




HumourTop.com

A silhouette of a person bending over, possibly stretching or resting, on a beach. The background is a bright sunset or sunrise over the ocean, with a city skyline visible in the distance. The text is overlaid on the right side of the image.

Objectifs de plus en plus ardues,
satisfaction de plus en plus lointaine

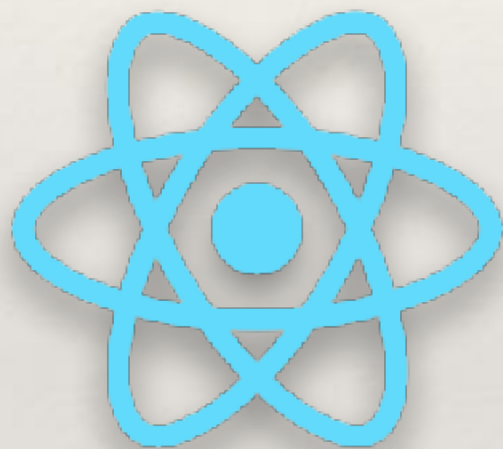
Projet Informatique



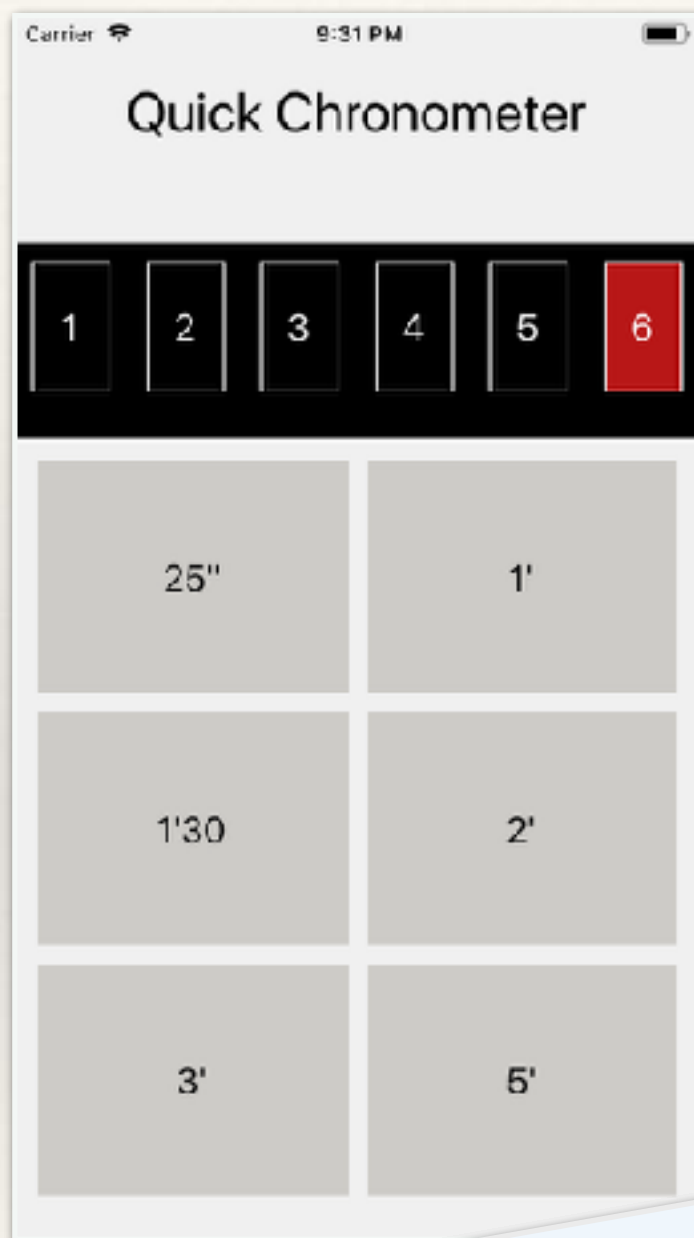
Application mobile de suivi d'entraînement en musculation

Comment alimenter la passion pour la musculation ?

