

CS408 - Project Charter

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1. Problem Statement

People that are new to working out face a great problem of trying to determine which exercises target what muscle groups. When referencing different resources online, the amount of information confuse “*gym rookies*”. Our app plans on simplifying the workouts in way which is easier and more accessible for users by allowing users to create custom workout plans on their iPhones.

2. Objectives

- Creating an application that will help users that categorizes exercises based on muscle groups.
- Create a system which will help find a desired workout plan rather than having to search for a new plan online.
- Allow users pick and choose between different preset workout routines.
- Allow users to share their workout plan.

3. Stakeholders

Users: “*Gym Rookies*”

Developers: Dhiman Swadia, Harsha Lingareddy, Sanat Mouli, Manoj Polisetti, Vishaal Bommena

Project Manager: Vishaal Bommena

4. Deliverables

- An IOS application which will contain a customizable list of all the exercises based on different muscle groups.
- A database of preset workout routines using Firebase or API.
- Integrate data for the different workout plans based on muscle groups.