout	Audio File	Description
1	1short.wav	Ok we are lifting chest and arms in your big gym, so we have everything at our disposal. First, we are going to start off with the decline press to work your chest. After that, we will move into dips which will get not only your chest but your triceps too. Then we will switch to biceps and to some pull-ups, and continue on after those back to your triceps with three sets of overhead tricep extensions. Finally, we will cap off your workout with some bicep curls on a machine here in your gym.
2/11	2short.wav 11short.wav	To start on your chest and arm workout, we will first hit up the machine chest press in the gym, since every small gym has one and you can get a good chest workout on it. Then we will keep working your chest with 3 sets of pushups. We will then switch gears to get your biceps by doing dumbbell curls with whatever weights we can find in the gym. After our curls, we will immediately get the opposing triceps with overhead tricep extensions, then finish off the workout with some modified diamond pushups.
3/12	3short.wav 12short.wav	Even though we don't have a gym to workout in, we can still get a quick workout in. First we will do some wide pushups to keep changing up your chest workout. We will immediately go into diamond pushups after to keep burning the chest muscles while also getting the triceps. Finally, we will get a set in for your biceps with close grip pull-ups.
4	4short.wav	Today we are gonna have a great shoulder and back workout using a variety of machines in your home gym. First, we are going to do a classic military press to warm up your shoulders. Next, we will move into front shoulder raises to work on your shoulder definition. After the raises, we will shift gears and work on your back with some seated rows. After 3 sets there, I'll have you do some chin-ups, focusing on really getting your lats. To further work your lats, we will then immediately go into lat pull downs on a machine, and finally finish out with some reverse flys to keep your muscle gains balanced.
5/14	5short.wav 14short.wav	Even though this isn't our usual gym, we will still manage to work up a sweat in this small gym. First we'll do 3 sets of military presses with either dumbbells or a barbell, depending what the gym has to offer. Next, we will do some front shoulder raises with the gym's dumbbells, then move into a seated row if the gym can accommodate it. We'll then get your back with some chin ups, followed by another 3 sets on the lat pull down machine. Finally, we will finish the day out with some reverse flys.
6/15	6short.wav 15short.wav	Since we don't have a gym to work in today and we worked your shoulders and back pretty well last time, we will only do 2 sets for today to give you extra time to recover. First, if you are feeling ambitious, we will do some upside-down shoulder presses. After that we will do some chinups to get your back as well and call it a day.
7	7short.wav	Ok, it's leg day and we are in our usual spot, so today should be a good one. To start off, we will work your butt and quads with some classic squats. After that set, your legs will be all warmed up for our next 3 sets on the leg press. After that, we will move into some dead lifts to make sure we get your hip muscles as well as your quads. To focus on those muscle groups, we will then move into leg extensions and curls to really feel the burn. To finish the workout off, we will do 3 sets of calf raises, followed by a set of prone leg raises.
8/17	8short.wav 17short.wav	Even if we are in a smaller gym, we can't let that get in the way of your leg workout for today. To start off, we will work your butt and quads with some classic squats. After that, we will move into some dead lifts to make sure we get your hip muscles as well as your quads. To finish the workout off, we will do 3 sets of crunches, followed by a set of prone leg raises.
9/18	9short.wav 18short.wav	It can be hard to lift legs when you have no gym to do it in, but we will see what weights we have lying around the room to make these workout count. First we will do some free form squats, followed by some calf raises on any ledge we can find. We will then hit your abs hard, with 3 sets of crunches, followed by 3 sets of windmills, and then finishing with some lying leg raises.

