



# RockFIIT

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CSE

## Abstract

RockFIIT is a mobile application that allows users to track their individual fitness progression. The application is designed to focus on two specific subcategories of fitness: rock climbing and weight training. Users can choose and organize their fitness plan, workout schedule, program, and exercises. By creating an account, users' progress is recorded and utilized to give them a progression graph for each exercise they log. RockFIIT allows users to create a custom workout program with exercises that the application comes with, in addition to being able to create custom exercises.

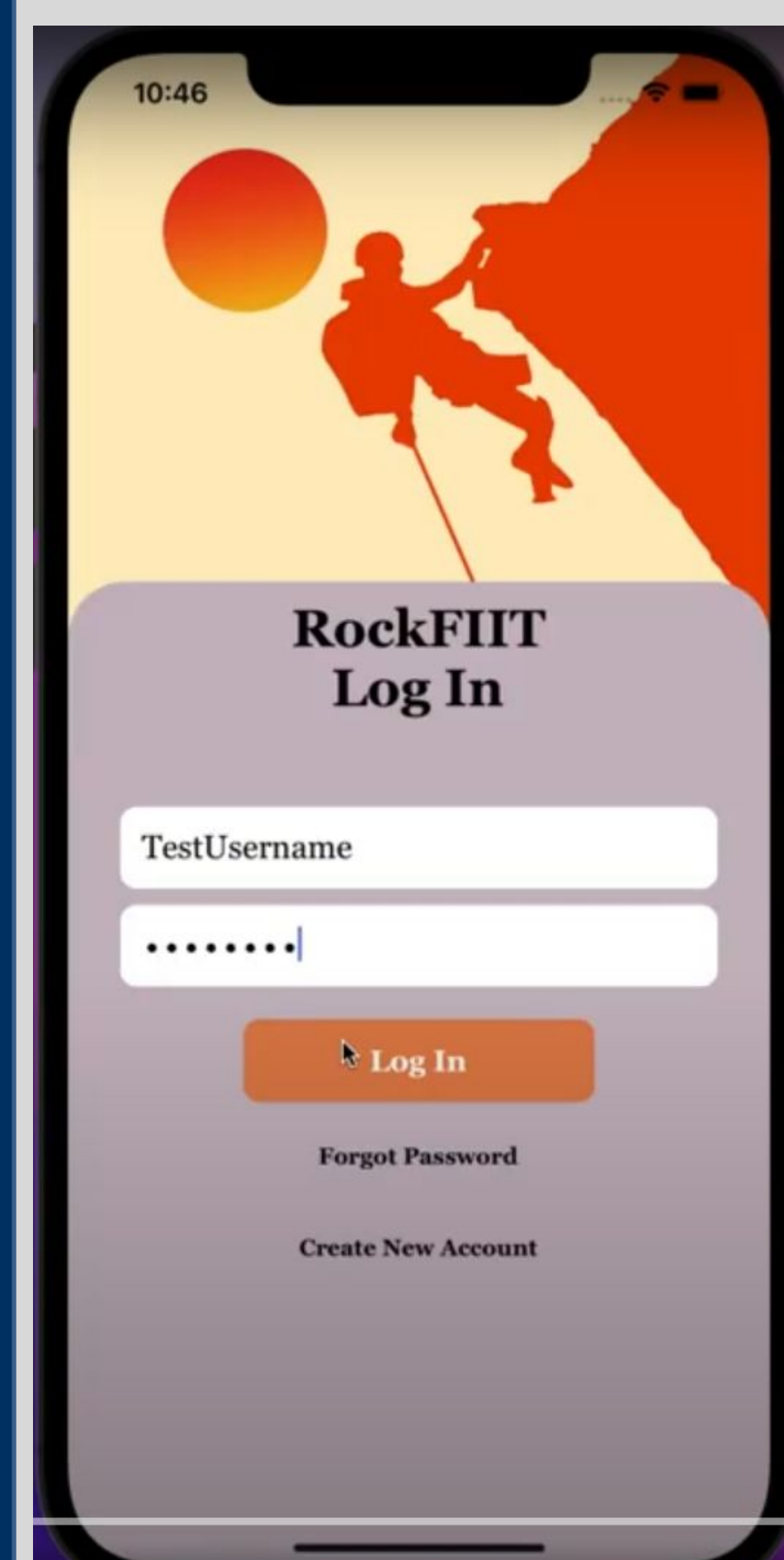
## Project Features

RockFIIT was developed for iOS devices with a front end stack consisting of React Native and CSS, and a back end stack consisting of Python, Flask Server, and SQLite Databases. Some of RockFIIT's features include:

