Weights v5.0 has been designed for rapid workout creation. Lifts, sets, and supersets can be created with little effort using 78 pre-defined lifts or from user-defined lifts. Different periods of rest time between sets and lifts can be defined for each lift. Maintain notes before and after each workout. Export workouts to send to friends or clients. Weights replaces your workout journal for an electronic one.

Weights 5.0

New Features

Added an optional Intensity level to the Modification and Workout windows. The Intensity of a workout is used to help determine effort and whether or not to increase weight. For example, if your last lift was at 95% intensity, then increase weight or reps to reach 100% intensity. This feature can be turned on by going to the Preferences window.

Added a Preferences window that can be accessed through the Date window. In the Preferences window, there is a Decimal checkbox and Intensity checkbox. When Decimal is checked, all weight will be changed from pounds to kilograms. Kilograms allow for decimal weight.

Also in the Preferences window, you can change the value of the increment arrows in Modification and Workout screens for intensity, reps, and weight.

Increased the size of a note from 200 to 4096 bytes. The size is now the same as it is in the Memopad.

Allow a user to have rest periods between lifts of a superset. In a nutshell, you change a superset to a circuit set. A superset has no rest between lifts while a circuit set does.

Added a Replace feature to the Modification screen. This feature allows a user to update a workout without creating a new record every time he/she wants to make a minor change.

In the Workout screen, when the user reaches the end of his/her workout, the set number changes to the word 'End'.

Finally, I removed the help screens. I want users to read the Weights.doc file. It contains a thorough review of all of Weights' features.

FIXES

When saving or replacing or renaming, a user can change the date of a workout. In most cases, a user plans ahead, but for those of you who want to record past workouts, you were only able to enter 2000 or greater for the year. Now, you can enter 1980 or greater for the year.

The preferences for Palm's Address app were stepped on by Weights. I have fixed that problem.

Weights 4.1

New Features

Added the ability to cut and paste to the Notes window.

Added the ability to purge 3, 6, 9, or 12-month-old workouts from the Date
Window.

Changed the Sorting method in the Modification screen. Now, just tap a lift or
set twice and that record is ready for sorting.

Fixed a bug in the Graph window in which the graph displayed the workouts
backwards.

Changed the Demo mode to allow unlimited workouts while you are in the
application. However, once you leave, all workouts are removed. All Weights
features are accessible in Demo that allows a user to make a more informed
opinion on the merits of Weights.

Weights 4.0.

New Features

Weights 4.0 features a redesign of the Modification screen to replace the messy
feel of the previous versions for a clean, easier to use one. And, added the
ability to change rest time for sets and lifts for each lift, and added the
functionality to create supersets.

Weights 4.0 now has the capability to send workouts via email by allowing
Weights' users to select workouts to export to a file. After a hot sync,
weights_export.pdb, located in your Palm Backup directory, can be sent to
friends or clients, who also have Weights v4.0, for import.

Weights 4.0 History window has been redesigned to allow coping, renaming,
deletion, exporting, importing, and beaming of one or more workouts.

Weights 4.0 Workout screen has been updated to handle supersets and to allow the
user to pause a workout by tapping the count down box. An animated Notes icon
has been added to notify the user that he/she has something to read before the
workout.

Weights 4.0 features a new demo mode that allows perspective buyers a chance to
create 6 workouts with no limits on lifts. Beaming, and exporting are turn off
in demo mode.