**Workout Routine React Application**

Most everyone who goes to the gym has separate workouts for different days of the week. Perhaps you do upper body on Tuesday and Thursday or target cardio on Friday. It can be overwhelming keeping track of what routine it is today. This application aims to simplify this task so you can focus on getting in shape.

**Dependencies**

The application will most likely only be using React and Node. I have considered connecting to an API to bring up exercises and pictures (bench press, etc.) but there are surprisingly few options available for free exercise data.

**Tasks**

Setup create-react-app

Print preloaded exercises

Allow users to add new exercises (stored locally)

Allow users to edit/delete existing exercises

**Plan**

Week 1 Build functionality to print exercises from .js file. Design look of page.

Week 2 Add edit/delete buttons and functionality.

Week 3 Beautify, add CSS, deploy

Clicking existing workout allows user to view existing exercises in workout or delete workout

Opens box where you can name the workout and indicate the exercises involved. Unsure right now how to separate exercises for a workout.

Jumping Jacks

Squats

Curls, Triceps Extensions

Arm Day

Add

Cardo Day Friday

Leg Day Monday