10	10short.wav	Ok we have a big chest and arm day lined up here at home, so let's get to it. We will start the day with some classic bench to get your energy level up and get a good chest workout at the same time. We will keep focusing on your chest after that with some sets of incline press. We'll then move our attention to your biceps, doing sets of preacher curls followed by sets of reverse curls. Finally, we will get your triceps with tricep pushdowns and finally skull crushers to make sure we worked everything out equally.
13	13short.wav	To start this lift and get you fired up, we are going to do some classic dumbbell shoulder presses. We will then continue focusing on your shoulders with some lateral side raises. We will then work a set of chinups to give your shoulders a rest and work your back, but then move back to shoulders with some behind-the-neck military presses. We will then work the rest of your back muscles with bent over dumbbell rows first, followed by upright rows to finish off the session.
16	16short.wav	Leg day at home, you know we are gonna have a great workout. First we will start by working your hips and butt with some deadlifts. We will then continue breaking a serious sweat by moving right into deadlifts after your squat sets. After we finish off those deadlifts, we will slow down a bit and focus on leg extensions and curls to really tone your upper legs, and then finish off the lift with some machine ab crunches and some hanging leg raises.

Appendix IV: Individual Exercise Descriptions

Workout	Audio File	Description
Decline Press	declinePress.wav	For the decline press, find a bench with a decline and foot holds, exactly like a bench you might do situps on. You can choose a barbell decline press or a dumbbell decline press depending on your preference, but the dumbbell version is a bit harder and you will do less weight. Lower the weight to your chest and push up toward the ceiling to complete a rep.
Dips	Dips.wav	Dips. Find the dip bars in your gym, which are 2 bars parallel to each other at about chest height. Hop on the bars by supporting all your weight with your arms while leaving your legs hanging between the bars. To complete a rep, lower yourself until your triceps are parallel with the ground, and then push back up and straighten out your arms. Remember to keep your elbows in line with the bar as you go down, and try to lean forward just a bit.
Close Grip Pull-Ups	pull-Ups.wav	For these pullups, find the pullup bar and grasp it with both hands about 5 inches apart with your palms facing you. To complete a rep, pull up until your chin reaches the bar, and lower yourself back down
Overhead Tricep Extension	overheadTricep.wav	Find a chair in your gym and grab a dumbbell. Grab the dumbbell with both hands by making a diamond with your thumb and index finger, with the handle of the barbell inside the diamond, and the weight of the end of the dumbbell resting on the palms of your hands. If this is a bit confusing to you, check out fittrackers website or ask a trainer at your gym. If you're ready, Raise the dumbbell over your head so your arms are fully extended. Lower the dumbbell behind your head while keeping your triceps perpendicular to the floor, until your arms are flexed just above 90 degrees. Then, push the weight back up.
Machine Bicep Curls	machineCurls.wav	Find any bicep machine in your gym and follow the instructions listed. Most machines are simple and have you sit down facing forward to complete a curl, much like a preacher curl.
Machine Chest Press	machineChestPress.wav	Find any chest machine in your gym that focuses on the middle of your chest muscle. In other words, find a machine that has a flat bench instead of an incline or a decline. Follow the instructions listed on the machine to complete your reps.
Pushups	Pushups.wav	For pushups, lie on the floor face down, and then push up into position by supporting your weight on your hands and toes. Make sure to keep your back straight throughout the exercise. Place your hands far enough apart so when you go down, your hands are just outside of your chest muscles. To do a rep, simply go down to the floor without resting on the ground, then push back up until your arms are once again extended.
Dumbbell Bicep Curls	dumbbellCurls.wav	Grab 2 dumbbells and stand with the weights at your side. Alternating arms by doing one rep for one arm at a time, Bring the weight up to your chest, keeping your elbow and shoulder locked in position while keeping your body still. To complete a rep, bring the weight up and down for both arms.
Diamond Pushups	diamondPushups.wav	For diamond pushups, set up as if you were doing regular pushups, only place your hands together so your index fingers and thumbs meet to form a diamond – then lower your hands a few inches so that when you're all the way down your hands are lined up below your chest – about where your sternum is. Then continue just like a regular pushup.
Wide Pushups	widePushups.wav	For wide pushups, set up exactly like a normal pushup, but place your hands an extra 6 inches apart so your chest is stretched out. Then proceed to do the set of

