# Final Project Proposal

## App Name

Workout-Route

Description

This app will allow users to create and customize work out routines. The idea is to create different combinations of work out routines to incorporate the idea of muscle confusion and not letting the body plateau.

## Features

* Ability to create different exercises
  + Ability to include descriptions, background, technique and these types of things to the exercise.
  + If possible, the ability to pull background information from a website. I have not researched this thoroughly yet.
* Ability to create work out routines
  + The routines can be built by selecting from the list of exercises available
  + The exercises can be organized by body part, difficulty, intensity, etc.
* Work Out Routine Modifications
  + Ability to select the number of reps for each exercise. Recommend amounts based on intensity.
  + Mix and match of exercises to keep work outs interesting. A shuffle feature.
  + Ability to add workout routine to calendar.
* Work Out Play
  + Ability to add time intervals to each work out.
  + Ability to start and stop work out.
  + Ability to trigger on board music player
  + For run/walk activities, ability to use geolocation to track distance.
  + Ability to share workout success with those in contact list via sms.

## App Meeting Criteria

* **Cordova Native** – Use of geolocation, use of sms to share workout or play back audio during workout. Use of a splash screen to load the app ☺.
* **Mongo DB** – Database will be needed for exercises, workout routines and use preferences