App description

Workout Buddy is a mobile application that will aid you in structuring your workouts and keeping track of an organized schedule. There is also a menu where you can import a exercise already added by a user on a server.

Domain details

Exercise: Id, Name, Sets, Reps, Rest, DayId

DayOfTheWeek: Id, Name, WorkoutType

CRUD

Most of the CRUD's will be on the exercise entity: Create will add a new exercise to the chosen day, Delete will delete the exercise from the day, Update will be used when a user wants to edit the Sets, Reps, or Rest Time of a already added exercise. Read is used when a user clicks on a day, the exercises will be shown on the screen.

Persistence details

As stated above the users can share their exercises if they want that, whenever an exercise is shared it is stored on the database of the server, when the user adds the exercise to their own workout plan that entity will be added into the local db of the user.

Offline Details

If the device is offline the user will not have access to the database of the server and because of that they will not be able to add an exercise to the server or pull a exercise from it.

Workout Buddy

Your split: *P.P.L.U.L*

🦾	**Monday : Push day**	➡
💪	**Tuesday : Pull day**	➡
🦵	**Wednesday : Leg day**	➡
🛏	**Thursday : Rest day**	➡
🏋	**Friday : Upper day**	➡
🛏	**Saturday : Rest day**	➡
🦵	**Sunday : Leg day**	➡

Workout Buddy

←Monday→   + ✏

↓Push day↓

○ **Bench Press**   🔗 🗑 ✏
4 sets
10-12 reps
50 sec rest

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