		pushups like normal.
Military Press	militaryPress.wav	for the military press, you'll be working your shoulders. It's just like a bench press except you're seated upright and you'll be pushing the weight above your head. You can do this exercise with either a barbell, dumbbells or a Smith machine. To do a rep, push the weight above your head while sitting up straight. To complete a rep, lower the weight until your hands are in line with your ears.
Front Shoulder Raise	frontRaise.wav	find 2 light dumbbells and stand with your arms hanging at your side, palms facing behind you. One arm at a time, lift the weight directly in front of you, keeping your elbow locked in position. Raise the dumbbell with your palm facing the ground until your arm is parallel with the floor, then return to the original position.
Seated Row	seatedRow.wav	find the row machine in your gym, which usually is a bench on the ground with a cable on one end. Sit down with your legs extended to the foot pads, but not locked at the knees. Keeping your back straight, grasp the handle and pull the handle to your chest. Then, still keeping your back straight, let the weight return to its original position.
Chin-Up	chinUp.wav	find your gyms pullup bar and grasp it with your palms facing away from you. You want to grasp the bar with your hands just over shoulder width apart. Focusing on contracting your shoulder blades, pull yourself up to the bar until your chin reaches the bar. Then let yourself back down in a controlled fashion to complete a rep.
Lat Pull-Down	latPullDown.wav	this exercise is just like the chin up, only on a machine instead of a bar. Find a machine with pads for your knee and make sure there is a wide bar attached above you. Grasp the bar with your hands just over shoulder width apart, and pull the weight to your upper chest while keeping your back straight. Then, let the weight back down in a controlled fashion
Reverse Fly	reverseFly.wav	grab 2 dumbbells and lie face down on a flat bench, with your forehead at the top of the bench. Extend your arms directly out from your body at a 90 degree angle, instead of behind or in front of your shoulders. Grasp the dumbbells on either side of the bench, and slowly raise both dumbbells outward and upward until your arms are parallel with the ground, then let the weight back down.
Shoulder Side Raise	sideRaise.wav	the side raise is similar to the shoulder front raise. Grab 2 dumbbells and stand with the dumbbells at your side. Raise both arms up and to your side while keeping your arms in line with your body, until your arms are parallel with the ground. Then let the weight back down
Bent-over Row	bentOverRow.wav	Grab a barbell if your gym has it, or 2 dumbbells if not and stand with your head leaning over your weight in front of you. Keeping your back straight and leaned forward at a 45 degree angle, Pull the weight to your chest, keeping your arms shoulder width apart. Then let the weight back down to the starting position, keeping your back still the entire time.
Upside-down Shoulder Press	updownShoulder.wav	this exercise is extremely difficult, and should only be performed by experienced exercisers because it involves doing a handstand! Find a wall with nothing against it or on it. Put your hands about 5 inches from the wall on the floor, bending over to do so. Kick yourself up so you are standing on your hands, with your body against the wall. To complete a rep, lower yourself down until your head barely touches the ground, and push yourself back up.
Squat	Squat.wav	find a squat rack or a smith machine in your gym. Adjust the bar so it's resting at your chest level. Squat underneath the bar with the bar resting behind your neck and your hands grasping the bar palm forward – your back will be at a slight angle. squat until your quads are parallel with the ground, keeping your back straight. Once at the bottom, push straight up to complete a rep. If you've never done this before, it's a good idea to have someone show you how
Standing Calf Raise	standingCalf.wav	grab a heavy dumbbell and find a step in your gym or a small platform like an aerobic stepper. Stand with just the balls of your feet on the step, with your heels hanging off the side. With one hand holding the weight and the other providing you balance, lower yourself a few inches while keeping your legs straight, until your

