




HumourTop.com



A silhouette of a person bending over, possibly stretching or resting, on a beach. The background is a warm, golden sunset sky with the sun low on the horizon. The person is on the left side of the frame, and the text is on the right.

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

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# Projet Informatique

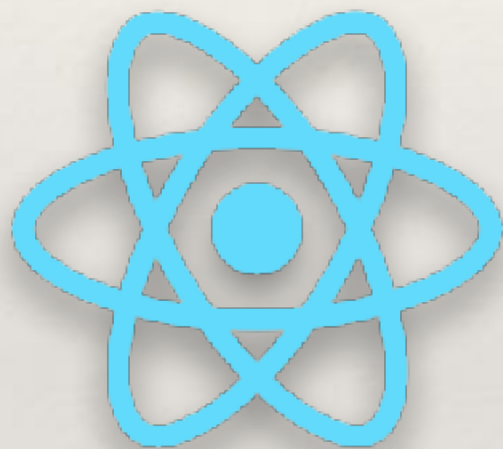
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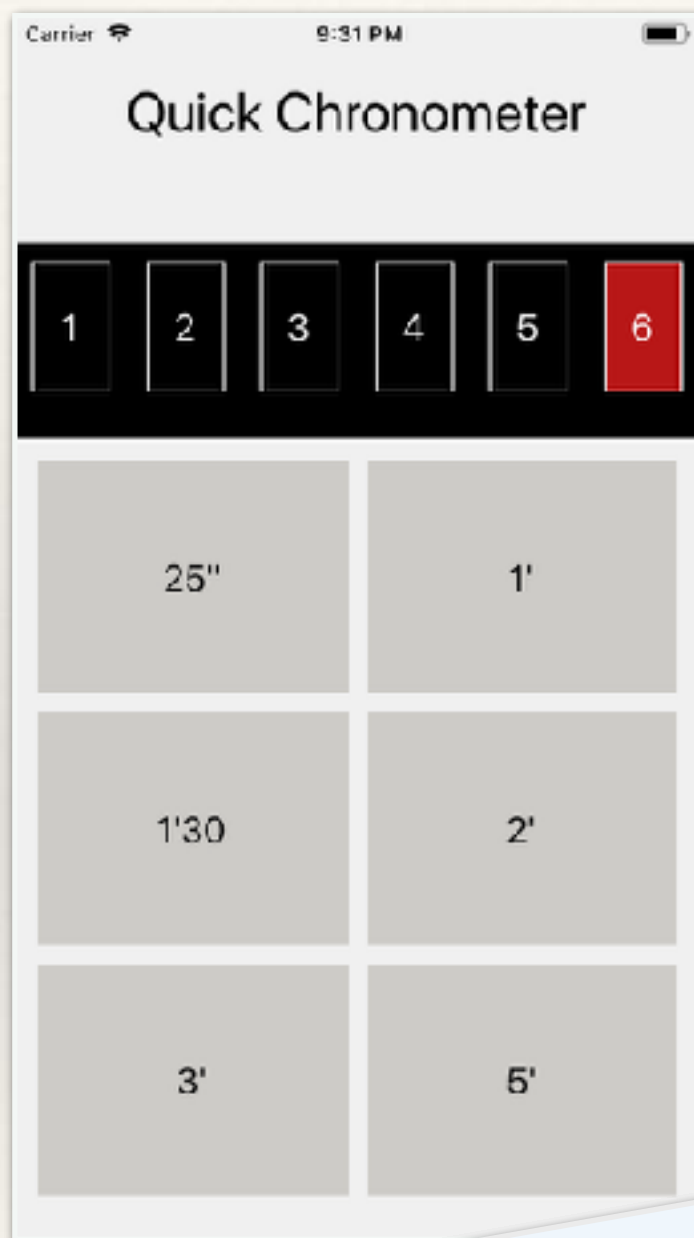
*Application mobile de suivi d'entraînement en musculation*

