

Kräftig

Home workouts for every day

User Manual

for iPhone · Version 1.0

Needful ThingX · www.needfulthingx.de

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1. Welcome to Kräftig

Kräftig is your personal trainer at home. Every day, the app puts together a new workout for you – tailored to your goal, your fitness, your problem zones and the time you want to invest. You need neither a gym nor equipment: all exercises work with your own body weight. A chair or a pair of dumbbells (or water bottles) extend the program.

What Kräftig offers you

- **Daily plan:** a workout every day with a changing focus, including warm-up and stretching.
- **Four levels:** Beginner, Intermediate, Advanced and Athlete – with automatic progression week by week.
- **Problem zones:** belly, waist, legs, glutes, arms, chest and back get extra targeted exercises.
- **Respect for limitations:** no jumping, knee-, back- or wrist-friendly on request.
- **Workout coach:** animated exercise figures, countdown, rep counter, rest periods and voice announcements.
- **Reminders** at your preferred times and an evening streak warning.
- **Statistics** with weekly chart, activity calendar, body zones, weight and waist circumference.
- **Rewards:** experience points, ten ranks and 22 badges.
- **Apple Health & Apple Watch:** workouts, calories, weight and waist are synced; with a Watch you see your heart rate live and as a chart.
- **Privacy:** no account, no ads, no tracking – all data stays on your iPhone.

> **Health notice**
>
> Please talk to your doctor before you start training if you have pre-existing conditions, are pregnant or haven't exercised for a long time. Stop training immediately if you feel pain, dizziness or shortness of breath.

The app is available in English and German (setting under **More** → **Language**, see chapter 12).

Requirements

iPhone with iOS 17 or later. Connecting to Apple Health requires the Health app, which is preinstalled on every iPhone. For heart-rate measurement: Apple Watch with watchOS 10 or later (optional).

2. Getting started: the questionnaire

When you open the app for the first time, a short questionnaire guides you through the setup. Kräftig creates your personal training plan from your answers. On the first screen you can choose the language at the top right. Use the arrow at the top left to go back one step at any time. Later, you can repeat the questionnaire under **More → Redo the questionnaire** – your progress so far is kept.

Step	What you set
1. Goal	Your first name (optional) and your goal: *Burn fat*, *Build muscle*, *Both – tone & strengthen* or *Stay fit & flexible*. The goal determines the mix of strength and cardio days.
2. Fitness level	A quick test helps you assess yourself: how many push-ups can you do in a row? The matching level is preselected; you can change it freely.
3. Problem zones	Select all areas you'd like to work on. A tip appears right away for each zone.
4. Limitations & equipment	Sensitive knees, back problems, no jumping, sensitive wrists – unsuitable exercises are replaced automatically. Plus: mat, chair/sofa, dumbbells.
5. Time & body data	Workout duration per day (10 to 60 minutes) and optionally weight, height and waist circumference.
6. Reminders & Health	Daily reminder with time, evening streak warning and the connection to Apple Health.
7. Your plan	Summary with your training week and your first workout. Tap **Let's go!**

> **Tip**
> Rather choose a level too low than too high. If training goes well, Kräftig will suggest moving up on its own.

After the questionnaire, iOS asks one after the other whether Kräftig may send notifications and access Apple Health. You can change both later in iOS Settings.

3. The “Today” screen

“Today” is your home screen. At the bottom of the app you'll find five tabs: **Today**, **Plan**, **Stats**, **Awards** and **More**.

- **Greeting and streak:** the flame at the top right shows how many days in a row you've trained.
- **Daily card:** focus, title, level and training week, estimated duration, calories and the number of exercises and rounds. **Start workout** begins the session.
- **Short version:** short on time? “10-minute version” starts a shortened variant of today's workout.
- **Bonus workout:** once today's workout is done, the card turns green and you can start an extra 10-minute workout.
- **This week:** Monday to Sunday with a check mark for every training day.
- **Ready for more?** Appears when you're ready for the next level (see chapter 5).
- **Tip of the day** for one of your problem zones, your current **rank** and **today's exercises**. Tapping an exercise opens the detailed instructions; “Details” shows the complete sequence.

