PendingName.com

PendingName.com is an interactive educational website that allows users to examine and interact with human muscle anatomy and build their own workouts.

PendingName.com will provide an anatomically accurate (but simplified) avatar that highlights the different muscle groups within the body. Users will be able to drag their cursor over each different muscle group and click any groups they would like to target for their workout. Once a desired muscle group is selected, a brief description is provided for that user as well as a list of suggested workouts (with videos/gifs demonstrating the movement) that they can add to their workout. Once all of the users' desired muscle groups are selected, a summary page will display their workout.

PERSONAS

- **Albert:**
    - Albert is new to his fitness journey. He is overwhelmed with all of the different concepts of working out and he's looking for something that simplifies the entire process down. Albert can use pendingname.com to build his workouts and learn about fitness.
- **Gina:**
    - Gina is a seasoned veteran in the fitness world. She knows what to do at the gym and sticks to her routine. Yet, she's recently noticed that her overhead press has suffered a bit due to a shoulder impingement. Gina goes to pendingname.com and clicks on the shoulder muscle of the website's avatar. There, she cycles through a list of alternative exercises she can do that won't cause her any pain.

Competitors/Comparisons
- MyFitnessPal's feature of adding things into a 'shopping cart'
- https://www.humananatomyillustrations.com/interactive-human-muscular-system-front-back.html is comparable in the sense that each muscle group is highlighted and the user can browse and click each muscle group.

2 identical images overlayed Front-to-back,
as the cursor hovers over a specific section,
the Front image slowly fades in order to
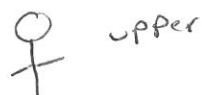reveal the back image (that has color).

Container

Full image
~500% opacity

} 3 buttons (3 images)

— on cursor hover —
the image segment (button)
overlays the container
and shows the specific segment
of the body with 100%
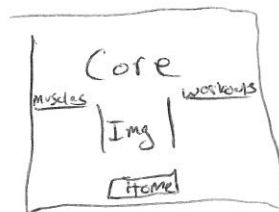opacity

 upper

 lower

| core

Eg. user hovers over ~~his his~~ upper body;

Eg user hovers over core;

 # clicks button → Re-link
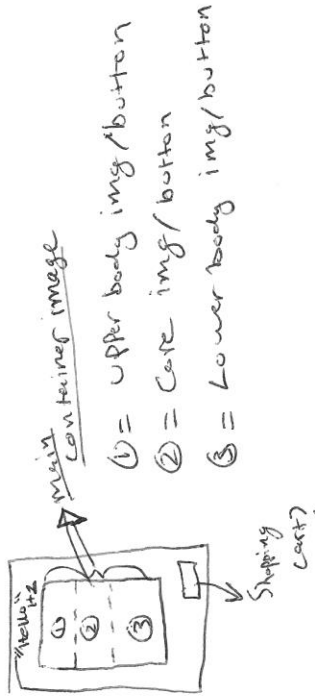
| Core |
| muscles | Img | workouts |
| [Home] |

HTML pages:

1). Index.HTML

- home page
- Greeted with greyed out Anatomical figure,
  when hovered over with cursor — highlights?

  - upper body
  - Torso/core
  - lower body

- 4 Images total,

Main containing image

1 = upper body img/button
2 = Core img/button
3 = Lower body img/button

Shopping cart? → would allow some JS

Pg 2,3,4 follow same format;

TXT | IMG | TXT ← Flex Box format

upper/lower/core

Muscles   Anatomical Image of selection   buttons
- a   - a
- b   - b
- c   - c
- D   - D

Home

maybe add a feature that allows users to add these text fields into a "Shopping Cart"