**Comment alimenter la passion pour la musculation ?**

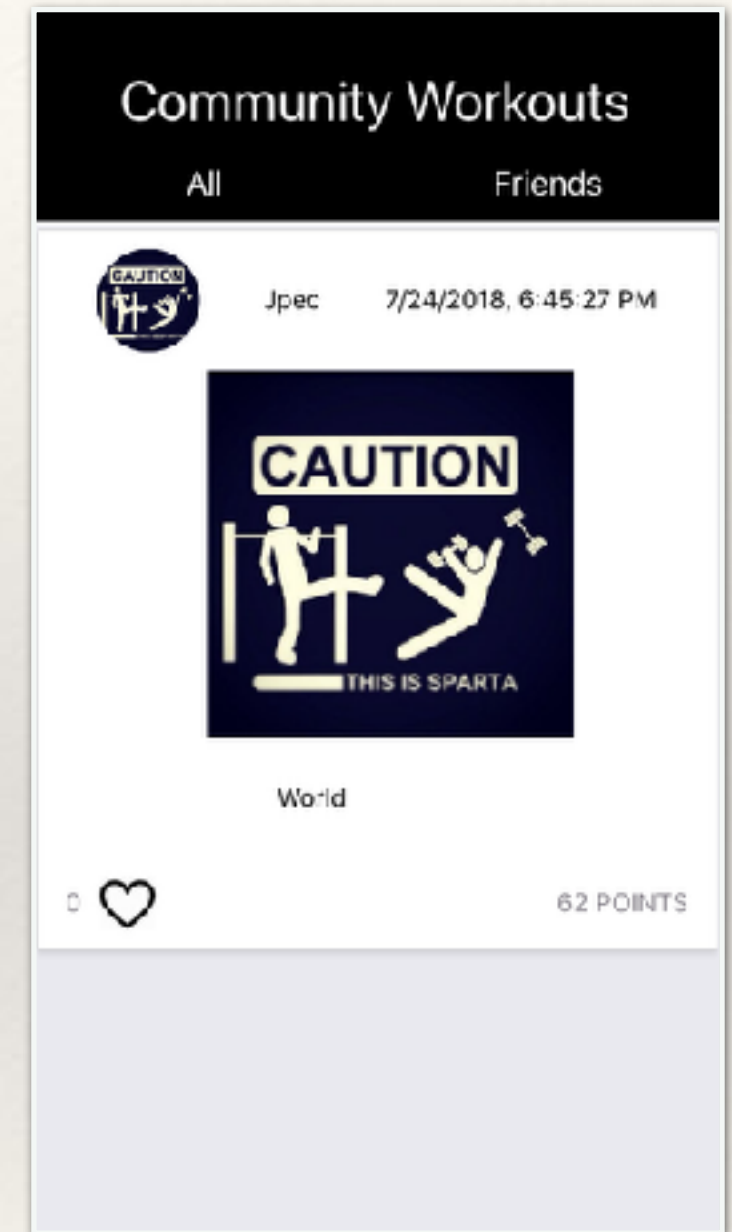
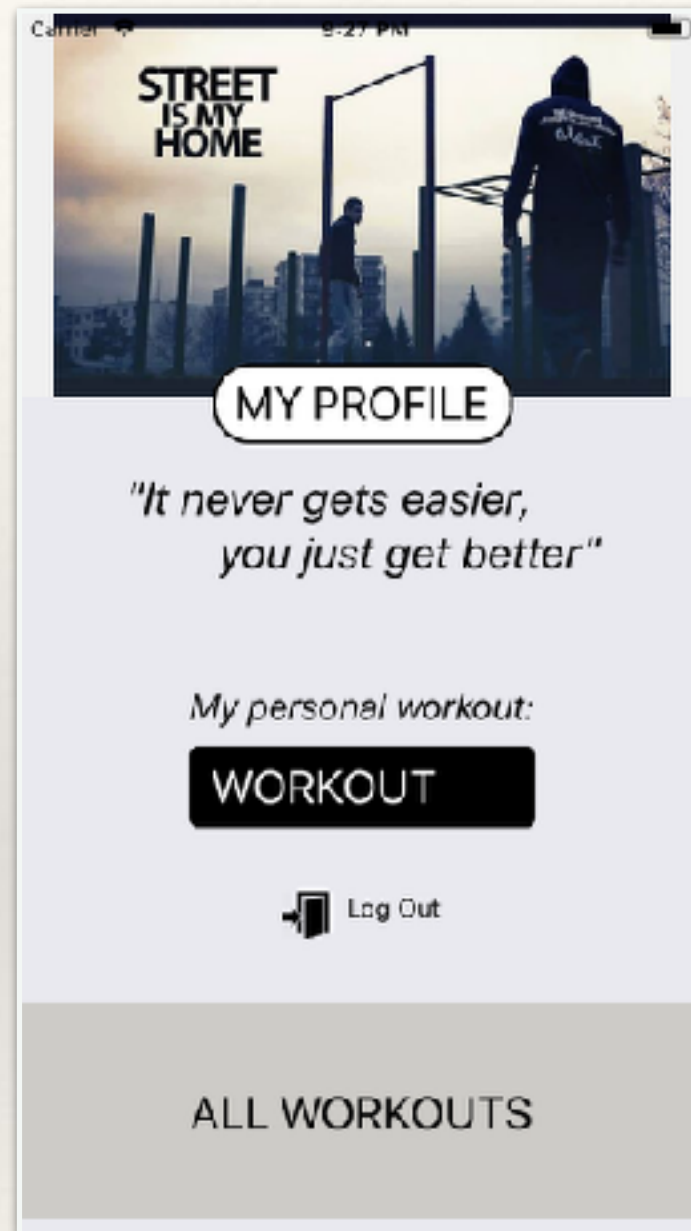