		heels can't go any further down without your falling off the ledge. then, flex your calf muscles and extend your toes until you can't get your heels any higher to complete a rep.
Deadlift	Deadlift.wav	Find a barbell and load it with weight. Put the barbell on the ground resting on the plates, and squat down to grasp the bar with your hands just over shoulder width apart. Keeping your back straight and your knees now over the bar, lift the weight straight up by standing, keeping your arms extended. After your legs are fully extended, lower the weight back to the floor by squatting instead of bending over to complete 1 rep. It's important to have someone show you proper technique if you haven't done the exercise before.
Leg Extensions/Curls	legExtCurls.wav	for extensions and curls, find the machines for these exercises in your gym. Most are set up with benches sitting up right, but some leg curl machines require you to lie face down. Follow the instructions on the machine to complete the exercise.
Crunches	Crunches.wav	for crunches, find a pad and lie on the floor with your knees bent at a 90 degree angle and your feet on the floor. Cross your arms on your chest, and lift your head straight up to toward the ceiling until you can't get any higher, then let yourself back down to complete one crunch.
Leg-Ups	legUps.wav	find a pad in your gym and lie on your back with your legs extended. With your back flat on the ground and your hands at your side. Lift your legs straight up while keeping your knees locked. Once at the top, slowly lower your legs back to the ground in a controlled manner to complete 1 rep.
Machine Crunch	machineCrunch.wav	find any crunch machine in your gym and follow the instructions listed to complete the exercise.
Incline Bench Press	inclinePress.wav	Find one of your gym's bench presses. Load the weights and lie down under the bar, with the bar resting just over the middle of your chest. Grasp the bar with your hands a bit wider apart than shoulder width, palms facing toward the ceiling. Lift the bar off the rack and lower it until it's an inch off your chest, then push the weight back up toward the ceiling. Remember to keep your back flat on the bench and your feet planted throughout the exercise.
Preacher Curls	preacherCurls.wav	The incline press is exactly like the bench press, only instead of using a bench that's parallel to the ground, use one that is at a 45 degree angle. Grasp the bar a bit wider than shoulder width, palms facing upward. Lift the bar off the rack and lower it to an inch above your chest, then push back up to complete one rep.
Reverse Curls	reverseCurls.wav	Look around your gym and find a preacher curl machine. This machine is not an actual machine, but a seat in front of a pad at chest height. Grab either a barbell or 2 dumbbells and sit with your arms extended over the pad. With the dumbbells in your hand and your palms facing toward you, lower the weight until your arms are almost fully extended. Then pull the weight back toward your face to complete the rep.
Tricep Pushdown	tricepPushdown.wav	Grab either a barbell or 2 dumbbells and stand straight holding the weight in front of you, arms extended. This is just like a normal curl, only instead of having your palms facing toward you, they are facing away. Curl the bar up to toward your face, making sure you keep your elbows locked at your sides throughout the motion. Slowly let the weight back down to its original position to complete one rep.
Skull Crushers	skullCrusher.wav	find the cable station in your gym, easily spotted by the 2 separate racks of weights connected by a metal bar over the top. Walk to one side, and position the cable as high up as it will go, with a simple bar clipped on the cable. Grasp the bar with your palms facing the floor, and stand facing the bar with your elbows locked at your side. Push the weight down toward the floor, still keeping your elbows at your side, until your arms are almost fully extended. Then let the weight come back up in a controlled fashion to complete the rep.
Shoulder Side Raise	shoulderSideRaise.wav	this shoulder exercise is much like a military press, only is done with dumbbells at a standing chair. Grab some weights and sit down in the chair, back straight. Hold the dumbbells next to each ear, with your palms facing forward. Keeping the weights in line with your body, push the weights toward a single point on the ceiling directly

		above your head. Then let the weights down by bringing them back to beside your ears to complete one rep.
Bent-over Dumbbell Row	dumbbellRow.wav	once again much like a military press, this variant involves bringing the weights down behind your head instead of in front. Use a barbell or a smith machine, and start with the weight above your head. Grasp the bar with your palms facing forward and your hands a bit wider than shoulder width apart. Keep the bar in line with your body, lower the weight until it is at the top of your neck, then push the weight back up to the starting position. Be careful though, this is a complex exercise and if it is done improperly, can lead to injury. Be sure to start with a very light weight, and never do less than 8 reps.
Upright Row	uprightRow.wav	this version of the row involves only one arm at a time, so you can focus on keeping your body balanced strength-wise. Grab one dumbbell and find a flat bench. Line up on the left side of the bench, resting your right knee on the bench. Lean forward and grab the front of the bench with your right hand, so you are now bent over with your back almost parallel to the floor. Grab the weight with your left hand, and bring it to your left chest muscle in a controlled motion. Let the weight back down and repeat for the right arm to complete one rep.
Windmills	Windmills.wav	lie on your back and raise your legs so your quads are perpendicular to the floor but your calfs are parallel to it. Start peddling as if you were riding a bicycle, keeping your back flat on the floor and your legs in the air. Peddle for 25 seconds and rest to complete your first set.
Hanging Leg Raises	hangingLegRaise.wav	find an ab station for leg raises in your gym. It is the pad that is perpendicular to the floor that has handles on either side of it, but no seat to sit down on. Get on the machine by supporting all of your weight with your arms. Raise your knees to your chest, focusing on flexing your abs the entire time. Let your legs back down to complete one rep.

