

Study year: SS 2023

Semester: 2

Project team

Project members (Students)

Auer, Emil, if22b150@technikum-wien.at

Title of the project

MuscleHustle

Problem description

MuscleHustle is an web application that allows fitness trainers to easily create and send a workout plan to their clients.

The current state of the art is for the trainer to email the client a link to a usually confusing Excel file with the training plan created. Both can then edit the plan online and the trainer is always up to date with the client's current training status. The client then must go through the tedious process of entering the data from each exercise.

This is often a problem for clients, as using Excel is a big challenge for many people. In addition, the user interface of a training plan created solely in Excel is far from intuitive and simple. It is also quite tedious and time consuming for trainers to create an Excel sheet of exercises.

Solution description

The goal of MuscleHustle is to develop a web application to automate these processes and make it easier, faster and clearer. The innovative process would be for the personal trainer to create exercises, including explanations, videos and other important information.

When creating the training plan, exercises can then be dragged and dropped into the right place in the training plan and the number of reps, sets, rests, weight, etc. can be defined. This allows a clear plan to be created for a whole week's training. Once the trainer has finished editing the plan, it can be released to the client. The client can now start training at any time and will be given a detailed description of each exercise.

As soon as an exercise is completed, the user is taken to the next exercise, with a pause if necessary. At the end of each exercise, the user is asked to confirm that he or she has achieved the intensity set by the instructor. If not, the number of repetitions actually performed must be entered. The personal trainer sees these results and can adjust the plan at any time.

Technical environment

Frontend:

- TypeScript
- Node
- Angular 16
- PrimeNg (component framework)

Backend:

- PHP 8
- Laravel 10 (REST API Framework)
- Composer
- MySQL

IDE: JetBrains PhpStorm

Other remarks

A logo for MuscleHustle should also be created.