

1.- Introduction

The Workout App is a full-stack web application designed to help users create, manage, and view workout routines. This Draft Version demonstrates a fully functional end-to-end workflow.

2.- Objectives

- Validate architecture
- Demonstrate authentication
- Create routines and view details
- Ensure frontend-backend communication

3.- Architecture

Frontend:

React + Vite Backend:

Node.js + Express

Database: MongoDB + Mongoose

Auth: JWT

4.- Frontend Features

- a. Login / Register
- b. Protected routes
- c. Routine list page
- d. Routine creation page
- e. Routine detail page

5.- Backend Features

- f. Auth routes (register, login)
- g. Exercise catalog retrieval
- h. Routine creation and retrieval

6.- User Flow

- i. Register user
- j. Login with JWT
- k. Create routine (sets/ reps/ weight)
- l. View routine details

7.- Limitations

- m. No editing routines yet
- n. No deleting routines
- o. No exercise creation in frontend

8.- Next Steps (Beta Version)

- p. Full CRUD (edit/delete)
- q. Manage exercises from UI
- r. Improved UI/UX
- s. Analytics/statistics
- t. Deployment (Vercel + Render)

9.- Conclusion

The Draft Version is complete and stable, demonstrating the core workflow and architecture. It is ready for expansion into the Beta Stage.