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: This application will start by asking the user to either select a workout template or log their workout freely. There will be a drop-down that allows the user to select a predefined workout template that they created.

- Include buttons for "Use Template" and "Log Freely" to distinguish between the two modes.

Custom Workout Templates: Users can save and reuse workout templates for future tracking, enhancing efficiency and convenience in their fitness routines. If the user decides to create a custom template, they'll start by giving it a name, such as "Leg Day!" Next, they'll add their exercises. For each exercise, users will:

- Enter the exercise name.
- Add sets for the exercise.
- For each set, specify the weight they plan to lift, the number of reps, and the Rate of Perceived Exertion (RPE).

For example, if a user is doing squats, they might input:

Squats:

- First Set: 135lbs for 12 reps at an RPE of 5/10.
- Second Set: 205lbs for 6 reps at an RPE of 7.
- Third Set: 275lbs for 2 reps at an RPE of 8.

Users can fine-tune their template by editing or deleting exercises as needed. Once they've entered all the information, they can click to finish, and the template will be saved for future use.

Comment Section: There will be a comment section at the end of each exercise which allows users to add notes, such as whether the weight felt too light/heavy, or form issues for future reference. Users can set goals and monitor their advancement.

Additional Functionality: Finally, their workouts should be saved on the day they logged their workout. There will be an option available to select past dates, which the user can use to access information from past workouts. This allows the user to track progress over time by viewing past workouts and weight lifted.