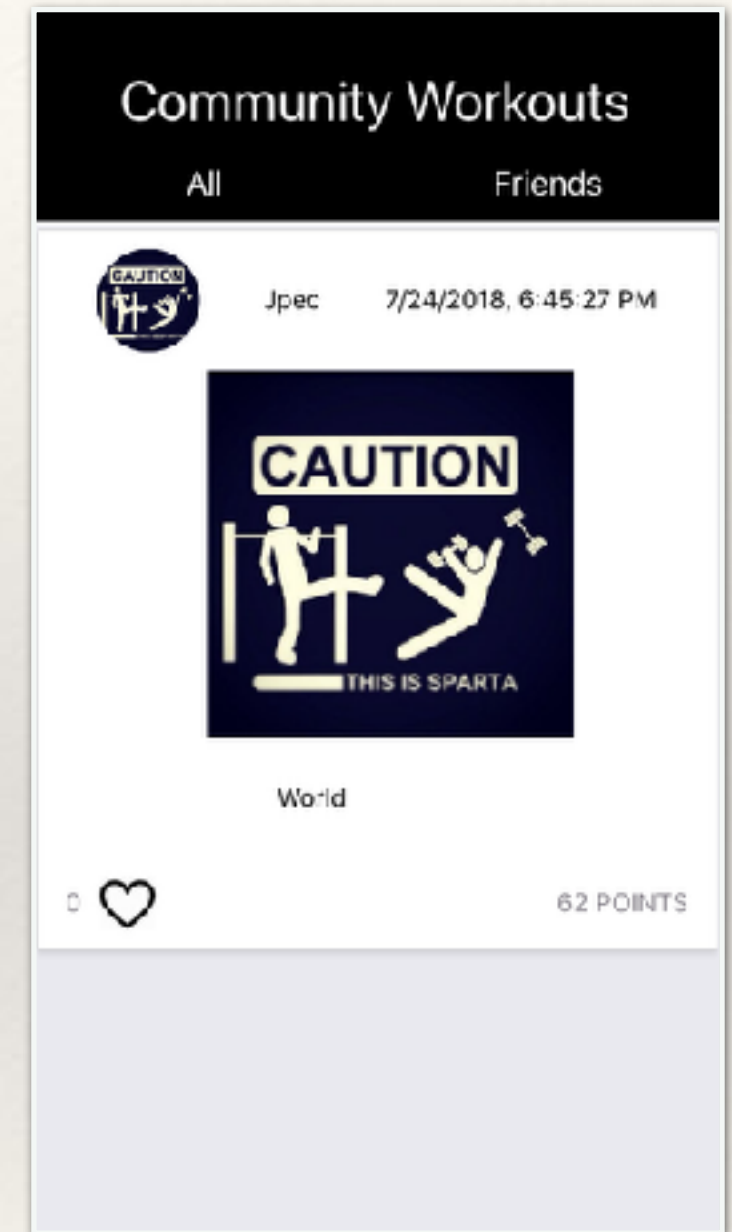
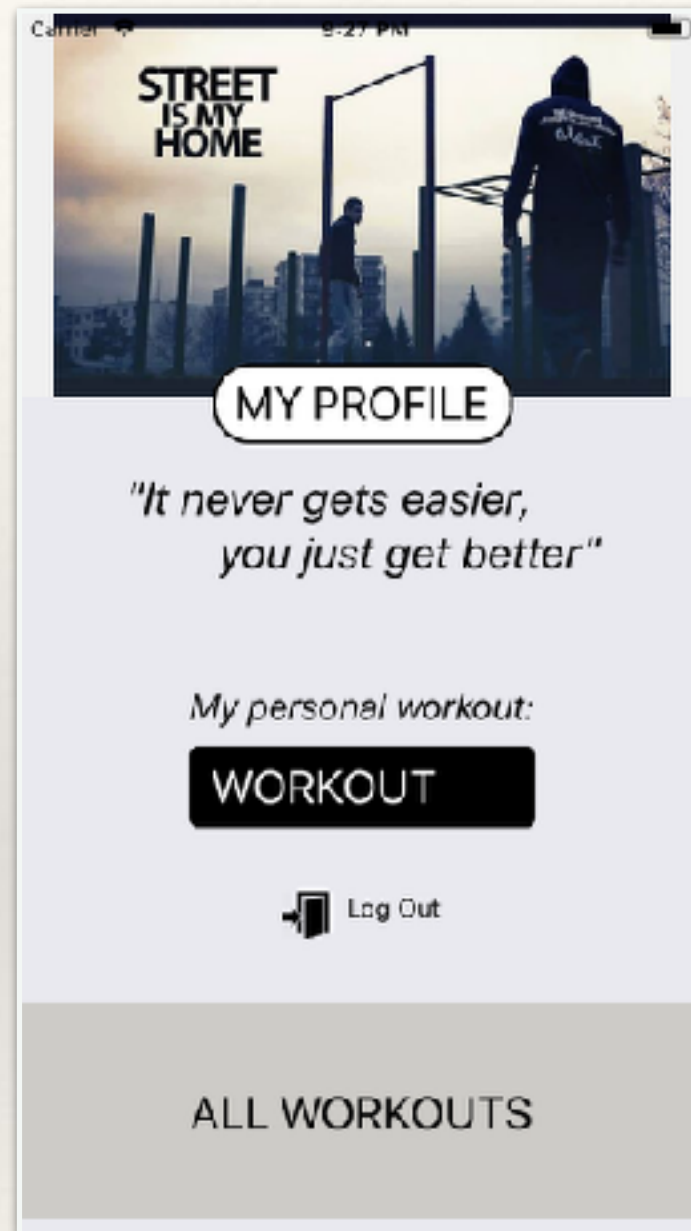
Technologies utilisées



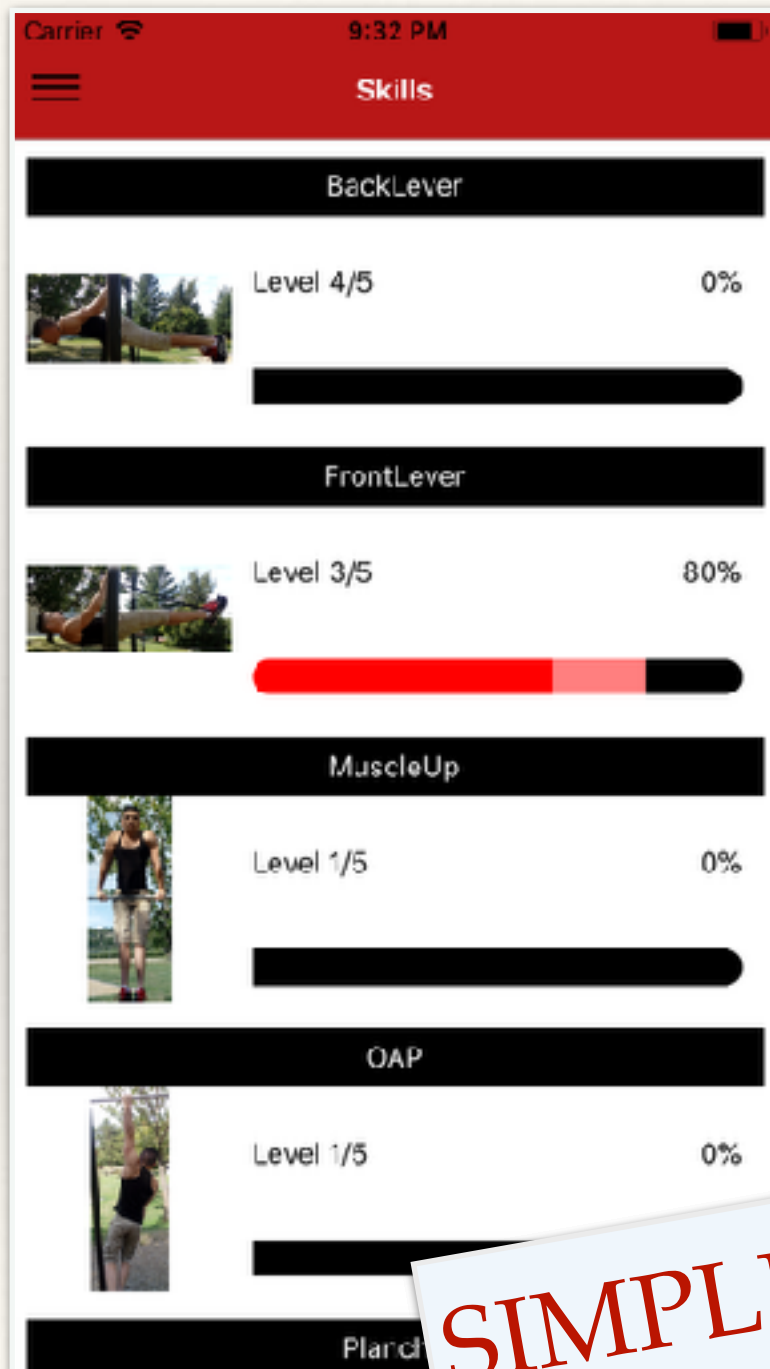
Page d'accueil - Une accessibilité avancée



