

**Qtrainer 0.5.2** disponibile per Mandriva 2009.1 e 2008.1

Qtrainer is a personal home trainer for Qt4.3 or higher.

**Sito web:** <http://www.kde-apps.org/content/show.php/Qtrainer?content=60499>

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**Request zone:**

Andiamo così ad accontentare una richiesta di Ghost

[http://mib.pianetalinux.org/mib/forum/index.php?f=3&t=1028&rb\\_v=viewtopic](http://mib.pianetalinux.org/mib/forum/index.php?f=3&t=1028&rb_v=viewtopic)

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**Descrizione:**

Qtrainer is a personal home trainer for Qt4.3 or higher.

Qtrainer plots your progress, gives you tips and training schedules.

It also lets you plan your trainings.

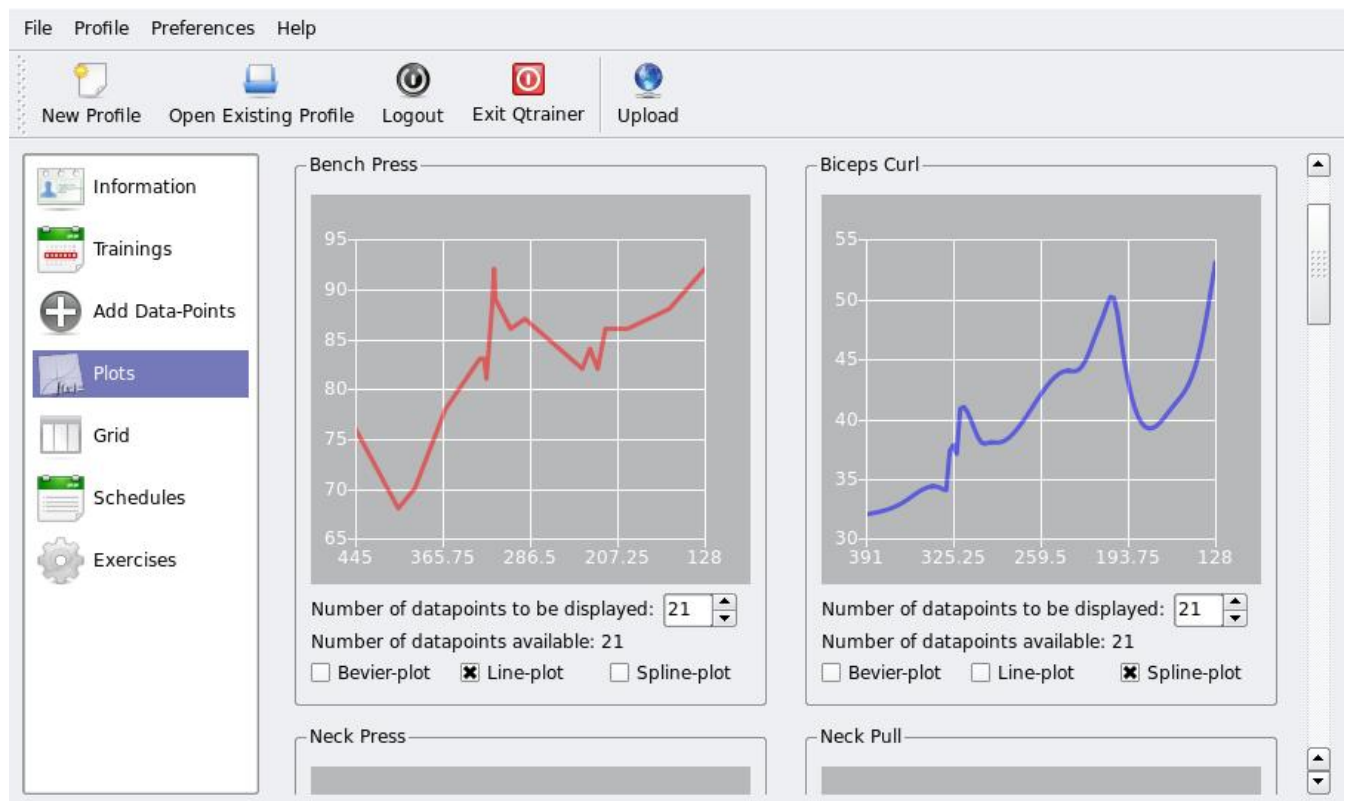
Qtrainer also has an online database of exercises.

At the moment only for fitness/power training but it will support a lot of sports in the future.

### Feature del packaging MIB :

no

### Screenshoot:



File Profile Preferences Help

New Profile Open Existing Profile Logout Exit Qtrainer

Information

You have made 3.37% progress over the last 10 (or less) training-datapoints.  
 Talk about sports or Qtrainer on the Qtrainer forum: <http://tuxer.ulyssis.be/qtrainer/forum/index.php>  
 Your next training is: today  
 Profile name: Powertraining\_Toon (PowerTraining)

Actions

Show today's training

Enter test data

Enter data from training: test - 15.03.2008

You haven't entered test-data in more then 30 days for 4 exercises. Qtrainer needs the test-data to give you accurate schedules.

Show test schedule

Qtrainer

File Profile Preferences Help

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Calendar View

Click on an empty day to add a schedule. Click on an already planned training to show, edit, print or remove it.

Future Trainings Listed

zondag 16 maart - Training for screens  
 maandag 17 maart - Training for scree  
 woensdag 19 maart - Training for scree  
 vrijdag 21 maart - Training for screens  
 zondag 23 maart - Training for screens  
 maandag 24 maart - Training for scree

Train Program

**Drop Sets**

Principle: You begin by reaching failure with a weight, as soon as you hit failure, lessen the weight, and then continue the set until failure is reached again. In Qtrainer it is implemented this way: Do every exercise immediatly 3 times with only 20seconds pause in between. Then procede with the next exercise after a pause of 2 minutes.

Set:	Exercise:	Suggested Weight:	Repetitions:	Weight I Used:	Repetitions I Did:
1	Neck Press:	60 Kg	12 Times		
1	Neck Press:	60 Kg	8 Times		
1	Neck Press:	60 Kg	6 Times		
1	Rowing:	20 Kg	12 Times		
1	Rowing:	20 Kg	8 Times		
1	Rowing:	20 Kg	6 Times		
1	Bench Press:	100 Kg	12 Times		
1	Bench Press:	100 Kg	8 Times		
1	Bench Press:	100 Kg	6 Times		

**Pyramid**

Principle: Start with high repetitions but low weight, the second set uses heigher weights and the 3th set goes maximal. The final set uses a low weight/high repetitions again.

Set:	Exercise:	Suggested Weight:	Repetitions:	Weight I Used:	Repetitions I Did:
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