Gym Rat

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Description

Built to give individuals more time building muscle and less time writing down notes or standing on a scale.

Features

- **LIFT** – where Users can pick to Work a Plan they already created, create a workout On the Fly, or Make a Plan and plan ahead for upcoming workouts.
- **ANALYZE** – Users quickly see their Top 5 Heaviest Weightlifting Exercises and view progress by exercise.
- **MEASURE** – contrary to pop culture, being lean does not always who up on a scale. This feature allows Users to measure their butt, thigh and waist.

Planning - User Stories

- Users are able to record workouts and then see the weights/sets from previous workouts to decide how heavy to lift the next time.
- Users are able to see how their strength is improving on specific exercises.
- Users are able to store muscle measurements throughout their healthy journey and see a report card of progress.

Planning - Database

- **Users** – allows storage of credentials and activity history
- **Exercises** – various activities a User might do
- **ExerciseTypes** – divided into Cardio or Weightlifting so that Exercise Analyze stats focus on weightlifting exercises
- **Workouts** – a group of exercises, determined by the User
- **Sets** – the quantity of sets and reps a user completes in a Workout

Technology Stack

- C#, JavaScript, CSS, HTML, LINQ
- ASP.NET
- SQL

Demo

GymRat
About
Sign Up
Login
GYM RAT
Stop using paper to track your workouts.
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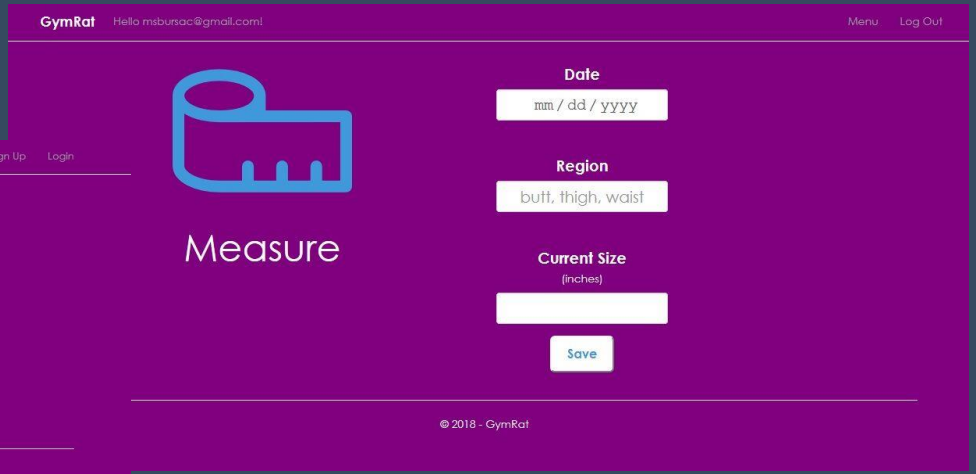
GymRat
Hello msbursac@gmail.com!
Menu
Log Out
Measure
Date
mm / dd / yyyy
Region
butt, thigh, waist
Current Size
(inches)
Save
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GymRat
Hello msbursac@gmail.com!
Menu
GYM RAT
Lift
Analyze
Measure
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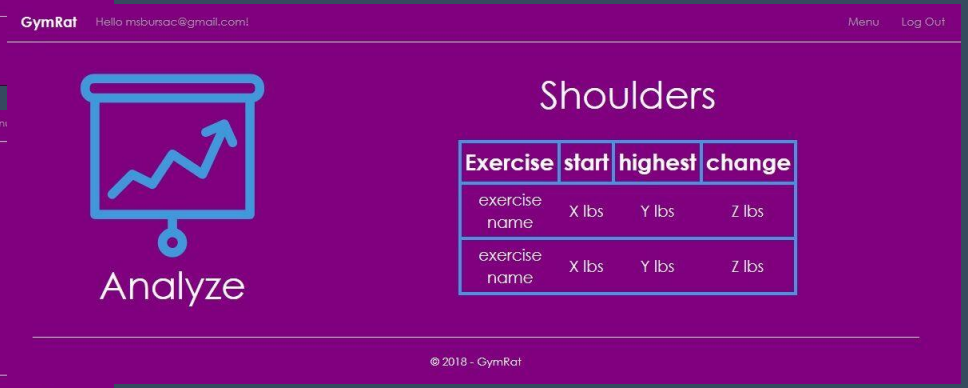
GymRat
Hello msbursac@gmail.com!
Menu
Log Out
Analyze
Shoulders
Exercise
start
highest
change
exercise name
X lbs
Y lbs
Z lbs
exercise name
X lbs
Y lbs
Z lbs
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What I Learned

- Visual Studio has a built-in sign up / login template for secure account access
- JavaScript is Powerful for duplicating elements
- Constant User input is critical to designing an app that meets their needs

What’s Next

- Put the solution onto the phones and computers of Beta Testers
- Business Plan
- Swag