**Problem**

There are many individuals today who are interested in going to the gym for either staying healthy and fit or to start body building. These individuals research different kinds of exercises to do their work out, but they in some cases do not understand how to do the routines or create a proper regime to get the maximum effects of their training. This leads to not being able to gain enough muscle development or worse damage themselves.

**Problem Solution**

To resolve this, we design a website that allows our users to create gym regiments or share their own personal ones to assist those who may not be able to. Users will be able to add the amounts of sets and reps for each exercise and provide a visual demonstration of how to perform the exercise to give other a better understanding of the movement.

**Features**

The website will feature:

* CRUD principles mapped to REST commands database operations for persistent storage
* Login/Logout authentication
* Password protection for private documents if the user does not want anyone or selected persons to view their regime.
* When users are creating their regime, they can link their exercise to a picture, gif or video showing the movement by either clicking on the exercise or have it next to within the document itself.
* Users will be able to create their regime on the website or upload

Hjhjljkmb