MuscleMap

Feature Guide

See Every Muscle Fire
Track Every Rep
Build Your Perfect Physique

Works on Web, iOS, Android, Apple Watch, and Vision Pro
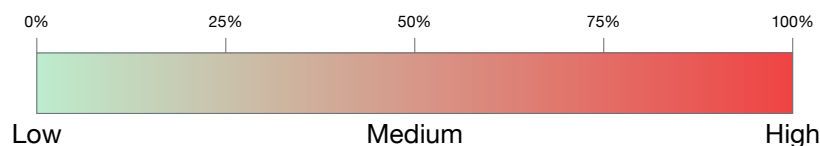
Contents

1 Real-Time Muscle Tracking

> ## 🔥 Muscle Activation Visualization
>
> MuscleMap shows you **exactly which muscles** you're working during every exercise. Our 3D visualization highlights activated muscles in real-time as you log your sets.
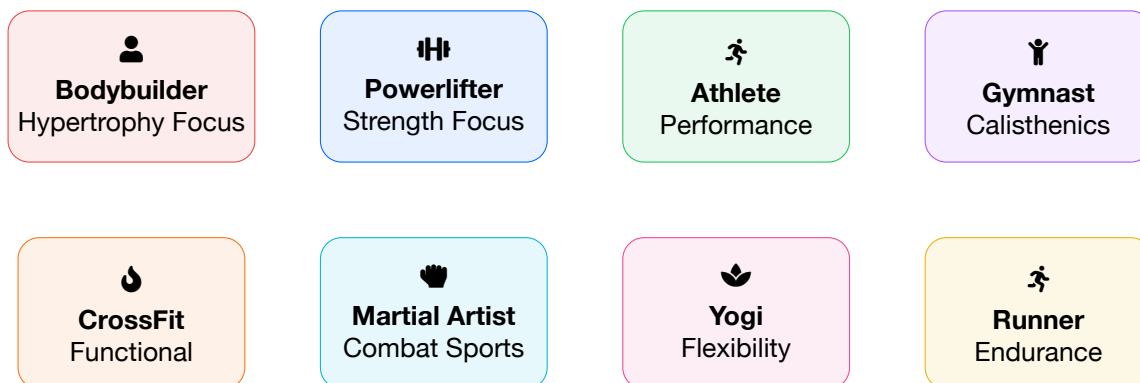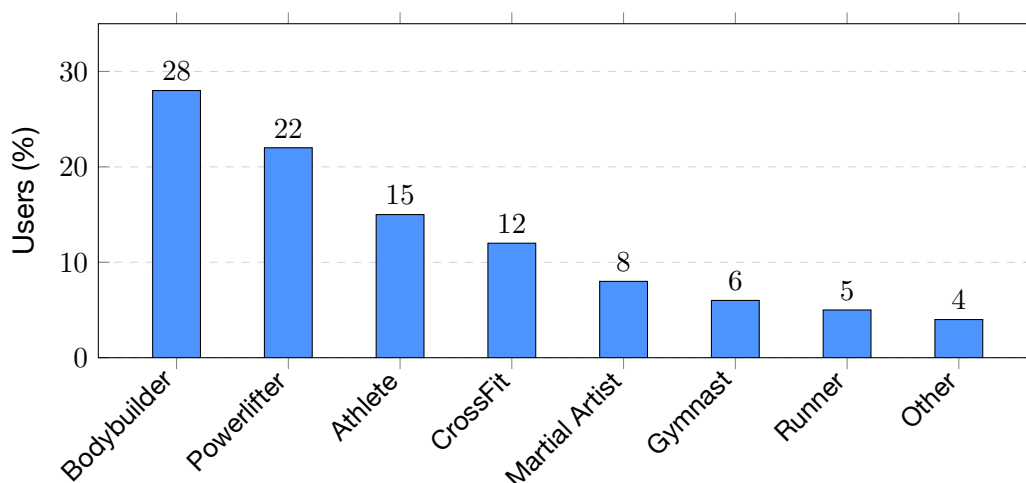
1.1 Tracked Muscle Groups

Chest 42 exercises	**Back** 38 exercises	**Shoulders** 28 exercises
Arms 24 exercises	**Legs** 32 exercises	**Core** 18 exercises

1.2 Activation Intensity Scale

0%   25%   50%   75%   100%

Low   Medium   High

2 Training Archetypes

Choose your training style and unlock specialized progression paths:

|			
Bodybuilder Hypertrophy Focus	**Powerlifter** Strength Focus	**Athlete** Performance	**Gymnast** Calisthenics
CrossFit Functional	**Martial Artist** Combat Sports	**Yogi** Flexibility	**Runner** Endurance

2.1   Archetype Distribution

3   RPG-Style Progression

📈 Level Up Your Character

MuscleMap gamifies your fitness journey with an RPG-inspired progression system. Earn XP, level up, and watch your character stats grow!
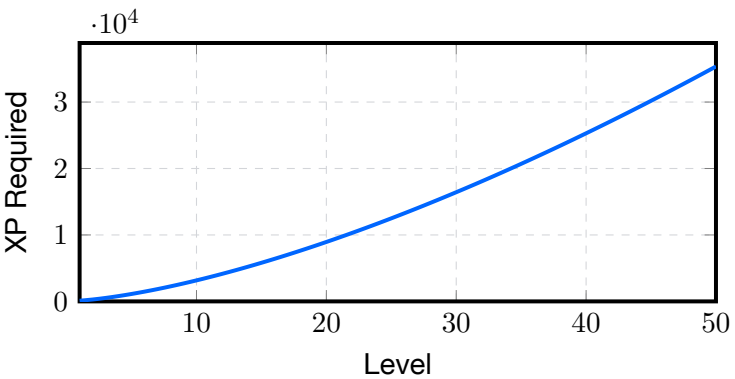
3.1   Character Stats