Appendix V: Podcast Structure Skeleton

Occurrence	Audio	Prompt
Once	INTRO MUSIC	Welcome to fitracker podcasts.
Once	WORKOUT TYPE	This is today's workout for <Workout Type> In your <Gym Type>
Once	BRIDGE TO START	I'll give you a minute here to stretch out and get loose before we get going.
START EXERCISE LOOP (for each exercise)		
Loop	EXERCISE INTRO	Ok, let's hit the weights.
		Ready to get back to it? Great, let's move on.
		Ok let's keep going. We're just about a third done with our workout, so let's make sure we keep drinking water and staying loose.
		Still energetic? Great, try to keep up the intensity for these last exercises.
Loop	EXERCISE NUMBER	<INCREMENT>
Loop	EXERCISE NAME	<DYNAMIC BASED ON EXERCISE>
Loop	EXERCISE DESCRIPTION	<DYNAMIC BASED ON EXERCISE>
Loop	FIRST SET	
Loop	BREAK 1	Ok great job, let's take a breather. In a minute we'll move on to our second set.
		Wow looks like you are working up a sweat, keep it up. Take a few to catch your breath and we'll move into the next set
		Ok, into our 1 minute rest. Stretching is beneficial at the end of the workout too as it usually reduces soreness the next day, but if you feel stretched already, don't worry about it.
		Nice, a solid set. As we get into these exercises, concentrating on your breathing will keep your energy up and let you lift more weight. Try to inhale while bringing the weight down, and exhaling as you lift the weight up.
Loop	SECOND SET	Let's get started on the second set. Hop on the machine and I'll get ready to help you out.
Loop	BREAK 2	Not bad, I could tell you were getting a good workout at the end of that set. Let's take another breather so we can finish out the exercise strong.
		Solid work. After this minute break, only one more set to go.
		Hey my boss just ran in so I should go chat with him for a second, but in the meantime my co-trainer Emily wants to give you a quick tip. We'll keep going when I get back
Loop	EXERCISE TIP	Only one more set to go for today. As tempting as it is to cheat, try to keep your form as good as possible throughout this last set. Relax for a few and we'll finish for the day.
Loop	EXERCISE TIP	Nice set. The more and more you do a specific exercise, the more your body will get used to the proper form, so this should get easier for you in the coming weeks. In a sec we'll do the third set. Remember, if you aren't quite getting all of your reps, don't hesitate to drop the weight so you can maintain your form.

		If the weight starts to feel heavier and heavier, don't worry about it. That's a good sign that you are working your muscles to failure. But make sure you keep your form while still getting all ten reps. If you think we need to drop the weight, go right ahead
Loop	THIRD SET	Ok, time for the third set. Try to go to failure on this set since it's your last one. Ok, last set. Make sure the weight is right so you can get all your reps, and let's start. Ok, set 3. After this exercise we'll switch up your muscle groups. Here we go, last set. Ready for your last set? I'll give you a sec to hop on the machine.
Loop	TRANSITION TO COOL DOWN	Excellent, great job paying attention to form on that last set. I'll give you a minute to take off the weights and grab water, and then we'll move on to your next exercise. Way to finish that last set. Let's rack the weights so we can move on to the next muscle group. I'll give you time to grab a drink of water before we continue. Awesome, we are already halfway through the workout and have worked up a decent sweat. Grab a quick drink and I'll meet you over by our next machine. Great, your intensity through that last set stayed high. Grab another sip of water and I'll get your next exercise ready. Oh, and if you are feeling as if any of your muscles are cramping up, try to stretch them out a bit during this rest. Ok, there's only one more set to go in our workout today, so hit the waterfountain and we'll end the workout on a good note. Let's get to our last set for this exercise. I'm ready to go when you are.
Loop	INTERLUDE MUSIC	END OF PODCAST
Once	EXIT PROMPT	Great job today, we got our muscle groups and kept the energy level up, I wouldn't be surprised if you were a bit sore tomorrow. To cool down you might want to do some final stretching now, or if you are still feeling energetic, you can work some abs to finish out the day. Otherwise good work, I'll see you in a couple days for your next workout.