# Technologies utilisées



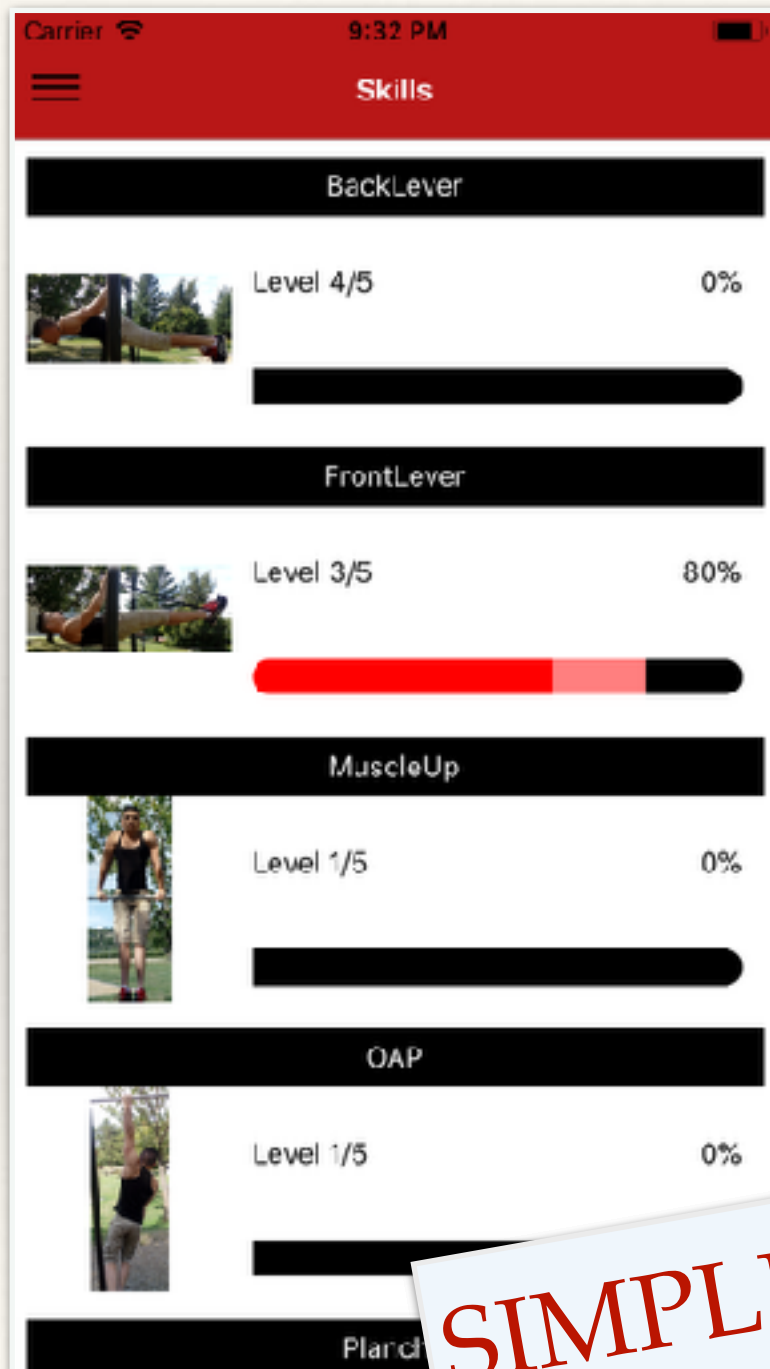
# Page d'accueil - Une accessibilité avancée



