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CPSC 321

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Project Proposal

For this project, I am going to be using ReactJS as my front end and Node/Express as my back end. The theme is going to be weightlifting, with the database content being composed of exercises with the muscle groups they work respectively. This field is quite controversial surprisingly, since some influencers recommend certain exercises entirely over others. My plan is to read the scientific research that investigates the quantity of muscle fibers activated with each respective movement. This will allow me to do far more analytics on my data, as I can sort them based on quality of exercise as well as which movements are comprised of multiple muscle groups functioning. Some more functionality I intend on including involves weekly splits of training. The most popular being, push/pull legs and the Arnold (schwarzenegger) split. After choosing which split the user would like and choosing some exercises they'd want included; my program will generate a potential workout plan using their preferred exercises. Each routine will receive a rating depending on the amount of muscle fibers are activated when performing every exercise.