

# Gym App - One-Page Summary

## What It Is

iOS workout tracking app built with SwiftUI.

Offline-first using CoreData with Firebase for cloud sync.

## Who It's For

Hybrid athletes focused on complex workout tracking.

## What It Does

- Create and manage programs, workouts, and modules.
- Log training sessions with exercises, sets, and measurable data.
- Apply progression rules and compute training progress.
- Run offline with CoreData and sync to Firebase when signed in.
- Social features: profiles, friendships, feed, messaging, and sharing.
- Import Strong CSV history and show a Today Workout widget.

## How It Works

- SwiftUI views bind to MVVM ViewModels with @Published state.
- ViewModels call DataRepository, which coordinates entity repositories.
- Repositories persist to CoreData; services handle business logic.
- FirestoreService + SyncManager sync with Firebase when authenticated.
- Widget extension reads App Group data for today's workout.

## How To Run

- xcodebuild -scheme "gym app" -destination "generic/platform=iOS Simulator" build
- Not found in repo: explicit steps to launch on Simulator/device.