

Lifting athletes need a way to track their workouts and associated intensities, helping them monitor progress, enhance motivation, and optimize their fitness routines. A well-designed system would allow athletes to record exercise types, sets, reps, weights used, and rest intervals for each session. Additionally, it could track key metrics like perceived exertion, heart rate, and performance improvements over time. By providing visual data, such as graphs or charts, athletes can easily identify trends, adjust their training loads, and set realistic goals. Integration with recovery data, nutrition tracking, and personal best milestones could further enhance their ability to fine-tune workouts and prevent overtraining.