

MVP

- Users get a list of exercises based on the button they click.
- Users can update and delete exercises from the buttons pressed.
- Users can also add more exercises based on their inputs.

Front End

- There will be tags identifying what certain items and where information will be.
- Users can click on the more info page to get a description of the different plans and the benefits of each.
- The initial view will be the responsive one.
- There is a second view that has more information on it.
- There are animations, like mouse hovering and a dropdown menu that fades in.

Server

- There is a controller file.
- The app utilizes GET, POST, PUT and DELETE.

An example workout routine would look something like this. Chest & Tricep Day: push-ups, dips, shoulder press-ups, squats and an ab exercise.