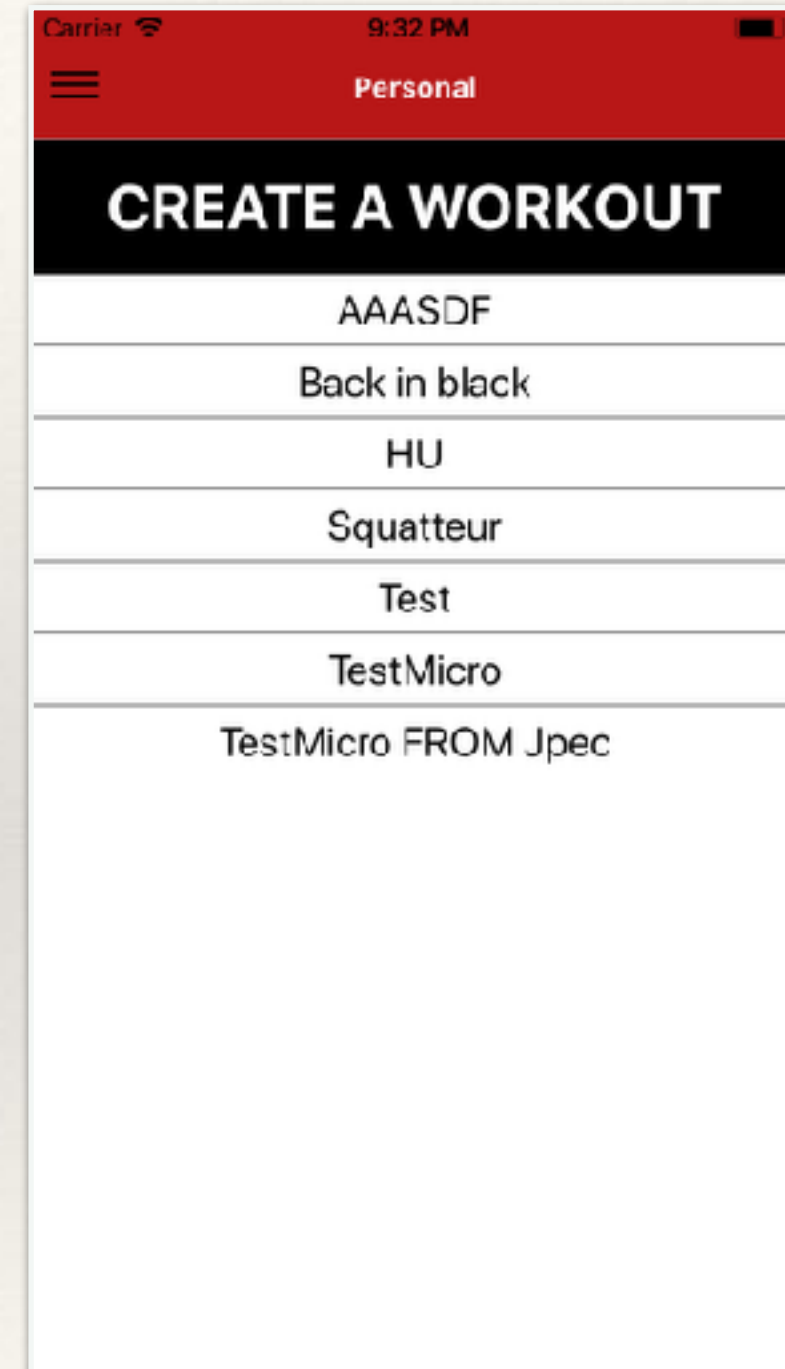
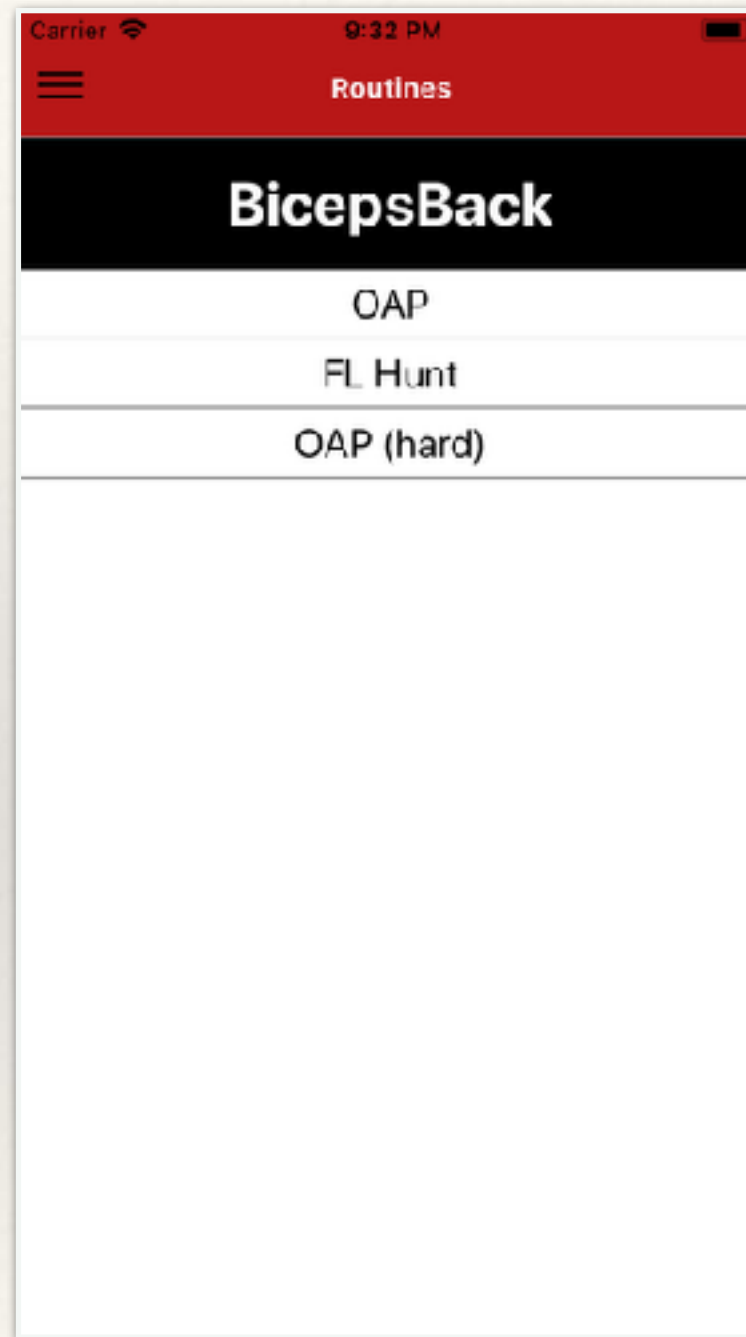
SIMPLE



