Assignment 1: Draft Project Proposal

# Application goal

Going to the gym to improve physical fitness is a hobby that many people over the latest decades have taken up. When in the gym, especially when lifting heavy weights, it is crucial to make proper use of the time spent there: That is, the trainee wants to ensure that they spend the optimal amount of time resting in between exercises. Furthermore, it is also important to keep track of reps, sets and weight load over time. Tracking these numbers over time allows the trainee to plan out future workouts according to the principle of progressive overload (the gradual increase in weight, sets and reps over long periods of time), which allows optimal muscular gains to be made. This is where out app comes in. Our app has a built-in