Appendix VI: Podcast Structure Detailed

Audio Type	Prompt	Notes
Static	Welcome to fitracker podcasts.	
Static	<Music >	High Energy, in background.
Static	This is today's workout for	
Dynamic	<Workout Type>	
Static	In your	
Dynamic	<Gym Type>	Pause before next
Static	I'll give you a minute here to stretch out and get loose before we get going.	
Static	<Music >	Music Change, high energy
Static	Ok, let's hit the weights.	
Static	Exercise 1	
Dynamic	<exercise name>	Exercise 1 Start
Dynamic	<exercise pre-info/description>	Description, while loading weights
Static	<exercise1.1 count >	Medium pace
Static	Ok great job, let's take a breather. In a minute we'll move on to our second set.	
Static	<Music>	Filler for 30-45 seconds
Static	Let's get started on the second set. Hop on the machine and I'll get ready to help you out.	
Static	<exercise1.2 count>	
Static	Not bad, I could tell you were getting a good workout at the end of that set. Let's take another breather so we can finish out the exercise strong.	
Static	<music>	Change, less intense than before
Dynamic	<exercise1 tip>	
	<music>	Continued from above
Static	Ok, time for the third set. Try to go to failure on this set since it's your last one.	
Static	<exercise1.3 count>	
Static	Excellent, great job paying attention to form on that last set. I'll give you a minute to take off the weights and grab water, and then we'll move on to your next exercise.	
Static	<music>	Approx. 90secs.
Static	Ready to get back to it? Great, let's move on.	
Static	Exercise 2	Exercise 2 Start
Dynamic	<exercise name>	
Dynamic	<exercise pre-info/description>	Description
Static	<exercise2.1 count >	Faster pace
Static	Wow looks like you are working up a sweat, keep it up. Take a few to	

	catch your breath and we'll move into the next set	
Static	<Music>	Filler for 30-45 seconds
Dynamic	<exercise tip>	Hydration, music in background
Static	Ok let's move into the second set. Hop on the machine and we'll get going.	
Static	<exercise2.2 count>	Keep fast pace
Static	If the weight starts to feel heavier and heavier, don't worry about it. That's a good sign that you are working your muscles to failure. But make sure you keep your form while still getting all ten reps. If you think we need to drop the weight, go right ahead	
Static	<music>	Change, less intense than before
Static	<music>	Continued from above
Static	Ok, set 3. After this exercise we'll switch up your muscle groups.	
Static	<exercise2.3 count>	
Static	Way to finish that last set. Let's rack the weights so we can move on to the next muscle group. I'll give you time to grab a drink of water before we continue.	
Static	<music>	Approx. 90secs.
Static	Ok let's keep going. We're just about a third done with our workout, so let's make sure we keep drinking water and staying loose.	
Static	Exercise 3	Exercise 3 Start
Dynamic	<exercise name>	
Dynamic	<exercise pre-info/description>	Description
Static	<exercise3.1 count >	Medium pace, high energy music
Static	Not bad, let's take our rest before the next set. Since we just got water, now would be a good time to stretch out a bit.	
Static	<Music>	Filler for 30-45 seconds
Static	Loosened up? Great, let's do the second set.	
Static	<exercise3.2 count>	
Static	Not bad, I could tell you were getting a good workout at the end of that set. Let's take another breather so we can finish out the exercise strong.	
Static	<music>	Change, different genre
Static	Nice set. The more and more you do a specific exercise, the more your body will get used to the proper form, so this should get easier for you in the coming weeks. In a sec we'll do the third set. Remember, if you aren't quite getting all of your reps, don't hesitate to drop the weight so you can maintain your form.	
Static	<music>	Continued from above
Static	Here we go, last set.	
Static	<exercise3.3 count>	
Static	Awesome, we are already halfway through the workout and have worked up a decent sweat. Grab a quick drink and I'll meet you over by our next machine.	
Static	<music>	Approx. 90secs.
Static	Still energetic? Great, try to keep up the intensity for these last exercises.	
Static	Exercise 4	Exercise 4 Start
Dynamic	<exercise name>	
Dynamic	<exercise pre-info/description>	Description, while loading weights
Static	<exercise4.1 count >	Medium pace
Static	That set was impressive, you seem to be getting the hang of it. Take a minute to relax and we'll keep that energy up into the next set.	

