Swolgorithm

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Description

This web app is intended to make the lifting program "Jacked and Tan 2.0" easier to understand and perform. By taking user-end math out of the equation, the program lets the user focus on their lifts and not on the nuts and bolts of the program mechanics. Used correctly this program should help users personal gym goals in an easy to understand fashion.

Features

- One Rep Max Database
- User forms to enter data
- Workout pages with information about the daily lift
- Photo uploader for progress pics.

Planning - User Stories

Highlight some of your projects' User Stories. Focus on explaining what this project can do from the user's perspective.

A user wants to be able to have easy to follow instructions, because focus is elsewhere

A user wants to do no math while at the gym, because that can distract from goals and make rest times stressful

A user wants to have to look at his device as little as possible, because having to look over and over again is cumbersome.

Planning - Database

The database is simple in this project. The primary key is the Id, and it links to five different one-rep-maxes (deadlift, squat, overhead press, bent over rows, and bench press).

Technology Stack

- Java
- Springboot
- Thymeleaf
- MAMP
- MySQL
- Hibernate

What I Learned

How to use and manipulate information stored in the database

How to create a photo uploader

How to create complex views

What's Next

- Adding secondary tier lifts
- Adding a user login
- Making the workout a progression and not just a chart
- Some congratulations messages when a user increases their one rep max