Modules:

1. Summary
2. Login/ Create Account (age, weight, BMI Calculator)
3. Planner based on parameters like type and time
4. Workout
5. Enter and save the workouts
6. Calories
7. Set the time for each workout(timer)
8. Graphs progress
9. Report on calories
10. Min of workout each day, week, month and display graph
11. Drop Box with all workouts, he should choose, and add any number
12. SQL
13. JPA Spring Boot
14. JS/HTML

Modules:

1. Welcome / Login Page
2. Profile page- Details, Workouts, Calorie Graph, BMI tracker
3. Enter his/her plan – how many min, the number of workouts
4. Workout- setting timers,
5. Hiit , Cross fit – Workout Research

HTML/ Designing -Sahiti, Kajal

SQL- Divija, Kajal

Review on 17/ 3 9 pm

1. Form
2. First Page
3. Calorie Calculation/ Types of Workout

Back End

1. SQL

# Setting the Database

# Creating a new user

# Weight , height, Bmi

# Foreign key based on ID – Workouts, per min calorie burn, daily calories, monthly calories, weekly calories, Recommended time of workout

1. Java JPA

Bean- UserDetails, Workout Out Repo, User Log

Services- Creating User, Creating Workouts , Updating Daily calorie, weekly, monthly , BMI Calculator, Weight change,

Repo- Crud Repository

1. works
   1. Kajal- leg workouts (5) , 3 weight loss/2 gain or vice versa.
   2. Nikhil- shoulder/hands
   3. Deepthi- abs
   4. Divija- back
   5. Sahiti- chest

Login- graphs – sahithi

Workout, calorie calculator – kajal

Premium – Nikhil

Timer- divija

Layout- Deepthi

ABS (WORKS For Both Loss and Gain)

CRUNCHES

To do crunches –

* Lie on your back with your knees bent, put your hands behind your head.
* Now lift your shoulders and raise your upper body off the floor. Slowly, return to starting position.
* Repeat this at least 20 times.

You can do as many reps depending on your strength and stamina. Crunches can also be done with variations like side crunches, twist crunches, and reverse crunch.

BICYCLE

To do the bicycle -

* Lie flat on the back.
* Stretch your legs out straight.
* Keeping your arms interlocked behind your head, raise your shoulder off the ground.
* Raise your legs.
* To begin the exercise start with the bicycle-pedalling motion - one leg goes in as the other goes out. Simultaneously rotate your upper body while trying to reach your knee with the opposite elbow.

PLANK

To do a plank -

* Lie down facing your stomach towards the floor.
* Now place your hands on the floor at shoulder length and raise your body, only on the support of your palms and toes.

Plank holds are not only challenging but also helps in increasing your endurance in the abs and stability. Again there are variations that can be done like elbow planks, adding weights, rolling planks, side planks etc

SPIDER MAN

To do spiderman abs -

* Get into a plank position with your hands shoulder-width apart on the floor.
* Keeping your hips parallel to the floor, lift your left leg and bring it toward your left elbow.
* Return to the original position and repeat with the other leg.

## 5. Barbell Rollout

Out of all the [rollout](https://www.muscleandfitness.com/workouts/abs-exercises/videos/barbell-rollout/) variations, this one is my favorite. It taxes your abs quite a bit, and requires your core to be pretty strong without engaging you’re lower back. I prefer to keep my feet up so I don’t cheat by pulling with my legs. I would start with just the empty barbell and then add weight plates once you can perform 10 reps with solid form.