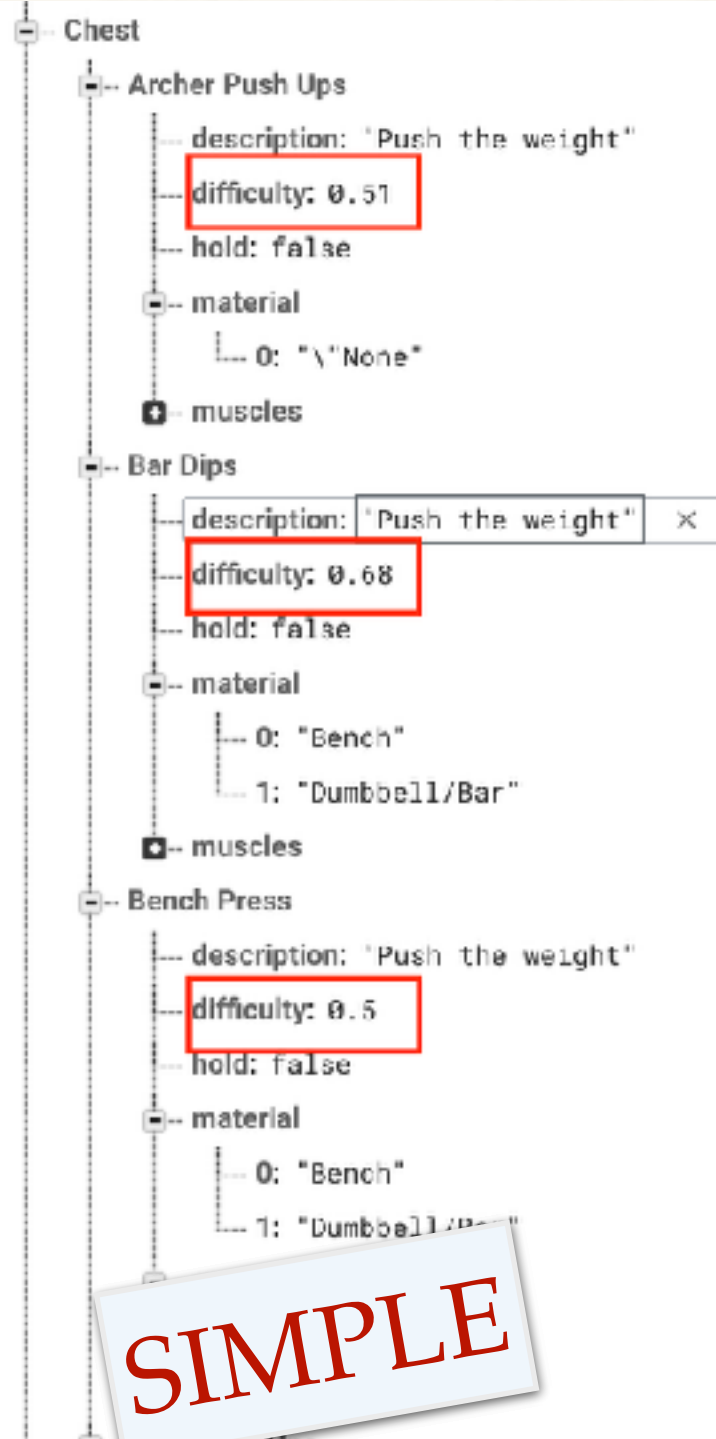
Section d'entraînement



SIMPLE



Un entraînement évolutif

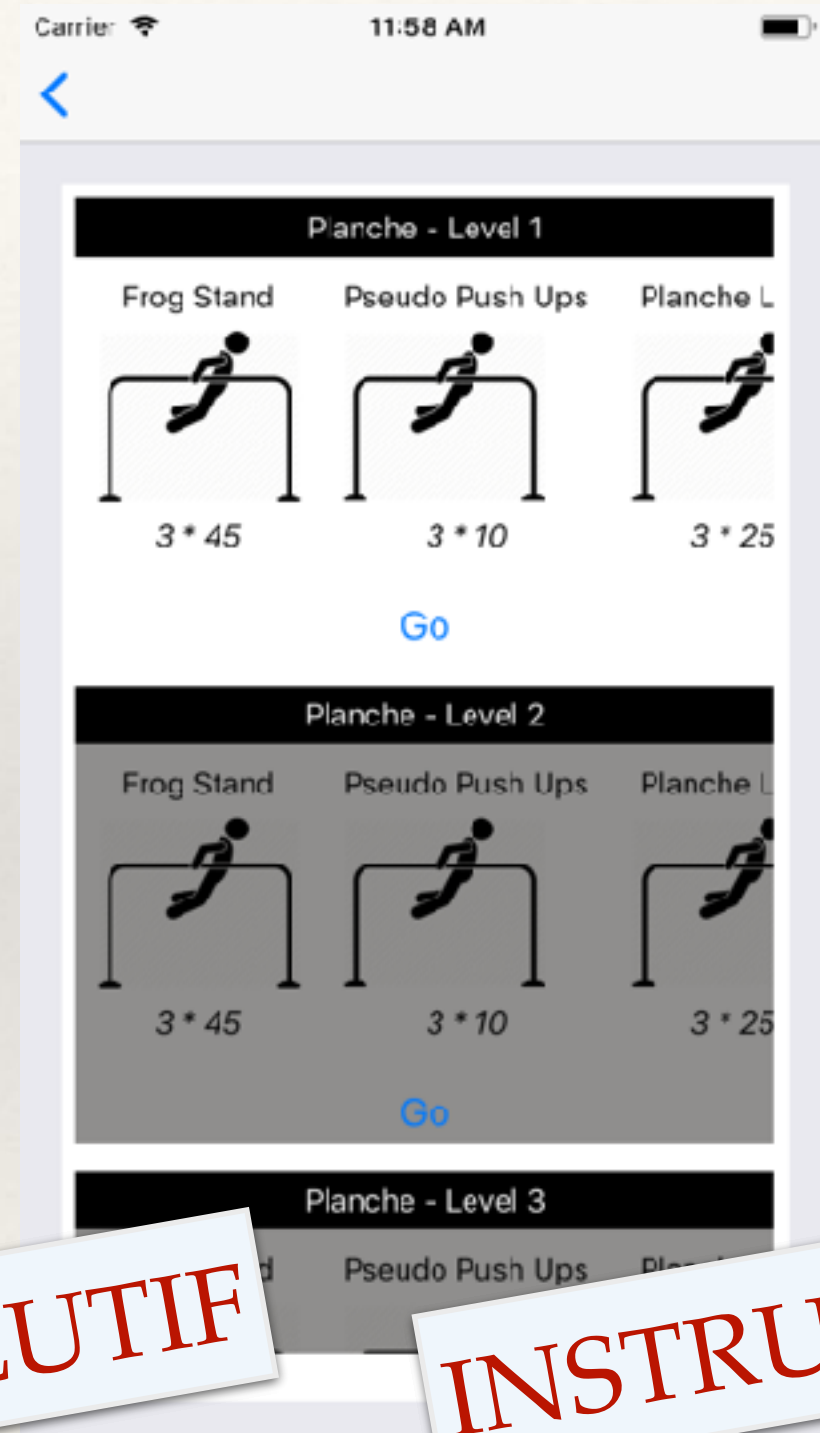
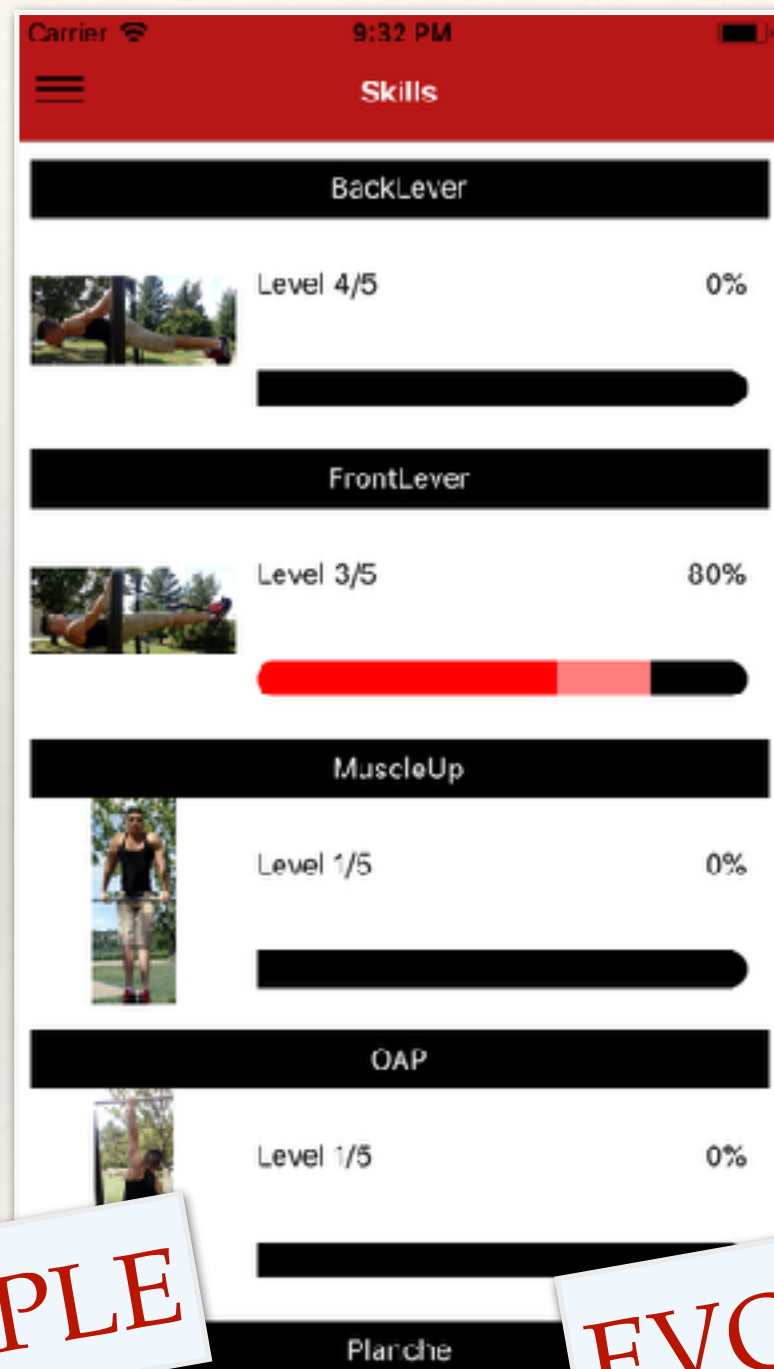


```
modifyTraining()
{
    var arr = this.state.arrayItem;
    var val = this.state.exercises;

    for (var i = 0; i < arr.length; i++)
    {
        if (arr[i].expectedReps + 3 <= arr[i].reps / arr[i].series)
        {
            if (arr[i].time >= 3)
            {
                this.getMoreDifficultExercise(arr[i].muscles[0], arr[i].difficulty, i);
                val[""+i].time = 0;
            }
            else
            {
                val[""+i].time = val[""+i].time + 1;
            }
        }
        else if (arr[i].expectedReps - 3 > arr[i].reps / arr[i].series)
        {
            if (arr[i].time <= -3)
            {
                this.getEasierExercise(arr[i].muscles[0], arr[i].difficulty, i);
                val[""+i].time = 0;
            }
            else
            {
                val[""+i].time = arr[i].time - 1;
            }
        }
    }
}
```

