

MuscleMap

Feature Documentation

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1 Overview

MuscleMap is a comprehensive fitness platform with 34 pages/features. This document describes the key features and capabilities.

2 Core Features

2.1 Real-Time Muscle Visualization

- 3D muscle model using Three.js
- Color-coded muscle activation display
- Interactive body part selection
- Anatomically accurate muscle groups

2.2 Workout Tracking

- Log exercises with sets, reps, weight
- Timer for rest periods
- Progress tracking over time
- Exercise history and statistics

2.3 Exercise Library

- 500+ exercises with detailed instructions
- Muscle group targeting information
- Equipment requirements
- Difficulty ratings

3 Community Features

3.1 Social Integration

- Leaderboards and competitions
- High-five system for encouragement
- Direct messaging between users
- Activity feed and social sharing

3.2 Location Services

- Gym finder with map integration
- Check-in system
- Nearby workout partners

4 Gamification

- XP and leveling system
- Achievements and badges
- Character stats (RPG-style)
- Skins and avatar customization
- Virtual currency (credits)

5 Technical Features

5.1 Icon System

The application uses a unified icon system combining:

- Lucide React (1,000+ general UI icons)
- Phosphor Icons (7,000+ fitness-focused icons)
- DiceBear (programmatic avatar generation)
- Custom fitness icons (muscle groups, equipment)

5.2 Design System

- Liquid Glass aesthetic
- Dark mode optimized
- Brand colors: Electric Blue (#0066FF), Pulse Magenta (#FF3366)
- Responsive design for all devices

6 Mobile App

The React Native mobile app provides:

- Native iOS and Android experience
- HealthKit/Google Fit integration
- Push notifications
- Offline workout logging
- Biometric authentication

7 Pages Reference

Page	Auth	Description
AdminController	No	AdminController page

Page	Auth	Description
AdminIssues	Yes	Admin Issues Page Admin dashboard for managing issues: - View all issues (including private) - Change status, priority, assignee - Bulk actions - Create dev updates - Manage roadmap /
CommunityDashboard	Yes	CommunityDashboard Page Comprehensive community dashboard with: - Real-time activity feed - Geographic map view - Statistics dashboard - Monitoring panel (for mods/admins) - Privacy settings /
Competitions	No	Competitions page
Credits	No	Credits page
Dashboard	Yes	Dashboard - MuscleMap Liquid Glass Design A comprehensive, modern dashboard using the liquid glass design system inspired by visionOS and iOS 18 spatial computing aesthetics
Design	No	Design Page Showcases MuscleMap's design system with links to the interactive design system page
DesignSystem	No	Design System Showcase Demonstrates the MuscleMap Liquid Glass design system components
DevUpdates	No	Dev Updates Page Development updates, announcements, and changelog: - Release notes - Bug fixes - Feature announcements /
Docs	No	Docs page
Exercises	No	Exercises page
Features	No	Features Page Showcases MuscleMap features with VGA-style graphics, charts, and bars
HighFives	No	HighFives page
IssueDetail	Yes	Issue Detail Page Single issue view with: - Full issue details - Comments thread - Voting and subscription - Status history /
Issues	Yes	Issues Page Bug and issue tracker with: - Issue listing with filters - Search functionality - Voting system - Status badges /
Journey	Yes	Journey page
Landing	No	Landing page
Locations	No	Locations page
Login	Yes	Login page
Messages	No	Messages page

Page	Auth	Description
MyIssues	Yes	My Issues Page User's submitted issues: - View status of reported issues - Track responses /
NewIssue	Yes	New Issue Page Create a new bug report, feature request, or other issue: - Form with validation - Auto-capture browser/device info - Screenshot upload - Label selection /
Onboarding	Yes	Onboarding page
Privacy	No	Privacy Policy Page Required for App Store submission
Profile	Yes	Profile page
Progression	No	Progression page
Roadmap	No	Roadmap Page Public roadmap showing: - Planned features - In progress work - Completed features - Voting on priorities /
Science	No	Science Page Explains the science behind MuscleMap's Training Units and muscle activation system
Settings	No	Settings page
Signup	Yes	Signup page
SkinsStore	No	SkinsStore page
Technology	No	Technology Stack Page Showcases MuscleMap's technology architecture with VGA-style graphics
Wallet	No	Wallet page
Workout	No	Workout page

Table 1: All Application Pages