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Project Statement

As someone whose primary hobbies are powerlifting and bodybuilding, I understand how important it is to track your lifts to ensure you are progressively overloading and to be able to refer back to previous lifts for any number of reasons. For my final project I would like to create a React application where I can enter in my workouts and view previous lifts at any time. If I am able to, I would also like to make it so others can use my React app to track their own lifts as well. Beyond the scope of this project, I would like to expand this idea into a fully fledged mobile app. Below is a wireframe of the main workout screen. I will have another screen with a similar layout that is just for creating a new workout, which will lead to this screen, or be able to look at old workouts, which will look like this screen with previous data and no ability to add exercises and whatnot.

GORILLA GAINS
Primary Bench W3

Bench Press 3 x 5 - 195 lbs @ 8

Flat Dumbell Press 4 x 8 - 60lbs @ 8

Tricep Cable Extension 3 x 12 - 30 lbs @ 10

+ Add Exercise

End Workout