Application Description:

MuscleMate is a fitness-tracking mobile app designed for intermediate and advanced lifters. (ie. bodybuilders, powerlifters) It provides users with a place to log their workouts and achieve their fitness goals. The app offers features like workout logging and workout templates.

Functionality:

Workout Logging: The user will have the option to log their workout by selecting a date that they want to track on. Then the user will press add exercise. There will be a pop-up that allows the user to input the exercise, weight, sets, reps, and RPE. Once the user has logged their information they can click done and it'll save that information. After they can click "add exercise" again and do the next exercise in their workout. There won't be any dropdowns unless they want to use one of their templates. Users can edit an exercise by tapping the exercise they want to change. They can delete an exercise by swiping left on the exercise they want to delete. Finally, their workouts should be saved on the day they logged their workout.

- There will be a comment section for the workout.

Workout Templates: Users can save and reuse workout templates for future tracking, enhancing efficiency and convenience in their fitness routines.