**Fortitutor**

The goal of this tool (hosted as a web app) is to plan and adjust workouts on the fly, while still meeting fitness goals related to resistance training.

Specifically, hypertrophy and strength gain.

The idea is, that a user can predefine their macro cycle, plan for weeks, and based on user specified goals, choose optimal exercises targeting different muscles areas for maximum efficiency.

**Profiles**

You can make and track a profile for yourself or other people. You can grant roles to a profile for viewing, editing, logging, etc.

Goals are assigned to profiles, and workout plans and logs are assigned to profiles.

**Profile Roles**

* Owner
* Coach
* Trainee
* Spectator

**Goals**

Goals can be the following

* Strength for a certain lift, bench, deadlift, overhead, squat, deadlift
* Regular exercise
* Increasing workout volume
* Weight tracking

A goal isn’t tied to a specific plan, and can be edited, canceled, paused, rescheduled, etc.

**Periodization Planning**

When planning a macro cycle, you specify which lifts you want to improve, and the length and order of your mesocycles, including deload cycles (if any).

For each cycle, you’ll choose the length of each mircocycle you’ll train; weekly, every 4+ days, etc.

Based on the recommended set coverage a week for either strength or hypertrophy, the app will, based on your goals, propose an optimal exercise program.

The exercise program will be based on a collection of which exercises target which muscles primarily, and secondarily, to fill out the minimum to maximum recommended sets each cycle.

If you don’t know your one rep max, it will be proposed to get these values in a session, before starting the real macro cycle / skip this step and track your weight used manually.

\*If 1RM values are input for a lift, the target weight for the exercise will be automatically populated.

You can choose when to start the macro cycle, stop, pause etc. You can even swap when it’s started.

You can change a macro plan on the fly, or for a target date when to start the changes.

**Gym Loadout**

You can specify the content of your gym, to help guide workout plans. You can specify when making a workout plan, which gyms you will be during a specific day.

Gym loadouts can be shared publicly, via address, and votes can be tagged for the accuracy of the gym’s loadout.

**Workout Tracking**

Log the reps, log the weight used

Based on 1RM, if provided, it will propose the weight to use.

You can specify which gym you’ll be visiting when working out, and if for whatever reason you can’t work on an assigned exercise for the session, based on the gym loadout assigned for the day / session, it will prescribe an equivalent exercise, if available.

At the end of a workout, your total volume will be calculated and 1RM max re-evaluated based on your highest volume set; if tied the set with the fewest reps are used (low rep sets provide higher calculation accuracy) – for sets with bodyweight, this is skipped.

Bodyweight sets use your latest input body weight and a ratio of bodyweight used for the set.