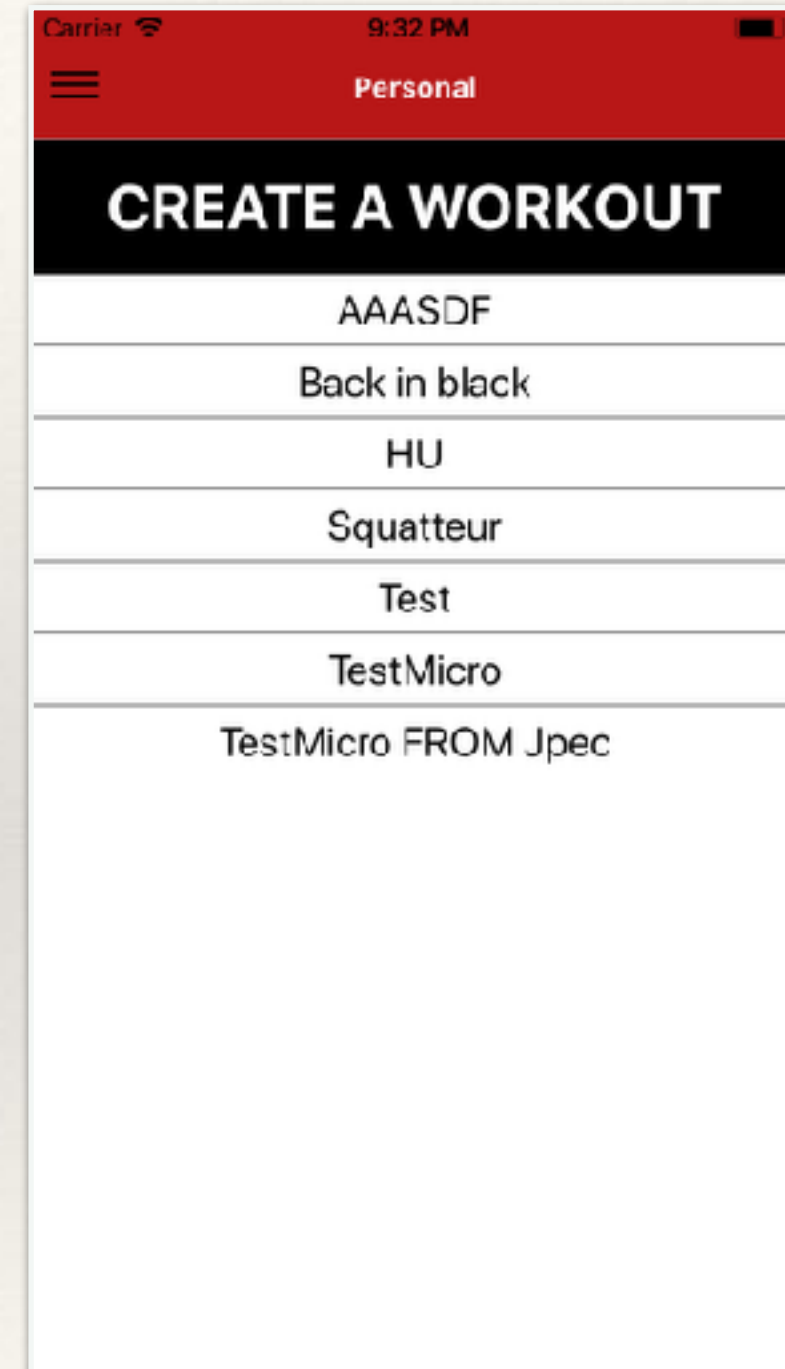
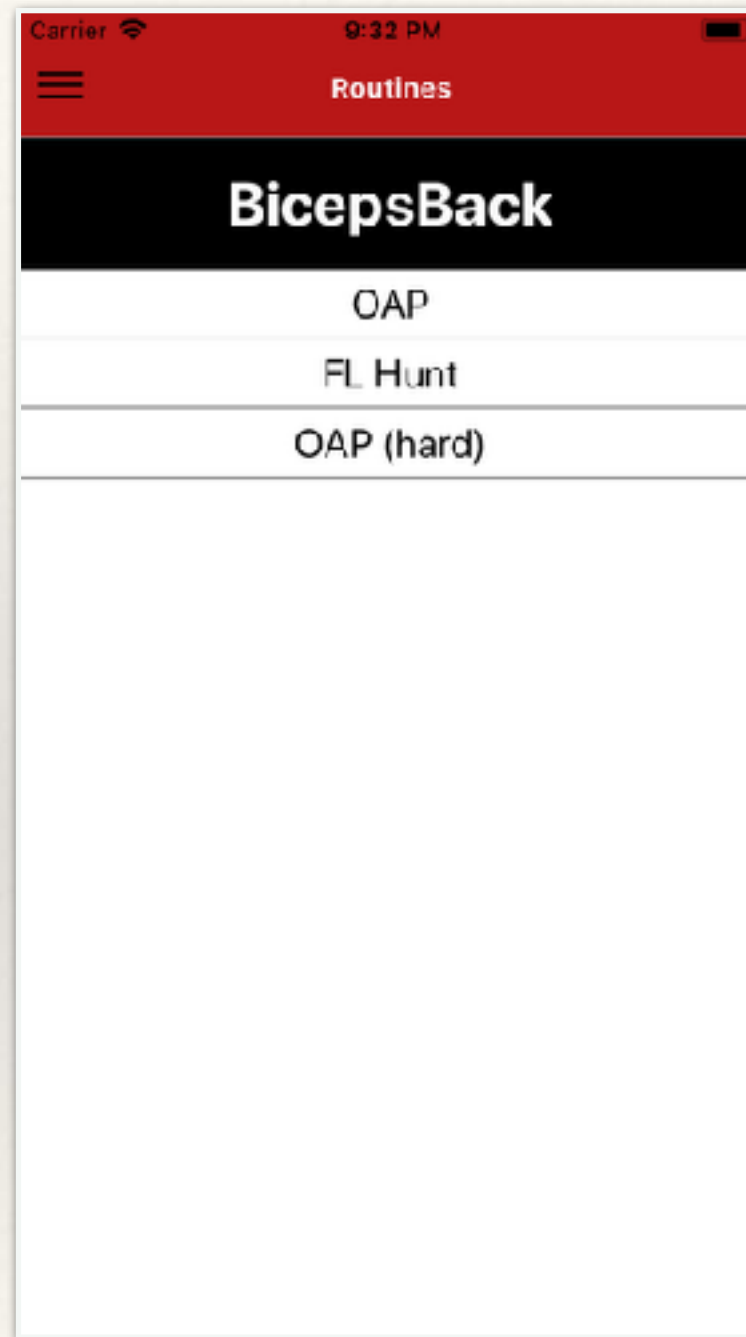
**SIMPLE**