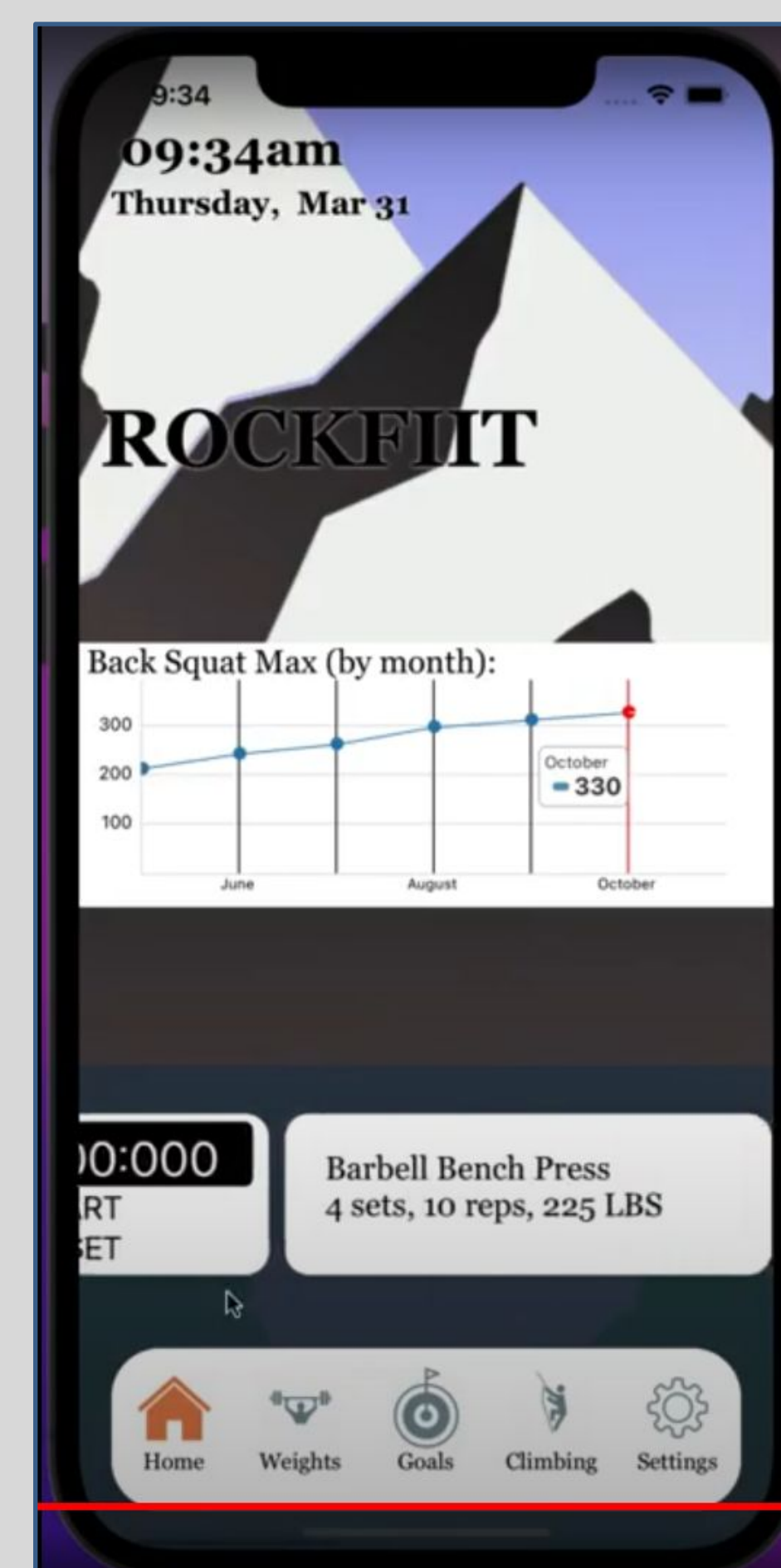
- User creation and log in verification
- 4-Tab mobile UI for navigation to different pages
- Predetermined default workout programs for Weightlifting and Rock Climbing
- Customizable workout programs
- Customizable goals page
- Progression graph for tracking personal accomplishments
- Stopwatch for multi-purpose fitness use