EVOLUTIF

Un apprentissage progressif

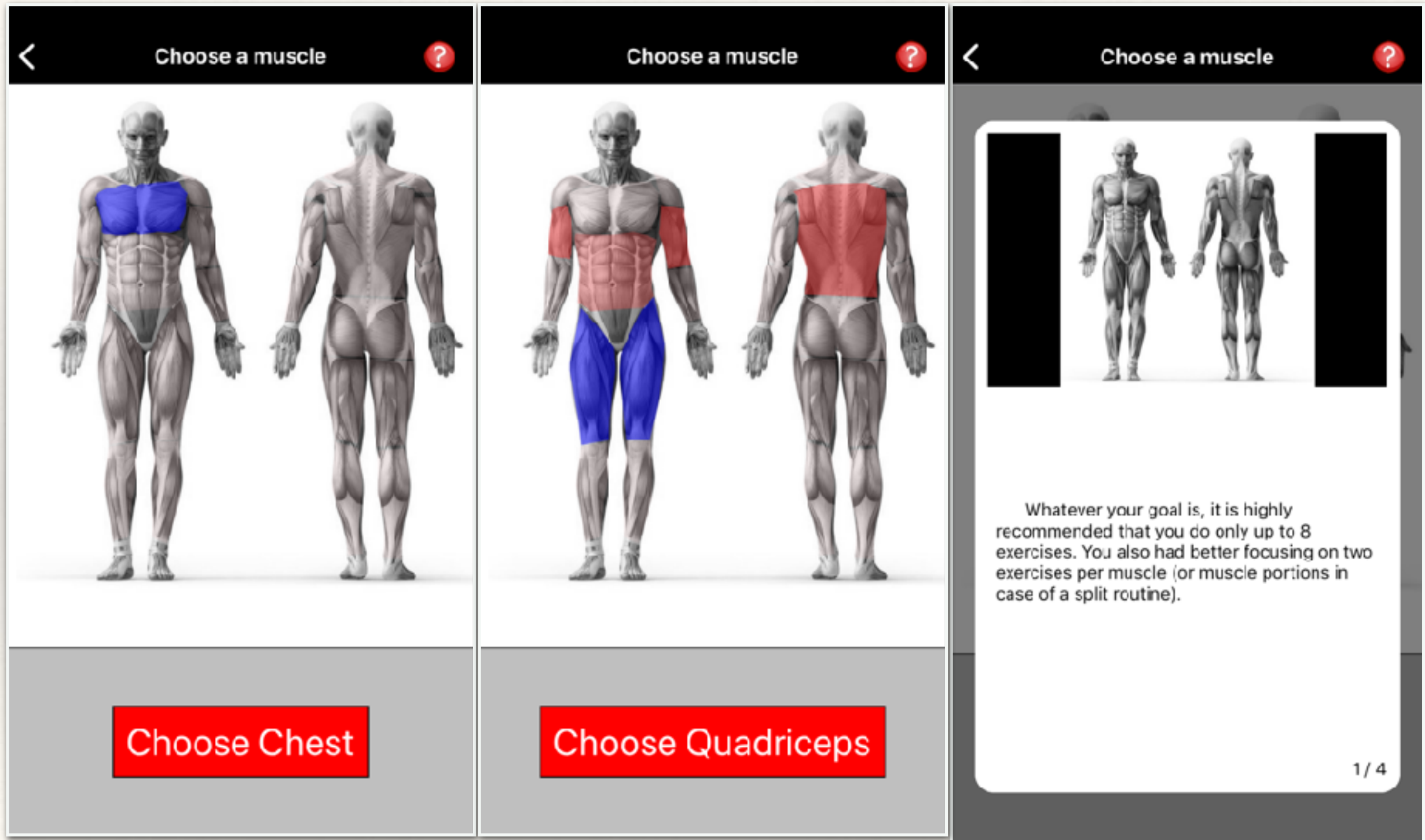


SIMPLE

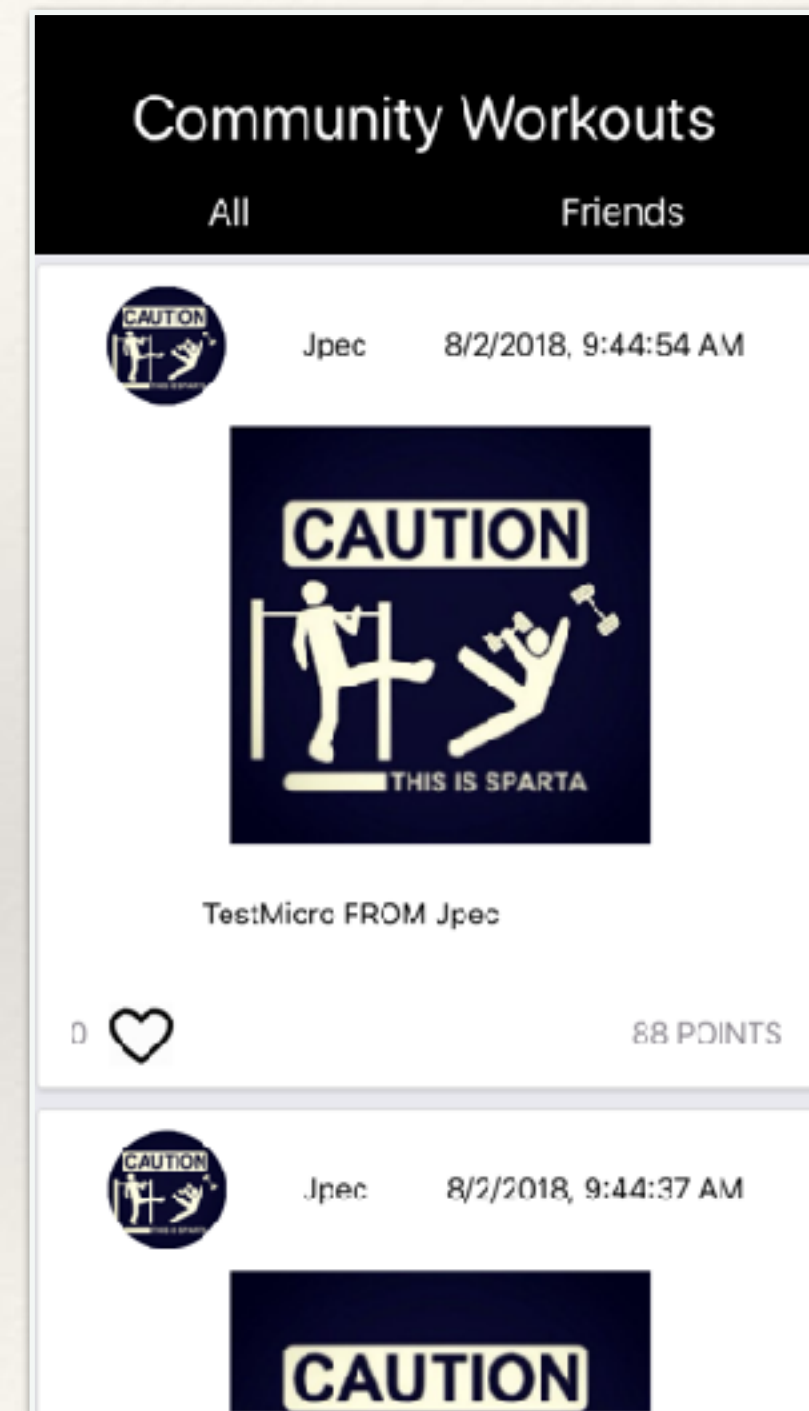