4. Doing a workout

Every workout consists of three parts: **warm-up** (approx. 3 minutes), the **main part** as a circuit with several rounds and the **cool-down** with stretching. After starting, you have five seconds to get ready. The background color shows the phase: yellow for warm-up, red for the main part, teal for rest, green for stretching.

Two types of exercises

During every exercise, an animated figure demonstrates the movement, with the steps of the execution below it.

- **Timed exercises** (e.g. plank, jumping jacks) run automatically with a countdown. For exercises “per side”, the app says “Switch sides” at halftime.
- **Rep exercises** (e.g. squats) show your target. Use **–** and **+** to log how many reps you actually did, then tap **Done**.

Controls

Element	Function
X icon (top left)	End the workout – save the exercises done so far or discard.
Pause (top right)	Pauses the countdown and workout time.
Large button	Depending on the phase: *Start now*, *Done*, *Skip rest* or *Next*.
Arrow buttons left/right	Go back to the previous exercise, or skip the current exercise or rest.
+15 sec	Extends the current rest period.
Instructions / figure	Opens the step-by-step description; the workout pauses meanwhile.

The screen stays on during the workout. Voice announcements name the next exercise and the target; music that's playing is briefly lowered. In the **last 5 seconds** of a timed exercise or rest period, a beep sounds every second. At halftime of a timed exercise you hear “Halfway there” – for exercises “per side” also “Switch sides”. Announcements and sounds can be turned off under **More**.

With an Apple Watch, your current heart rate appears at the top of the workout screen (see chapter 11).

After the workout

The summary screen shows duration, estimated calories, experience points earned (XP) and your streak – plus new badges or a new rank. Please briefly tell us how the workout was:

Feedback	Effect on your plan
Too easy	The volume increases by approx. 7% from the next workout.
Just right	Slight increase, the plan continues as intended.
Too hard	The volume decreases by approx. 8%.

If you end a workout early, it is saved and counts as complete if you did at least 60% of the exercises.

5. Training plan, levels and progression

The **Plan** tab shows your current level, the training week on this level, the current volume in percent and the workouts of the next 14 days. Tap a day to see all exercises; you can also do a workout early. Each day always produces the same workout – so a day's training doesn't change when you reopen the app.

The training week

Each day has a focus; after seven days the cycle starts again. Day seven is always **active recovery** with light movement and stretching.

Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Burn fat	HIIT	Zones	Full body	HIIT	Core	Legs	Recovery
Build muscle	Full body	Upper body	Legs	Zones	Core	Full body	Recovery
Both	Full body	Zones	HIIT	Legs	Upper body	Zones	Recovery
Stay fit	Full body	HIIT	Core	Legs	Upper body	Zones	Recovery

“Zones” = problem-zone focus.

The four levels

Level	For whom?	Rounds	Rest	Volume
Beginner	Little or no training for a long time	2	40 sec	100%
Intermediate	Trains now and then, knows the basic exercises	3	30 sec	145%
Advanced	Trains regularly, good technique	3	25 sec	195%
Athlete	Very fit, wants a real challenge	4	20 sec	250%

Higher levels add more challenging exercises, e.g. diamond push-ups, Bulgarian split squats, burpees or V-ups. On HIIT days you work in intervals of 30 to 45 seconds.

How your training progresses

- **Weekly:** every week on your level, reps and times increase by approx. 5% – up to a maximum of +50%.
- **Through your feedback:** “Too easy” and “Too hard” also adjust the volume (75% to 135%). Under **More** you can see the value and reset it.
- **Level up:** after 14 workouts on a level without “Too hard” – or if you often want it easier – the “Today” screen suggests moving up. You can change the level at any time under **Plan → Change**. Progression then starts again at week 1.

6. Problem zones

For every problem zone you selected in the questionnaire, your plan contains more matching exercises; on “problem-zone focus” days they take center stage. If you chose belly or waist, every workout includes at least one core exercise.

> **Good to know**
> Fat can't be lost from one specific spot – it is reduced all over the body. The exercises for your problem zones strengthen and tone the muscles underneath. This becomes visible as your overall body fat decreases. That's why Kräftig always combines zone exercises with full-body and cardio training.