# Section d'entraînement



**SIMPLE**





# Un entraînement évolutif

Chest

- Archer Push Ups
  - description: "Push the weight"
  - difficulty: 0.51
  - hold: false
  - material
    - 0: "\None"
  - muscles
- Bar Dips
  - description: "Push the weight" x
  - difficulty: 0.68
  - hold: false
  - material
    - 0: "Bench"
    - 1: "Dumbbell/Bar"
  - muscles
- Bench Press
  - description: "Push the weight"
  - difficulty: 0.5
  - hold: false
  - material
    - 0: "Bench"
    - 1: "Dumbbell/Bar"

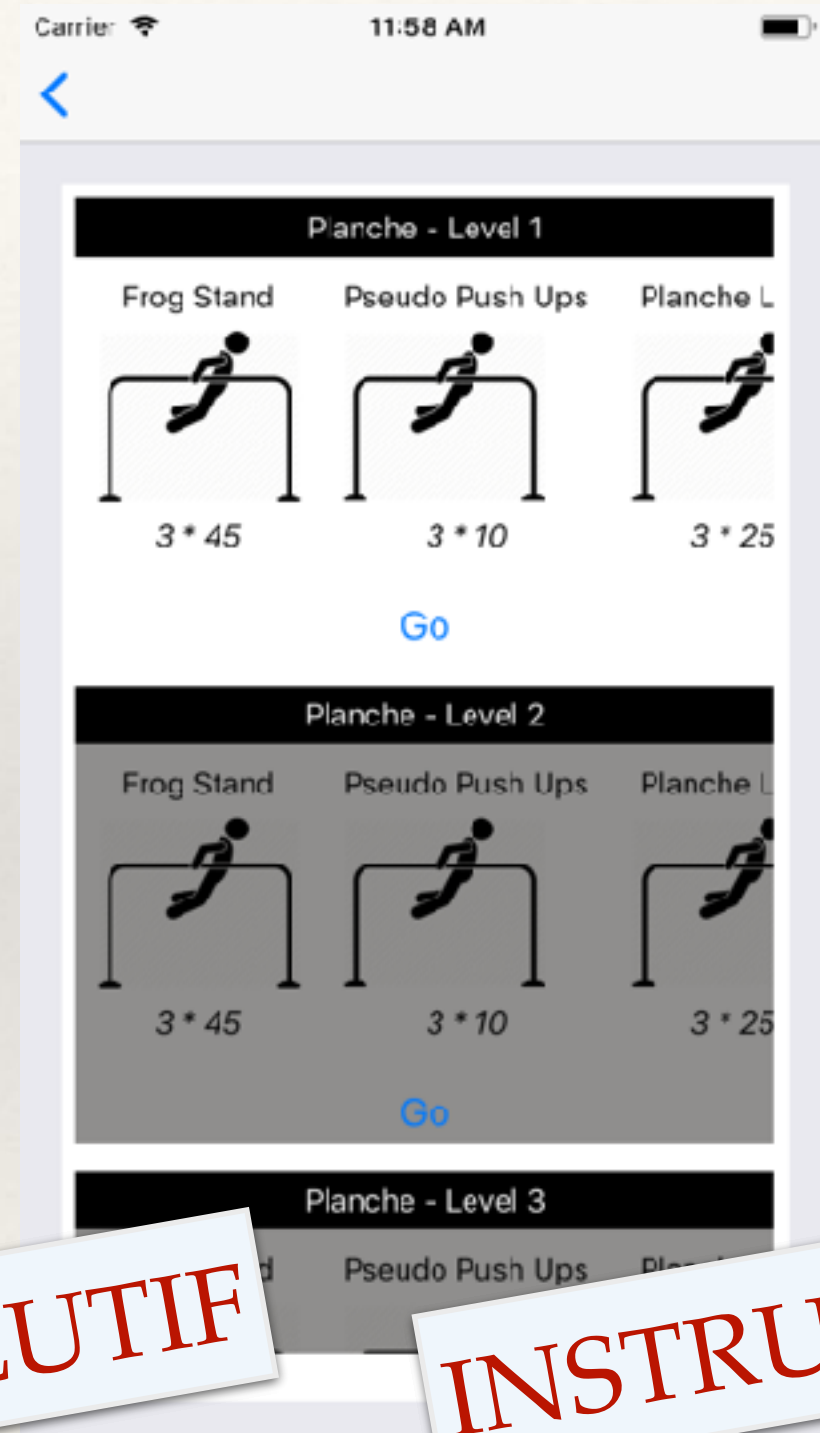
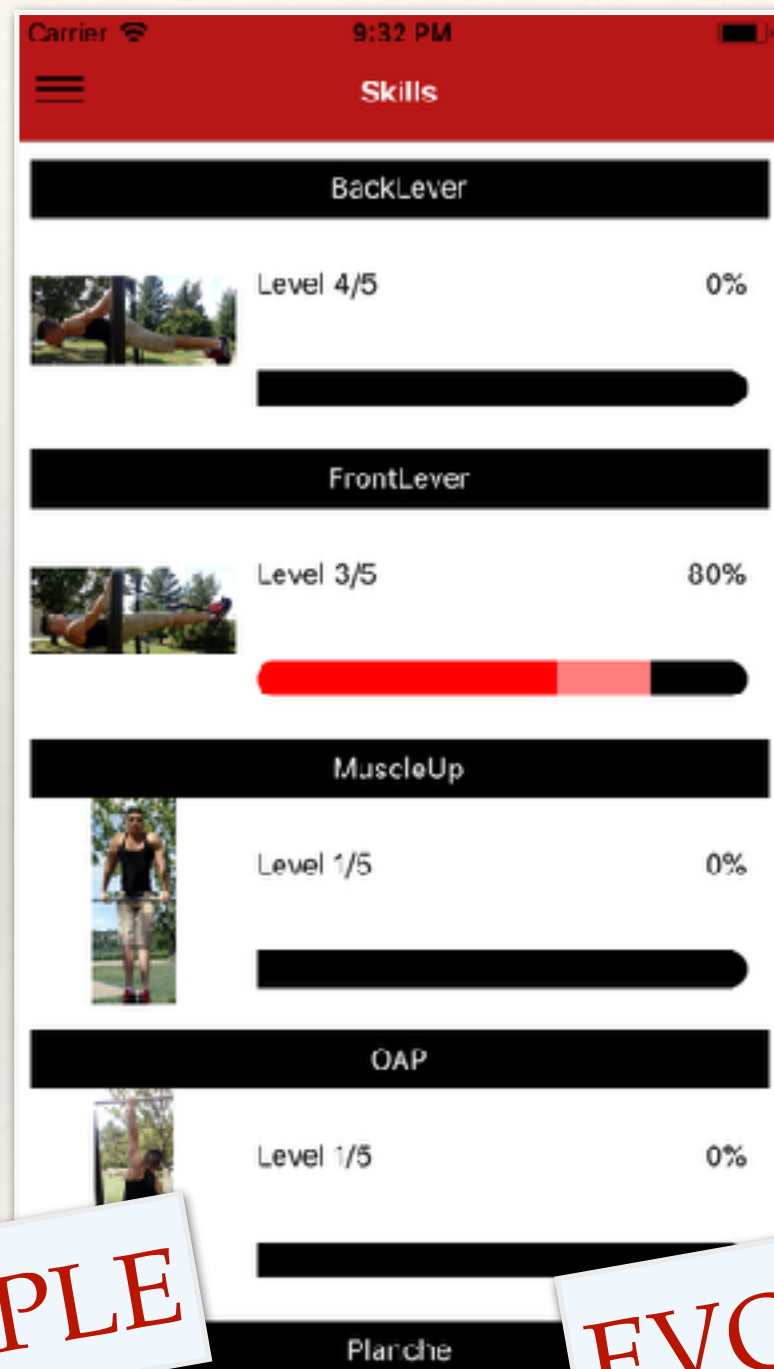
**SIMPLE**

```
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;
            }
        }
    }
    //'+uid+'/personal/exercises').set(val);
}
```

