**Progressive overload exercise application:**

I propose to create an android application to help implement a method of weight training known as progressive overload. Progressive overload is a method of weight training that requires rigorous recording and comparing of performance. In reality this is quite hard to carry out in a gym environment on paper.

**A background on progressive overload:**

Progressive overload works on the principle that each time you work out you must increase some aspect of your workout to see performance gains. For example, you will have a set work out for a given day. This will consist of a number of exercises. Each time you perform this set of exercises you must increase some aspect of each exercise. This can be number of reps, weight and even form.

In a gym environment it can be hard to look through countless entries of exercises to decide what you need to do. I can also be hard to note down your performance during exercise and can be extremely hard to see your increase in performance.

**How an app can help:**

I believe the above problem can be solved by the application of modern day mobile applications. An app that can be run on a phone or a tablet would allow easy entry of performance, it could automatically determine which day you are on and therefore the details of the last work out and a recommendation of how to better it. It could also provide good graphical representation of your performance in the form of a graph.

Android implementation details:

* SQL database of exercises and workouts to be stored and accessed using a custom android content provider
* Diagrams of the workout can be stored on the devices and referenced in the content provider using image URIs
* Graphical representation of performance can be achieved using android Canvas
* The use of android Fragments to allow the application to be represented differently depending on the device. For example, a tablet may be able to display a more detailed user interface in some instances than a phone could.
* Implementation of a timer to enforce time between exercises. This would involve use of threads to keep the application responsive.