

Flex

I. Overview

Flex is an app that provides exercises for specific targeted muscle groups. First, the user is provided with the option to filter exercises by difficulty level. Second, the user interacts with a visual of the human muscular system to select a muscle and see a results page based on their filters. This project will be useful to those who are new to exercising or need ideas to develop fitness plans based on their particular preferences and goals. Users can develop a plan targeting as many muscles as they would like. This plan can be printed or exported for later use.

II.