# Interface Prototype

**	MO DI N 21.11 22.11 23	Automated	Progression					2   Woche 45   Start M stzter Plan: 04.12.202	
•			reached 81%		filld in 93%	feels 79%			2
ıl.	C7 W2	SARINA WEISER	of instructed train	ning	of trained data	good			
	Ganzkoerper	CYCLES	length 5 weeks	deload <b>yes</b>	B: 3 :	Sets á 5 reps Sets á 8 reps Sets á 8 reps, 2 Sets á 5 reps	×	3	
\$		GRAPHS					~		
?	Übungs Planung 🕂 📋	EXERCISES instructed trained	load (Ø)	reps	volume (Ø)	accept accept all		s 1RM No	otiz
	E1	squats	+ 2 kg 💿	8 (constant) 💿	1320 💿			80 80	
	Kniebeuge	bench press	+ 1 kg 💿	5 (constant) O	733 💿			80	
		deadlift	+ 1.5 kg 💿	3×8, 2×5 O	870 0				
	<b>+</b>	hip thrusts	+ 2 kg 💿	8 (constant) O	642 0			s 1RM No	otiz
	E2	facepulls	+ 2 kg 💿	8 (constant)	642 0			15.8 15.8	
	Kurzhantel Schrägbankdrücken	good mornings	+ 2 kg	8 (constant)	1320 0			15.8	
		farmers walks	+ 1 kg 💿	5 (constant) O	733 💿				
		quadruped rows	+ 1.5 kg 💿	3×8, 2×5 💿	870 💿		reate	s 1RM No	otiz
	E3								
	ÜBERSICHT		WOCH	IE 18 / 19 NEUE WO	OCHE +			ZYKLUS 2 / 2	ZYKLUS +

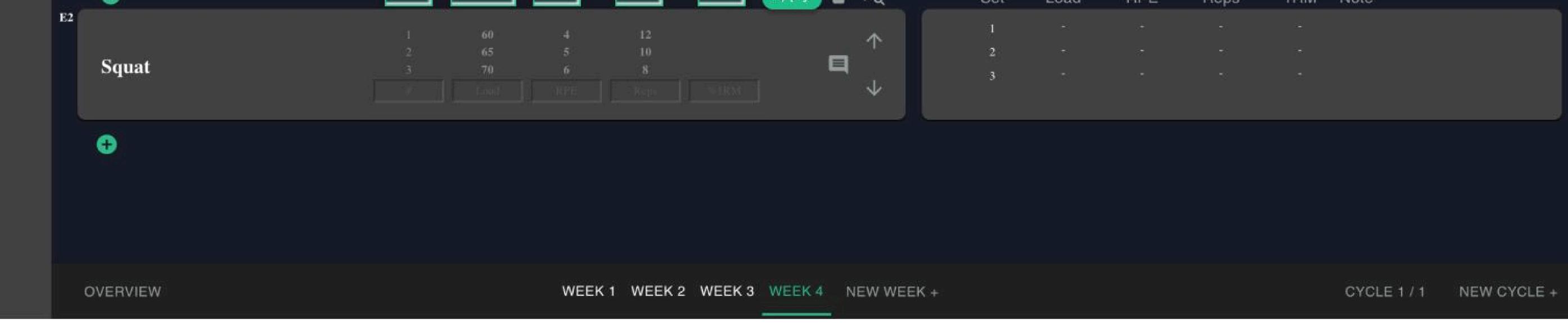
### Levels of automation

1 minimal manual modification (suggestion to be accepted)

MO DI MI DO 03.10 04.10 05.10 06.10	FR SA SO 07.10 08.10 09.10	Athlete 1RMsSquat $\Sigma$ 5Benchpress $\Sigma$ 0Deadlift $\Sigma$ 0	Athlete Note	Julia Pühl Cycle 1   Week 3   S End last plan: 09.10	
Week Name					ĺ
Monday				Athletes Session RPE: -	
Exercise Planning	Sets Load RPE 🚱		Ahtlete Values of This Week Set Load RPE	Reps 1RM Note	
Bankdrücken Bankdrücken - suggeste	ed	accept all manual mode	8750		
<b>E</b> 2	Sets Load RPE 🚱	Reps %1RM 🗋 🗂 术	Set Load RPE	Reps 1RM Note	
Squat Squat - suggested	1 1 60 65 4 4 2 2 65 70 5 5 3 3 70 75 6 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12 12 10 10 8 8 accept all manual mode	2 3		
Ð					

#### $\mathbf{2}$ manual modification easily possible (suggestions in the background)

=	Traindoo x Traindoo				
**	MO DI MI DO 03.10 04.10 05.10 06.10	FR SA SO 07.10 08.10 09.10	Athlete 1RMs       Athlete Note         Squat       Σ         Benchpress       Σ	Julia Pühl       Oycle 1   Week 3   Start Monda	ay
•			Deadlift <b>Σ</b>	End last plan: 09.10.2022	
ıh	Week Name				Î
<u> </u>	Monday			Athletes Session RPE: -	
¢	Exercise Planning	Sets Load RPE	Reps %1RM Ahtlete Valu	es of This Week O Load RPE Reps 1RM Note	
	EI Bankdrücken	1 70 6 2 75 7 3 80 8	7       ↑       1         6       ↑       2         5       •       1         None       •       1         None       •       1		
	<b>(</b>		apply 🗊 🔏 Set	Load RPE Reps 1RM Note	



#### $\mathbf{3}$ only manual modification (no suggestions )

≡	Traindoo x Traindoo						
**	MO DI MI DO 03.10 04.10 05.10 06.10		Athlete IRMsSquat∑ 5Benchpress∑ 0Deadlift∑ 0	Athlete Note		Julia Pühl Cycle 1   Week 3   S End last plan: 09.10	
ılı.	Week Name						
•	Monday				Athletes	Session RPE: -	
¢	Exercise Planning	Sets Load RPE 🛞	Reps %1RM apply apply to	Ahtlete Values of T	<b>This Week</b>	1RM Note	
	EI Bankdrücken	1       70       6         2       75       7         3       80       8         4       1000       1000	7 6 5 5 8 mm 9 mm 9 mm 9 mm	2 -			
	<b>E</b> 2	Sets Load RPE 📀	Reps %1RM apply 🗎 🚜	Set Load	RPE Reps	1RM Note	
	Squat	1 60 4 2 65 5 3 70 6 8 1000 RFE	12 10 8 ■ ■ ■ ■ ↓ ■ ↓	1 - 2 - 3 -			
	OVERVIEW	WEEK	1 WEEK 2 WEEK 3 WEEK 4 NEW	WEEK +		CYCLE 1 / 1	NEW CYCLE +

## Implementation

Automated Progression								X
Sarina Weiser	LOAD previous week	trend	LOAD upcoming week	REPS previous week	RPE/ RIR previous week		accept	accept all
MONTAG								
Tempo Kniebeuge	45-55 45-55 45-55	→ 0	45-55 45-55 45-55	6 6	RIR 2 RIR 2 RIR 2	м		
Bankdrücken	32-37 32-37 32-37 32-37	1	33-38 33-38 33-38 33-38	4 4 4 4	RIR 2 RIR 2 RIR 2 RIR 2	м		
Good Mornings	37-47 37-47 37-47	1.5	38.5-48.5 38.5-48.5	5	RIR 3-4 RIR 3-4	<i>M</i>		
								CREATE