Static	<Music>	Filler for 30-45 seconds
Static	Let's get started on the second set. Hop on the machine and I'll get ready to help you out.	
Static	<exercise4.2 count>	
Static	Solid work. After this minute break, only one more set to go.	
Static	<music>	Change, less intense than before
Dynamic	<exercise4 tip>	
Static	<music>	Continued from above
Static	Ready for your last set? I'll give you a sec to hop on the machine.	
Static	<exercise4.3 count>	
Static	Great, your intensity through that last set stayed high. Grab another sip of water and I'll get your next exercise ready. Oh, and if you are feeling as if any of your muscles are cramping up, try to stretch them out a bit during this rest.	
Static	<music>	Approx. 90secs.
Static	Exercise 5	Exercise 5 Start
Dynamic	<exercise name>	
Dynamic	<exercise pre-info/description>	Description,
Static	<exercise5.1 count >	Maximum pace
Static	Nice, a solid set. As we get into these last exercises, concentrating on your breathing will keep your energy up and let you lift more weight. Try to inhale while bringing the weight down, and exhaling as you lift the weight up.	
Static	<Music>	Filler for 30-45 seconds
Static	Ok, second set, let's keep it moving	
Static	<exercise5.2 count>	
Static	Hey my boss just ran in so I should go chat with him for a second, but in the meantime my co-trainer Emily wants to give you a quick tip. We'll keep going when I get back	
Static	<music>	Change, complete 180
Dynamic	<exercise5 tip>	
Static	<music>	Continued from above
Static	Hey sorry I had to leave you for a sec. Let's get to our last set for this exercise. I'm ready to go when you are.	
Static	<exercise5.3 count>	
Static	I see my co-trainers tip might have helped you out a bit on that last one. There's only one more set to go in our workout today, so hit the waterfountain and we'll end the workout on a good note.	
Static	<music>	Approx. 90secs.
Static	Exercise 6	Exercise 6 Start
Dynamic	<exercise name>	
Dynamic	<exercise pre-info/description>	Description, while loading weights
Static	<exercise6.1 count >	high pace
Static	Ok, into our 1 minute rest. Stretching is beneficial at the end of the workout too as it usually reduces soreness the next day, but if you feel stretched already, don't worry about it.	
Static	<Music>	Filler for 30-45 seconds, high energy
Static	Ok, second to last set of the day. Let's hop on the machine.	
Static	<exercise6.2 count>	
Static	Only one more set to go for today. As tempting as it is to cheat, try to keep your form as good as possible throughout this last set. Relax for a few and we'll finish for the day.	
Static	<music>	Change, less intense than before

Static	Ok, last set. Make sure the weight is right so you can get all your reps, and let's start.	
Static	<exercise6.3 count>	
Static	Great job today, we got our muscle groups and kept the energy level up, I wouldn't be surprised if you were a bit sore tomorrow. To cool down you might want to do some final stretching now, or if you are still feeling energetic, you can work some abs to finish out the day. Otherwise good work, I'll see you in a couple days for your next workout.	
Static	<music>	Outro, same as intro
	<Music Fade >	
	<Podcast End >	