**EVOLUTIF**

# Un apprentissage progressif



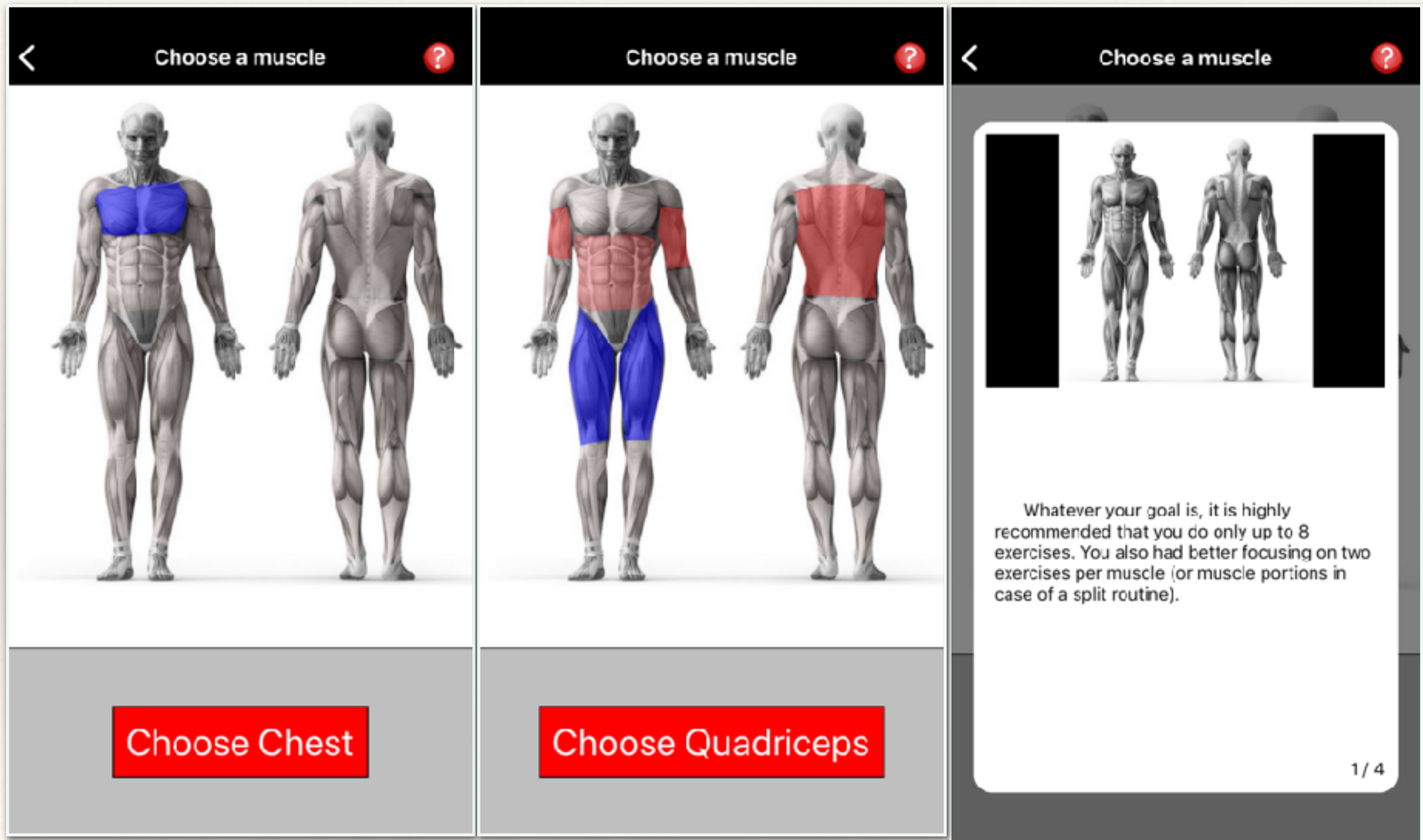
**SIMPLE**

**EVOLUTIF**