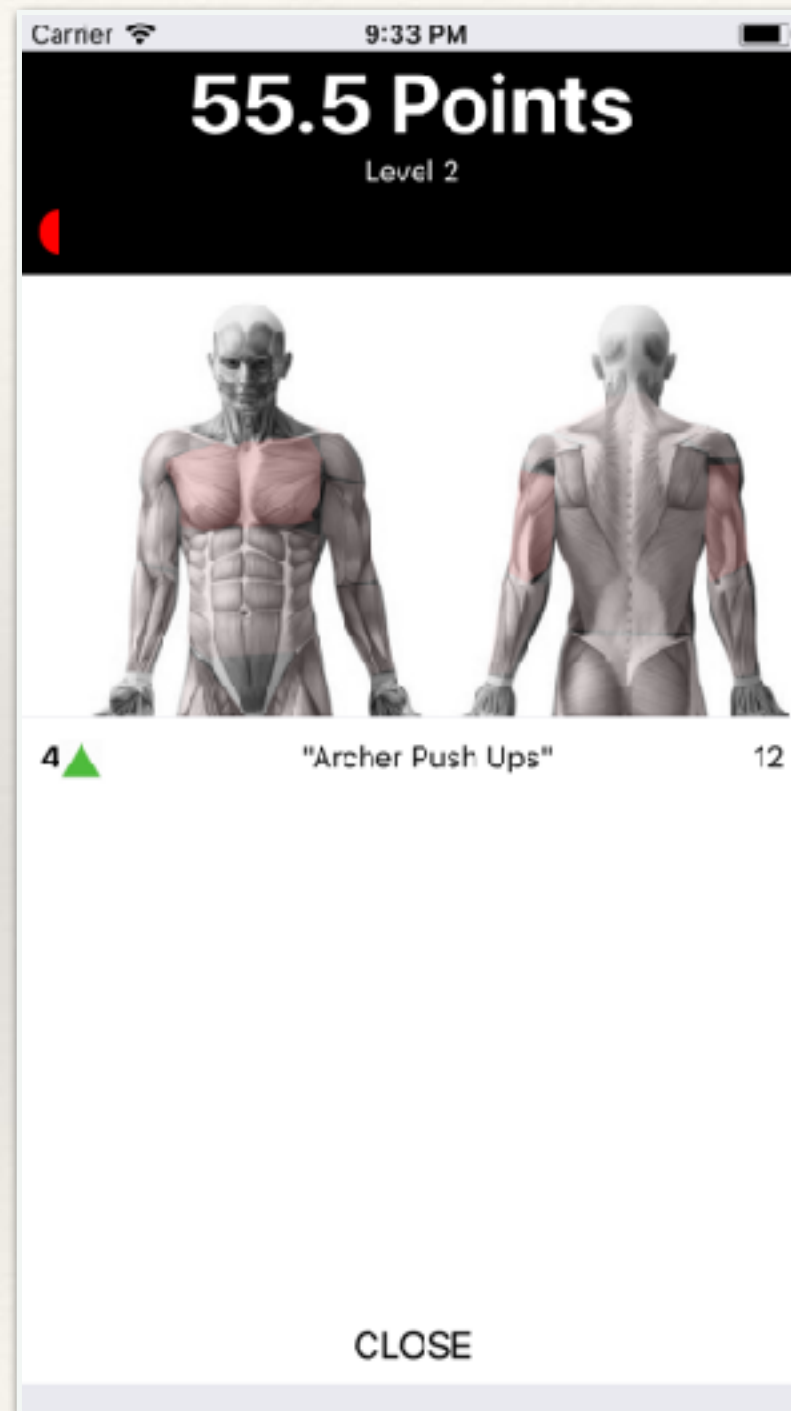
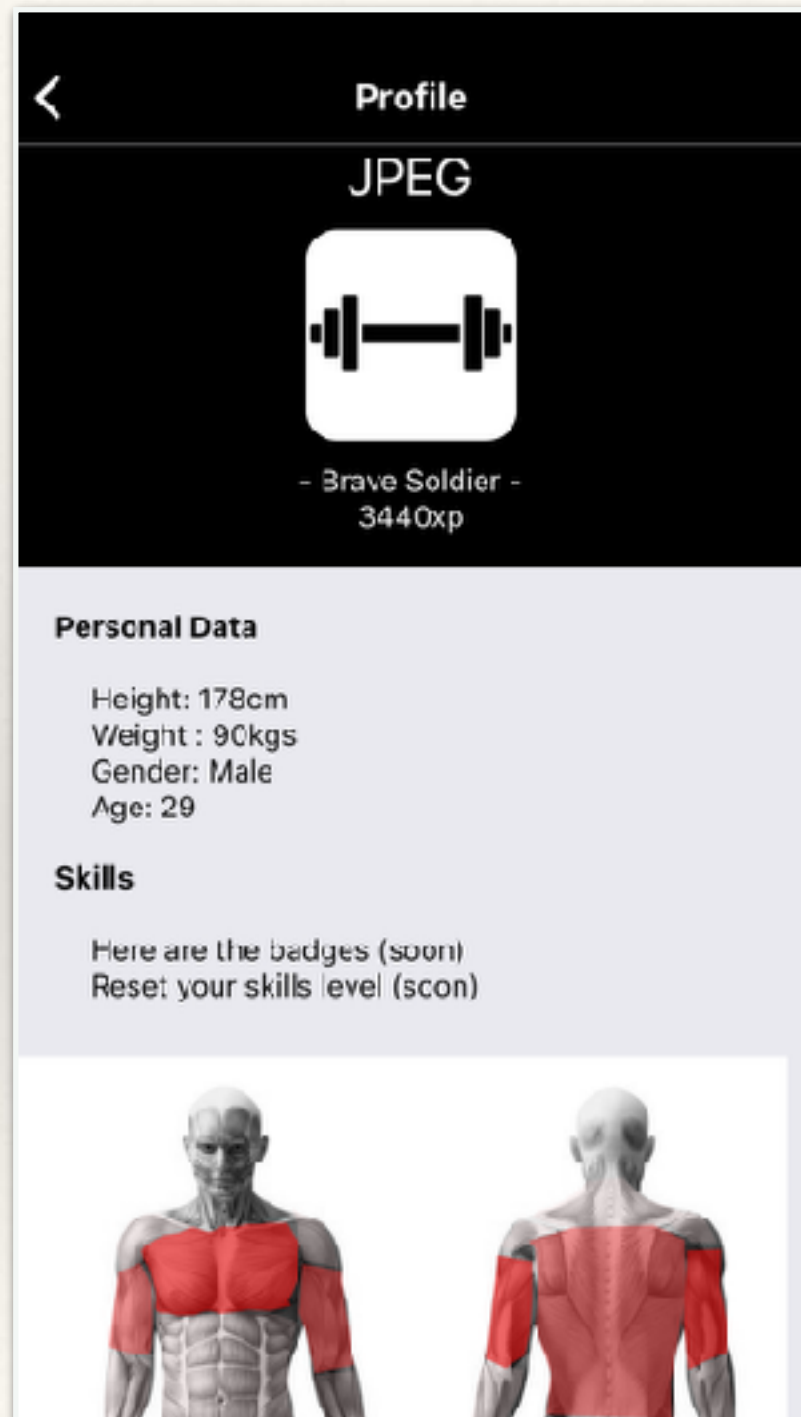
EVOLUTIF

