



# MOBILNA APLIKACIJA ZA OPTIMIZACIJU TRENINGA SNAGE

**Patrik Mesec**

Mentor: izv. prof. dr. sc. Alan Jović

# ZADATAK



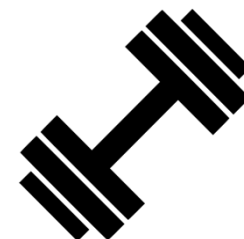
- Novi trening  prošli treninzi i trenutne vanjske varijable



- Android, Java

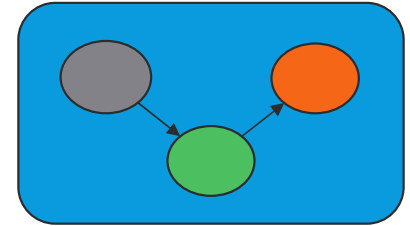


# EKSPERTNA PRAVILA



RIR	RPE	Reps														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	10	1	0.955	0.922	0.892	0.863	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599
0.5	9.5	0.9775	0.9385	0.907	0.8775	0.85	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855
1	9	0.955	0.922	0.892	0.863	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572
1.5	8.5	0.9385	0.907	0.8775	0.85	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585
2	8	0.922	0.892	0.863	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545
2.5	7.5	0.907	0.8775	0.85	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315
3	7	0.892	0.863	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518
3.5	6.5	0.8775	0.85	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045
4	6	0.863	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491
4.5	5.5	0.85	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775
5	5	0.837	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464
5.5	4.5	0.824	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775	0.4505
6	4	0.811	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464	0.437
6.5	3.5	0.7985	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775	0.4505	0.4235
7	3	0.786	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464	0.437	0.41
7.5	2.5	0.774	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775	0.4505	0.4235	0.3965
8	2	0.762	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464	0.437	0.41	0.383
8.5	1.5	0.7505	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775	0.4505	0.4235	0.3965	0.3695
9	1	0.739	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464	0.437	0.41	0.383	0.356
9.5	0.5	0.723	0.6935	0.6665	0.6395	0.6125	0.5855	0.5585	0.5315	0.5045	0.4775	0.4505	0.4235	0.3965	0.3695	0.3425
10	0	0.707	0.68	0.653	0.626	0.599	0.572	0.545	0.518	0.491	0.464	0.437	0.41	0.383	0.356	0.329

# GLAVNA KOMPONENTA

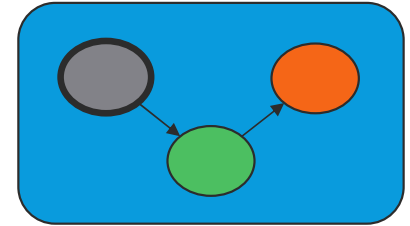


Volumen – model ARIMA

Intenzitet – skeniranje odrađenih serija

Kombinacija serija, ponavljanja i intenziteta – metoda kazne

# MODEL ARIMA (P, D, Q)

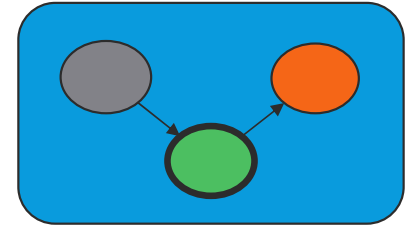


Predviđanje  
volumena za  
novi trening

10 zadnjih  
mjerjenja

AIC kriterij : p  
[0-4], d [0-2], q  
[0-4]

# SKENIRANJE SERIJA

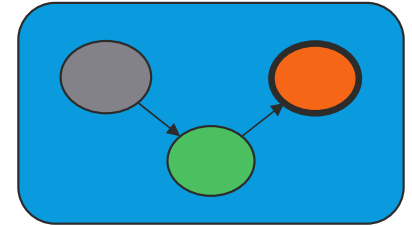


Procijenjena  
težina  
posljednje serije

Akumulirani  
umor, tablica  
RPE

Totalni  
maksimum  
zadnja 3 tjedna

# METODA KAZNE

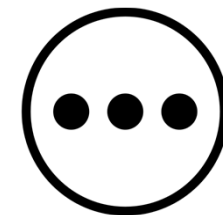


Optimalna komb.  
broja ponavljanja,  
serija i intenziteta

Različiti načini  
stvaranja serija

Broj serija,  
razlika u  
volumenu; min-  
max RPE

# OSTALE FUNKCIONALNOSTI



Statistički  
prikaz proših  
treninga

Unos proših  
treninga iz  
vanjske datoteke

Uređivanje i  
dodavanje  
vježbi

Uređivanje i  
dodavanje skupa  
vježbi (programa)

Uređivanje  
novog treninga



# MOGUĆA POBOLJŠANJA



Volumen

Podržano učenje

Prilagođavanje svih konstanti

# DEMONSTRACIJA