## Project Description

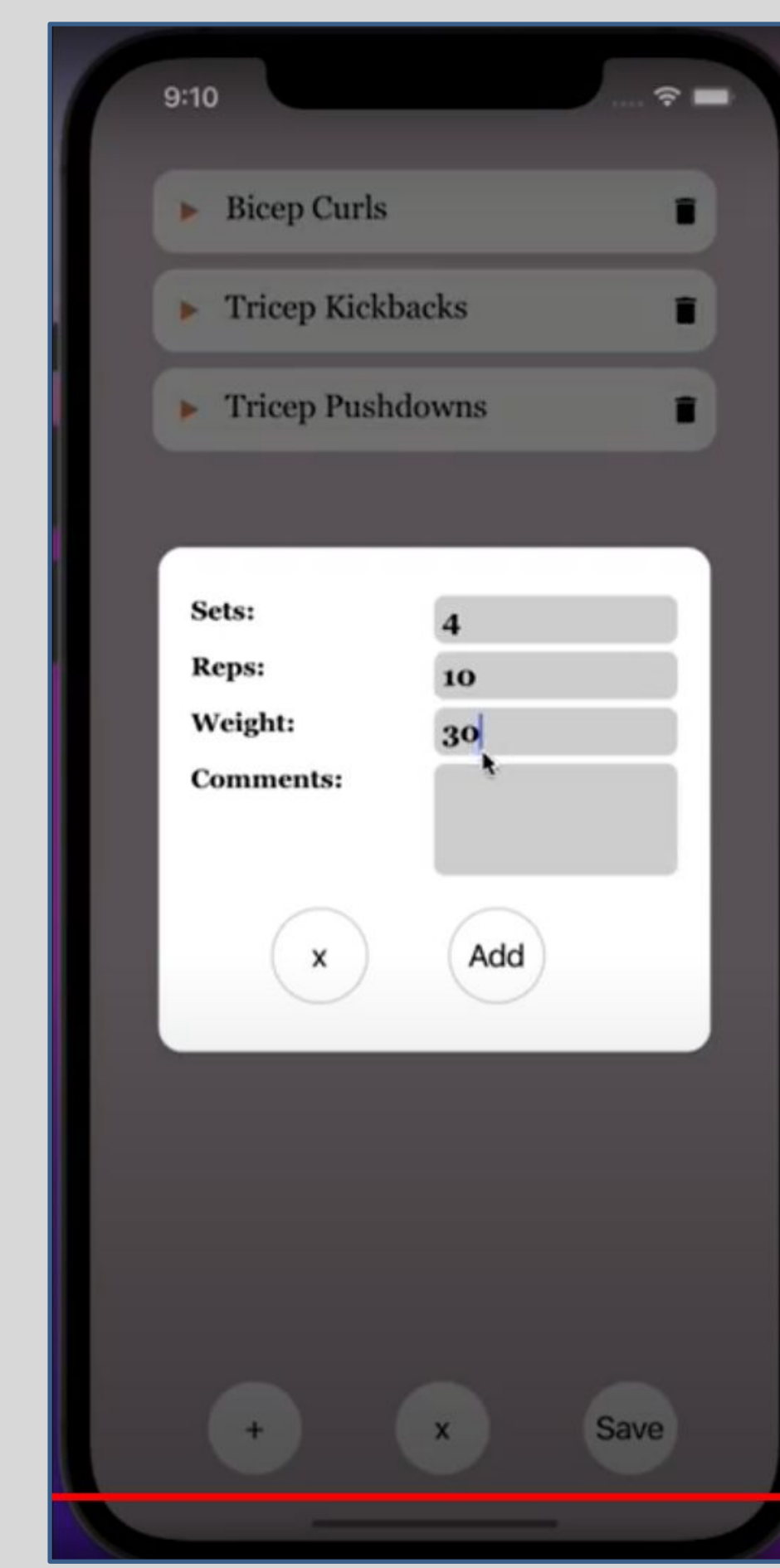
The goal of RockFIIT is to give fitness hobbyists a way to track their progressions easily. RockFIIT's intended audience is mainly rock climbers, bodybuilders, and powerlifters. Current applications are often mainly focused on just powerlifting or athletic training, whereas our application is meant for niche fitness hobbies such as rock climbing, bodybuilding, and more in the future as the user base grows. Furthermore, most popular applications have their wanted features locked behind a paywall, with their base features not being worth the hassle to use. RockFIIT is significant because our team makes the free base features our main focus, with premium features being optional if they are ever added. While there are a few climbing applications, there are not currently many rock climbing applications to appease this growing base, and we plan on creating RockFIIT to be a mainstream application for tracking progressions and improving training regimens.



**Figure 1:**  
Log In Screen



**Figure 2:**  
Home Screen



**Figure 3:**  
Customizable  
Workout Modal

## Future Development

- An improvement that we are looking to add is a progression tracker that takes in the users workout data, and is able to calculate how far the user is from their goals.
- Another area of development would be to get more programs and exercises not just for bodybuilding or rock climbing but other types of fitness as well, like crossfit, powerlifting, and olympic weightlifting.
- Lastly, one feature that would improve this application is to integrate a social media aspect where users will be able to share their workouts and exercises, so that other users will be able to either see their progress or critique their form.

## Conclusion

With the creation of RockFIIT, rock climbers will now have the ability to not only track their climbs and climbing workouts, but their weight lifting sessions as well. Since RockFIIT is not only limited to climbers, but fitness enthusiasts as well, it will give everyone the opportunity to track and see their fitness progress.