INSTRUCTIF

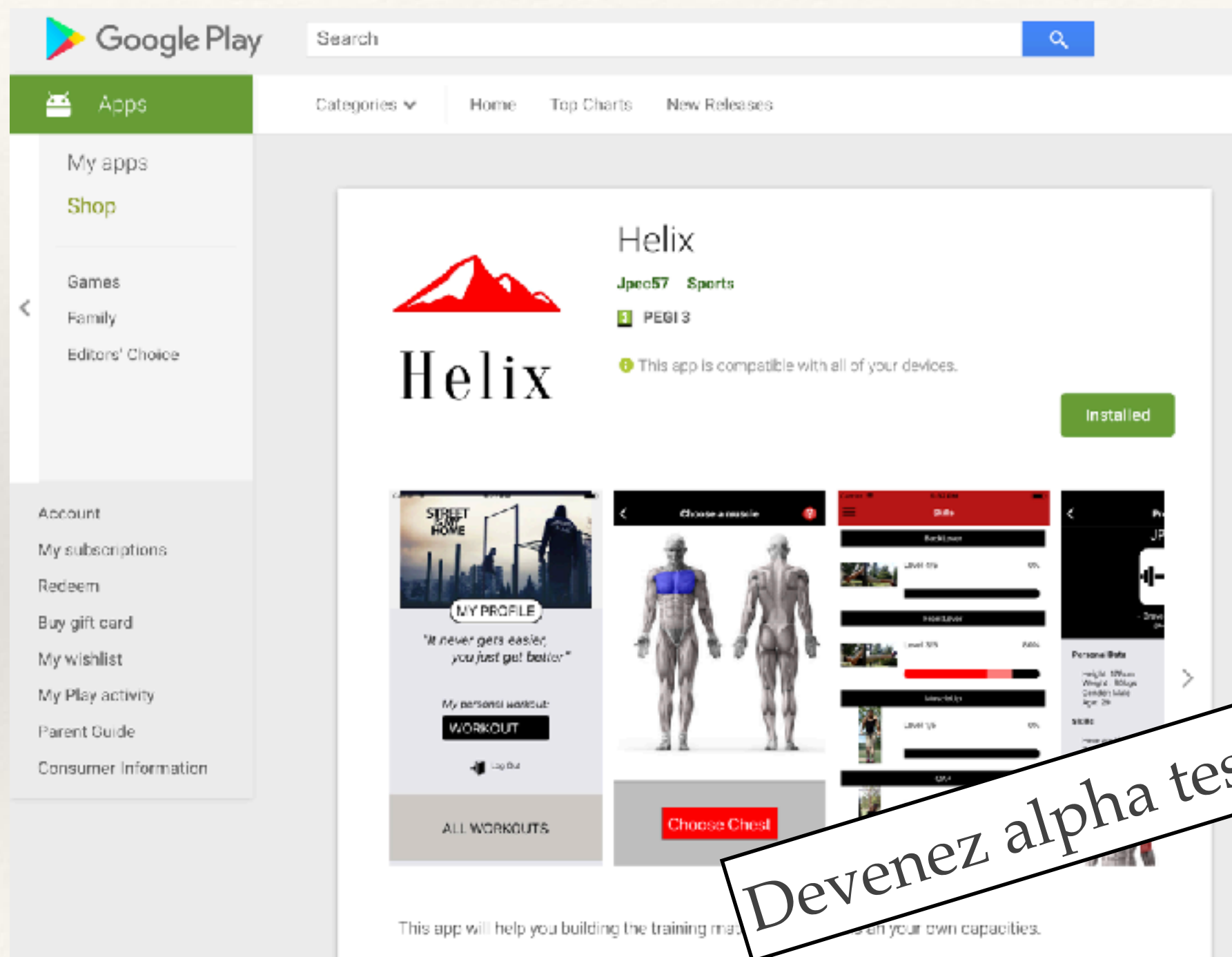
Une application personnalisable



Un environnement motivant



Un projet terminé ?



Merci pour votre attention