

Workout Data Tracking

Performance and Progress Monitoring

Motivation and Goal Setting

Recovery and Health

User Interface

Record exercise types (squats, deadlifts, bench press, etc.).

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Log sets, reps, and weights used for each exercise.

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Track rests intervals between sets.

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Input perceived exertion for each exercise or session.

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Ability to add custom exercises and adjust intensity levels.

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Track heart rate during and after each workout session.

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Monitor performance improvements (strength gains, endurance, etc.) over time.

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Automatic calculation of total weight lifted per session.

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Show trends in workout volume and intensity across different periods.

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Comparison of current performance with previous personal bests.

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Set short-term and long-term fitness goals.

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Provide achievements and badges for personal bests or consistent progress.

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Create challenges, such as hitting a new personal record every week.

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Provide motivational quotes or progress milestones after each session.

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Visual progress tracking to boost motivation and consistency.

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Integration with sleep and recovery data.

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Incorporate nutrition tracking to monitor macronutrients and calorie intake.

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Alerts for potential overtraining based on workout intensity and rest data.

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Track hydration and its impact on workout performance.

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Analysis of rest and recovery time needed before next workout based on intensity.

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Graphs showing workout progress over days, weeks, and months.

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Visual heat maps to highlight most worked muscle groups.

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Customizable dashboards that show key metrics (weights, reps, sets).

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Dynamic charts that adjust based on user input for exercise adjustments.

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Provide recommendations for adjusting training loads based on past data trends.

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