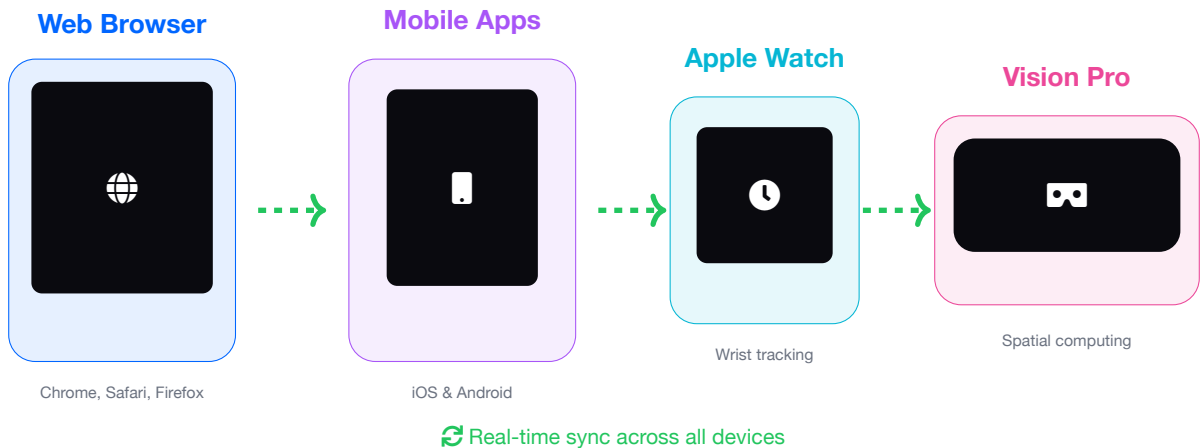| Strength		85
Endurance		72
Agility		68
Flexibility		45
Balance		58
Mental Focus		92
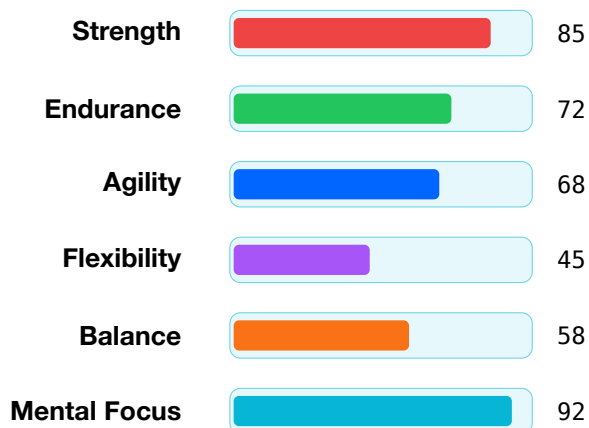
3.2   XP & Leveling Formula

The experience required for each level follows a diminishing returns curve:

$$\mathsf{XP}_{\mathsf{required}}(L) = \left\lfloor 100 \times L^{1.5} \right\rfloor$$

4   Cross-Platform Experience

Web Browser

Chrome, Safari, Firefox

Mobile Apps

iOS & Android

Apple Watch

Wrist tracking

Vision Pro

Spatial computing

↻ Real-time sync across all devices

5   Wearable Integrations

Device	Status	Data Synced
Supported Devices		
Apple HealthKit	✓	HR, Workouts, Steps
Google Fit	✓	HR, Workouts, Steps
Apple Watch	✓	Real-time HR, Calories
Fitbit	✓	Sleep, HR, Activity
Oura Ring	✓	Sleep, Recovery
Garmin Connect	🕐	Coming Soon
Whoop	🕐	Coming Soon

6   Community & Social

6.1 High Fives

Send encouragement to other athletes with our "High Five" system. Boost motivation and build connections.
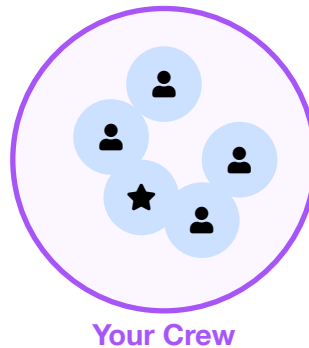
6.2 Leaderboards

Compete globally or within your region. See where you rank across:

- Total Training Units (TU)
- Workout Streaks
- Archetype Rankings
- Monthly Challenges

6.3 Crews

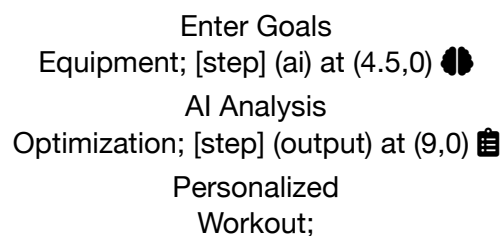Form or join a **Crew** to train together, compete in crew wars, and share achievements.

Your Crew

7 AI-Powered Features

🤖 **Smart Workout Generation**

Our AI analyzes your goals, available equipment, and training history to generate personalized workout plans tailored to your archetype.

7.1 How It Works

Enter Goals
Equipment; [step] (ai) at (4.5,0) 🧠
AI Analysis
Optimization; [step] (output) at (9,0) 📋
Personalized
Workout;

[arrow] (input) – (ai); [arrow] (ai) – (output);

8   Getting Started

1. **Create Account** — Sign up at https://musclemap.me

2. **Choose Archetype** — Select your training style

3. **Set Goals** — Define what you want to achieve

4. **Connect Devices** — Link your wearables (optional)

5. **Start Training** — Log workouts and watch your progress!

> ## Start Your Journey Today
>
> https://musclemap.me/signup