Zone	Typical exercises in Kräftig
Belly	Plank, crunches, dead bug, reverse crunches, mountain climbers, hollow hold
Waist & hips	Side plank, bicycle crunches, Russian twists, heel taps, knee-to-elbow
Legs	Squats, lunges, wall sit, calf raises, side-lying leg raises
Glutes	Glute bridge, single-leg bridge, donkey kicks, sumo squats
Arms	Push-up variations, triceps dips, pike push-ups, curl & press
Chest	Wall, knee and classic push-ups, decline push-ups
Back & posture	Superman, swimmer, snow angels, dumbbell rows
Full body	Jumping jacks, burpees, high knees, shadow boxing, inchworm

You'll find the **problem-zone guide** under **Plan** and under **More**. It explains every zone, shows matching exercises and gives general tips on nutrition, sleep, water and everyday movement.

7. Exercise library

The library (**Plan → Exercise library**) contains 60 exercises, grouped into warm-up, strength, abs & core, cardio and stretching & mobility. Filter by body zone or search by name. The switch “Only exercises suitable for me” hides exercises that don't match your level, limitations or equipment.

Every exercise shows an animated figure demonstrating the movement (in side view, the near arm and leg are dark and the far ones light), a short description, the steps of the execution, a technique tip, notes on strain (e.g. jumps, knees, wrists) and your current target in reps or seconds.

8. Statistics and body measurements

- **Key figures:** number of workouts, total minutes, calories burned (estimated) and your best streak.
- **Last 8 weeks:** bar chart by minutes, calories or number of workouts.
- **Activity:** calendar of the last 15 weeks – the stronger the orange, the longer the workout.
- **Trained body zones:** ring chart showing how often each zone was trained. Your focus zones are marked.
- **Body measurements:** current values and change since the start, plus charts for weight and waist circumference.
- **Workout history:** all workouts with date, duration and calories. Tap to see the individual exercises; swipe left to delete an entry.

Logging body measurements

Under “Body measurements” tap **Add**, or open **More** → **Body measurements** → **+**. Enter your weight and/or waist circumference. Kräftig automatically uses your most recent weight for the calorie calculation.

> **Measuring correctly**
>
> Measure your waist in the morning before eating, at navel height, breathing out relaxed – ideally every two weeks. It often shows success earlier than the scale.

Calories are estimates. They are calculated from each exercise's intensity value (MET), the actual exercise duration and your weight.

9. Awards and rewards

Every workout earns experience points (XP): **10 XP per training minute**, a **25 XP completion bonus** and a **streak bonus** of 5 XP per streak day (up to 35 XP). Workouts ended early earn 5 XP per minute. XP raise your rank:

Rank	from XP	Rank	from XP
1 Newbie	0	6 Powerhouse	2,200
2 Starter	150	7 Iron	3,300
3 Go-getter	400	8 Champion	4,800
4 Fighter	800	9 Titan	6,800
5 Athlete	1,400	10 Legend	9,500

Badges

22 badges are waiting to be unlocked – for example for your first workout, streaks of 3, 7, 14 and 30 days, 10, 50 and 100 workouts, 1,000 and 5,000 kilocalories burned, 5 and 20 training hours, 10 HIIT sessions, every training focus, training before 7 a.m. or after 9 p.m., moving up a level, measuring regularly, 2 cm less waist or 3 kg less weight. In the **Awards** tab, tap a badge to see how to earn it.

10. Reminders

Set up your workout reminders under **More** → **Reminders**:

- **Reminders on:** turns all reminders on or off.
- **Times:** up to four times per day. **Add time** adds one; swipe left to remove it.
- **Weekdays:** tap the days on which you'd like to be reminded.
- **Streak warning:** appears at 8:30 p.m. if you haven't trained that day and your streak is at risk.

If no notifications appear, they were denied in iOS. The app then shows a note with the button **Open iOS Settings**; allow notifications for Kräftig there.

11. Apple Health and Apple Watch

Kräftig can exchange data with the Health app on your iPhone. Set up the connection in the questionnaire or under **More** → **Apple Health** → **Connect to Apple Health**. iOS then asks which data you want to share – please allow all categories.