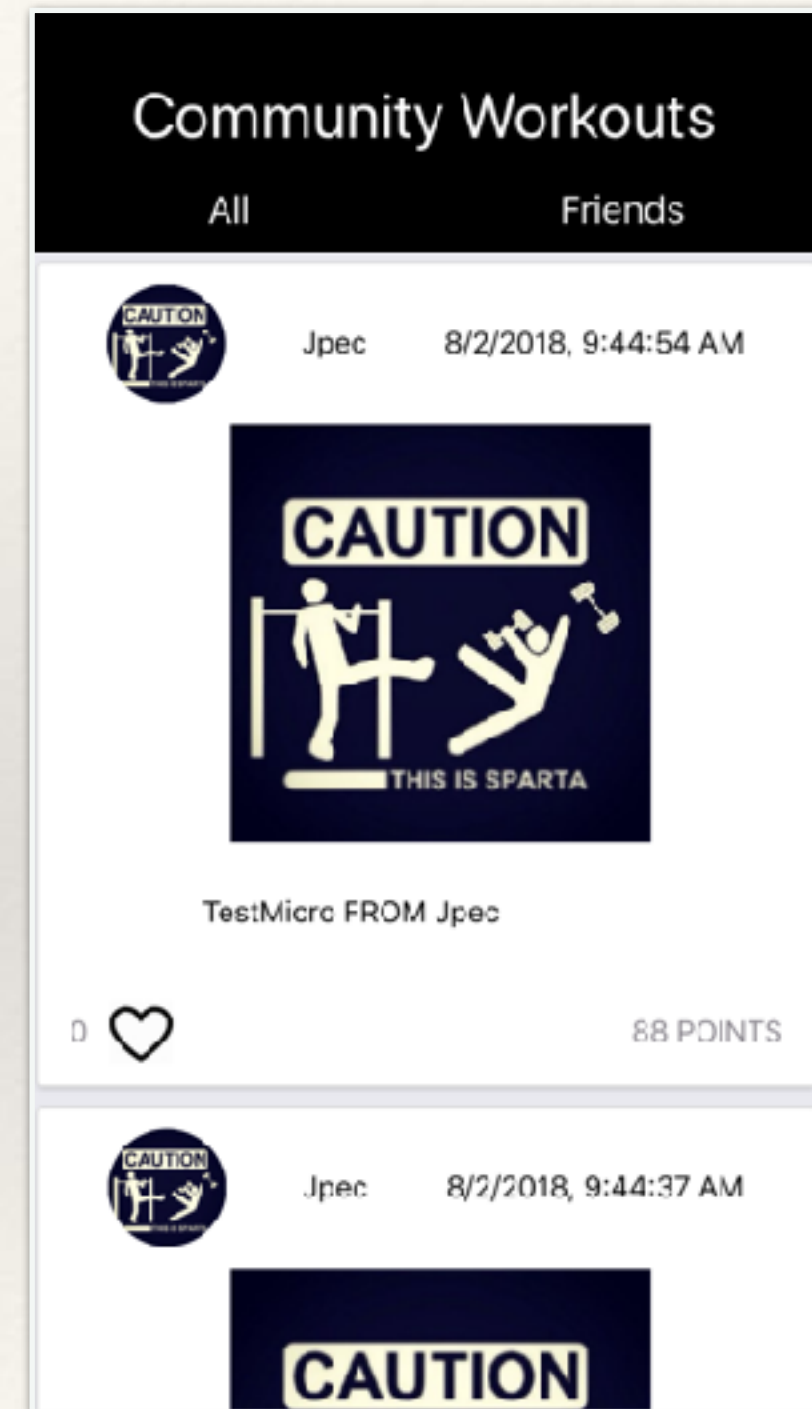
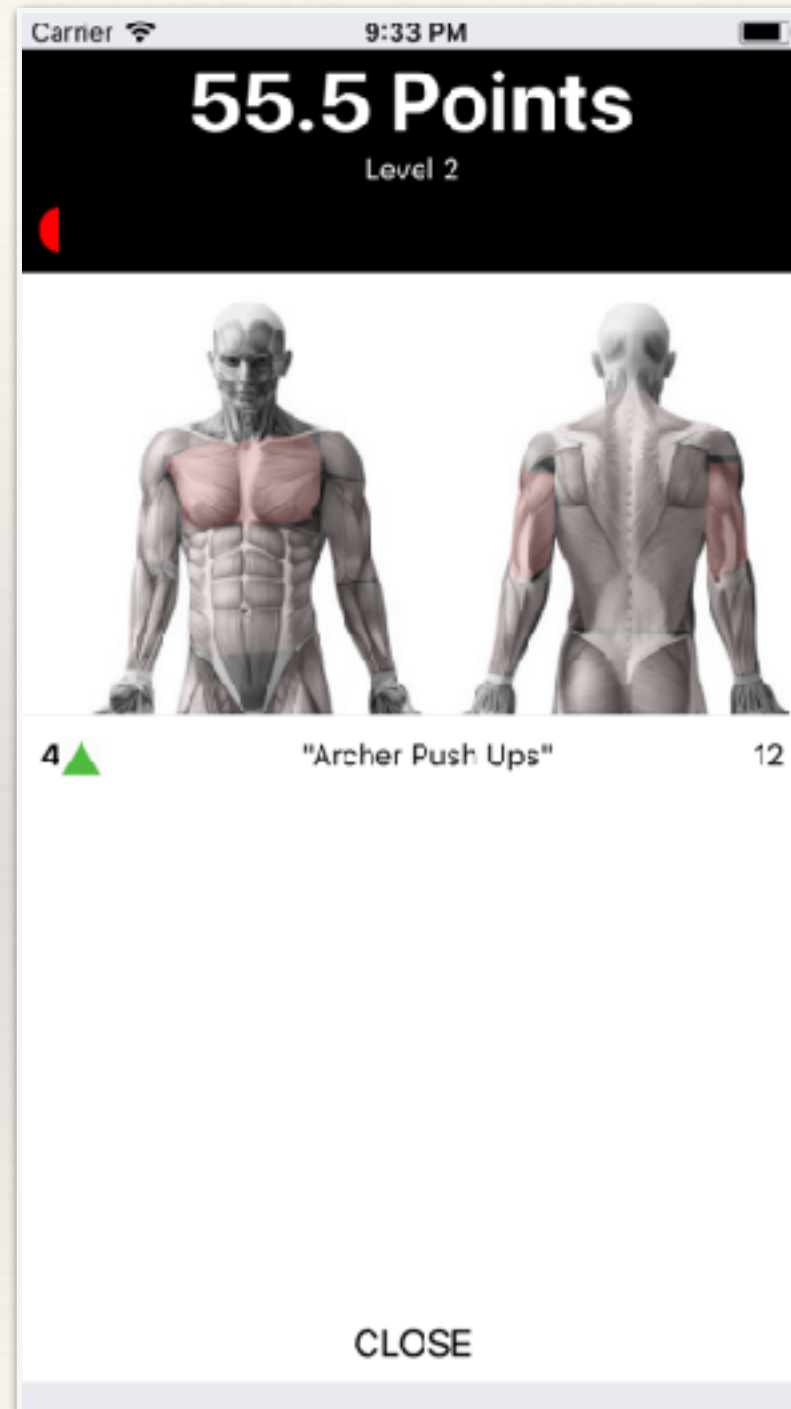
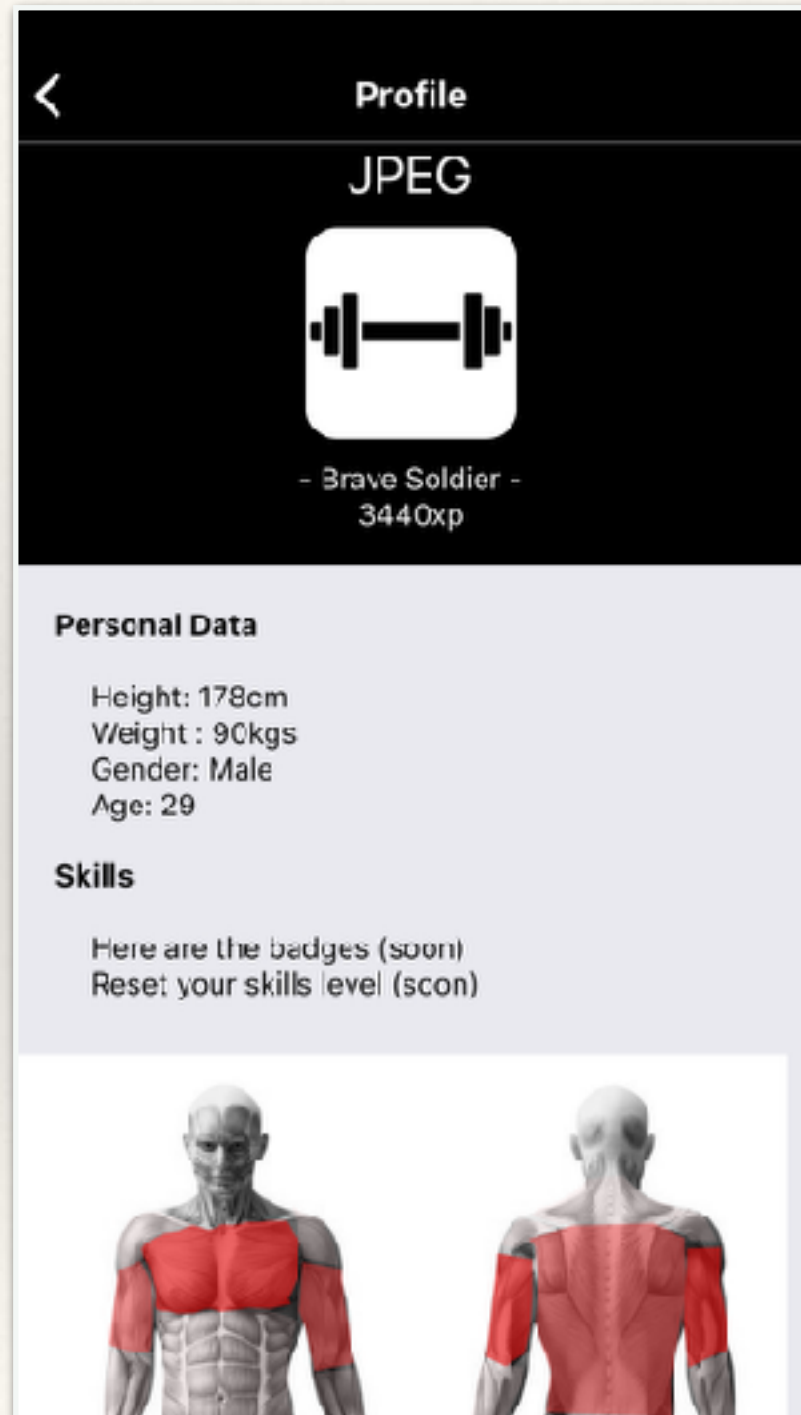
**INSTRUCTIF**



