

# PiSonal Trainer: Weight Lifting Performance Tracker

## **Team BMS**

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## **1 Problem statement**

There are many fitness-tracking apps that people use to track their daily fitness routine and dieting habits. However, the available fitness apps and wearables only go as far as keeping track of heartbeat, calories and steps. This may be sufficient for cardiovascular exercises but when it comes to muscle training, it is still common for people to use the traditional method of logging their progress in a book (i.e., a user might log their workout to keep track of the weights they are lifting to evaluate performance). Using this method requires the person to take note of the weight used, the number of repetitions and the sets completed. To date, there is no application that automatically calculates and summarizes a user's personal record for a specific muscle training machine, and everyone must make note of their performance after they have completed their workout.