Direction	Data
Kräftig → Health	Every workout (functional strength training, high-intensity interval training, core training or flexibility) with duration and active calories. It also counts toward your Activity rings. Plus weight and waist circumference logged in Kräftig.
Health → Kräftig	Weight and waist circumference from the last 180 days, e.g. from a connected scale, as well as heart-rate values during a workout. The most recent weight improves the calorie calculation.

- Syncing happens automatically when you open the app; **Sync weight & waist now** starts it immediately.
- After the workout, the summary screen shows “Saved to Apple Health”; in the workout history, saved workouts are marked with a heart.
- Change permissions in the Health app under **Profile** → **Apps** → **Kräftig**.
- Please delete a weight or waist value that came from Health in the Health app – otherwise it will be imported again at the next sync.

Heart rate with Apple Watch

Kräftig includes a small app for Apple Watch (watchOS 10 or later). It is transferred automatically with the iPhone app to the paired Watch; if not, install it in the iPhone's Watch app under **Available Apps**.

- When you start a workout on the iPhone, Kräftig opens on the Watch automatically and starts a workout. The first time, the Watch asks for permission for heart rate and workouts.
- Your current heart rate appears live at the top of the iPhone's workout screen; the Watch shows heart rate, time and calories.
- After the workout you see the **heart-rate chart** with average, maximum and minimum – on the summary screen and in the workout history.
- With a Watch, the Watch saves the workout to Apple Health – with measured heart rate and measured calories (counts toward your Activity rings).
- If you train without a Watch workout, Kräftig imports any available heart-rate values from Health after the workout (if Health is connected).
- Turn the feature on or off under **More → Apple Health → Heart rate from Apple Watch**.

12. Settings (“More”)

Section	Options
Profile	Goal, level (tap to change), problem zones and limitations; *Redo the questionnaire*.
Language	*System language*, *Deutsch* or *English*. The change takes effect immediately; “System language” follows your iPhone's language (German, otherwise English).
Training	Workout duration (10–60 minutes), voice announcements, sounds & countdown, adjustment from feedback (with reset).
Apple Health	Connection on/off, heart rate from Apple Watch, immediate sync, open Health app.
Reminders	Times, weekdays, streak warning (chapter 10).
Body measurements	View all entries, add new ones, delete individual ones.
Workout history	All previous workouts.
Help & Info	Quick guide, problem-zone guide, exercise library, “About Kräftig” with privacy and legal notice, rate the app.
Reset	*Reset all training data* deletes profile, history, body measurements, awards and reminders. The questionnaire then starts again. Data in Apple Health is kept.

13. Frequently asked questions

Do I really have to train every day?

Kräftig is designed for daily training, with one recovery day per week. If you skip a day, the plan simply continues – only your streak starts over.

The workout is too easy or too hard.

Give the matching feedback after the workout. If it's clearly off, change the level under Plan → Change.

I only have a little time.

Use the 10-minute version on “Today” or reduce the workout duration under More.

I can't do one of the exercises.

Skip it with the right arrow button. For permanent issues, enter the limitation in the questionnaire – matching exercises will be replaced.

Can I listen to music?

Yes. Voice announcements mix with your music and only lower it briefly.

How accurate are the calories?

They are estimates based on scientific MET values and your weight. Log your weight to improve the estimate.

Is my data backed up?

Your data is stored on your iPhone and is part of your iPhone backup (iCloud or computer).

14. Privacy

- Kräftig uses no user account, no ads, no tracking and no analytics services.
- Profile, workouts, body measurements and awards are stored only locally on your iPhone and are not transmitted to Needful ThingX or third parties.
- Reminders are scheduled locally on the device.
- If you connect Apple Health, Kräftig exchanges workouts, active calories, heart rate, weight and waist circumference only with the Health app on your device. Health data is never shared with third parties or used for advertising.
- Deleting the app or using “Reset all training data” removes all data stored in the app.

Health notice

Kräftig does not replace medical advice, diagnosis or treatment. Use is at your own risk. Pay attention to correct form, always warm up and listen to your body.

Legal notice

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> **Do you like the app?**
>
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