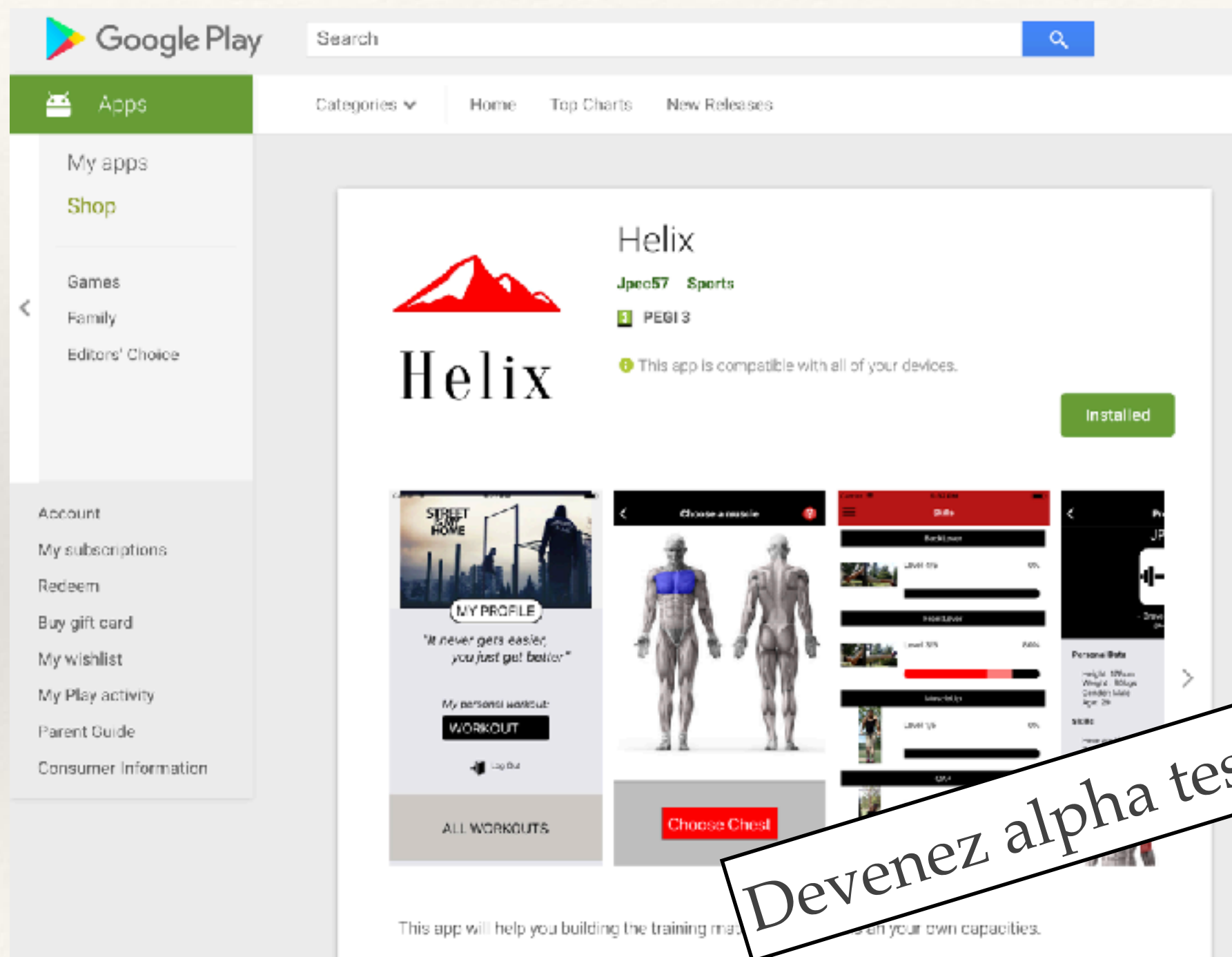
# Une application personnalisable



# Un environnement motivant



# Un projet terminé ?





Merci pour votre attention