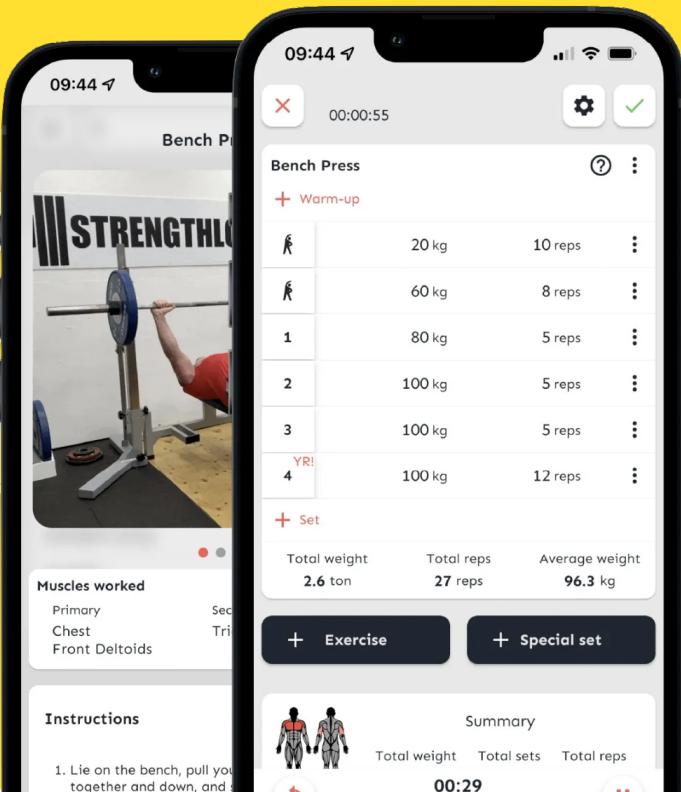


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//development



# Workout Tracker

React Native, Expo, MongoDB, GraphQL, IBM Stepzen



Hundreds of built-in exercises with instructions

Squat (Barbell)

ABOUT HISTORY CHARTS RECORDS

Instructions

1. Place the bar between the traps and the upper back, with the hands shoulder width apart.
2. Place feet shoulder width apart and descend by breaking at the hips and sitting backwards.
3. Keep the head in a neutral position, back and spine in a straight and neutral position, the core flexed and knees pushed slightly outwards.
4. Descend to the bottom where thighs are parallel to the floor.
5. Push through the heel and middle foot to bring yourself back to starting position.
6. Repeat for reps.

13:38 13:38

Daniel Richter @richter

Overview The last 90 days

Workouts

Workouts: 92 (+30/48%) Reps: 8203 (+536/7%) Heaviest: 205 kg (+5/3%) Lifted: 435.4 ton (+43.5/11%) Sets: 1255 (+337/37%) Time: 39:29 h (-17:39/-31%)

My goals

Squat 240 kg Bench Press... Deadlift 300 kg

Programs you follow

FITENIUM

# Get in shape with FITENIUM app

19:24 19:24

Buscar Novedades 5802 SIGUIENDO

Maximiliano Islas Hace una hora - Gimnasio el porvenir, Quilmes - Argentina

Full Body Routine: 3 Days

Día A

86 min 11160 kg 210<sup>2</sup> reps 179.7 kcal

Barbell Squat  
70kg x10 / 70 x10 / 70 x10

Barbell Bench Press  
65kg x10 / 65 x10 / 65 x10

Pulldown  
55kg x10 / 55 x10 / 55 x10

Romanian Deadlift  
65kg x10 / 65 x10 / 65 x10

French Barbell Press  
30kg x10 / 30 x10 / 30 x10

Calf Press on Leg Press  
75kg x10 / 75 x10 / 75 x10

Dumbbell Curl  
12kg x10 / 12 x10 / 12 x10

2 Me gusta

## Features

- Exercise database (search, filter, view)
- Progress tracking
- Customizable workout plans
- Social sharing and challenges
- Personalized nutrition advice
- Integration with fitness trackers

## Features

- Exercise database (search, filter, view)

- Logging exercise sets



## Features

III • Exercise database (search, filter, view)

II • Logging exercise sets

II • Progress graphs

II

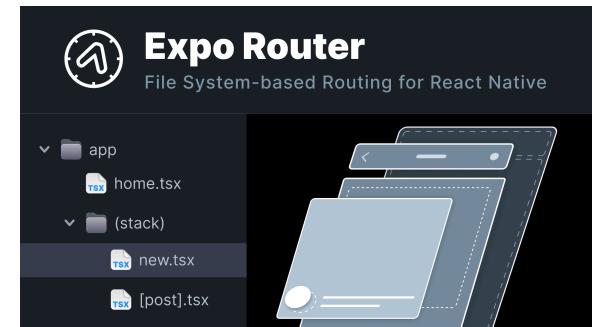
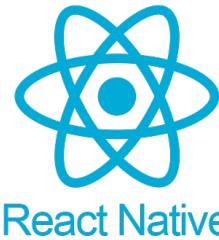
II

III

## The tech stack: Frontend

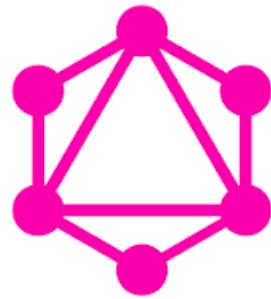


React Native with Expo SDK 50 and Expo Router for the mobile application

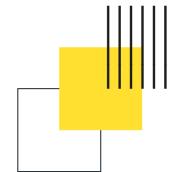


# The tech stack: Backend

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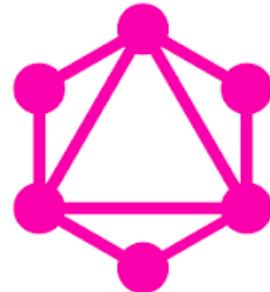
GraphQL API  
IBM StepZen



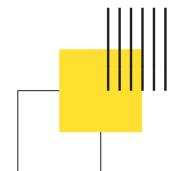
# The tech stack: Backend



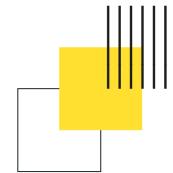
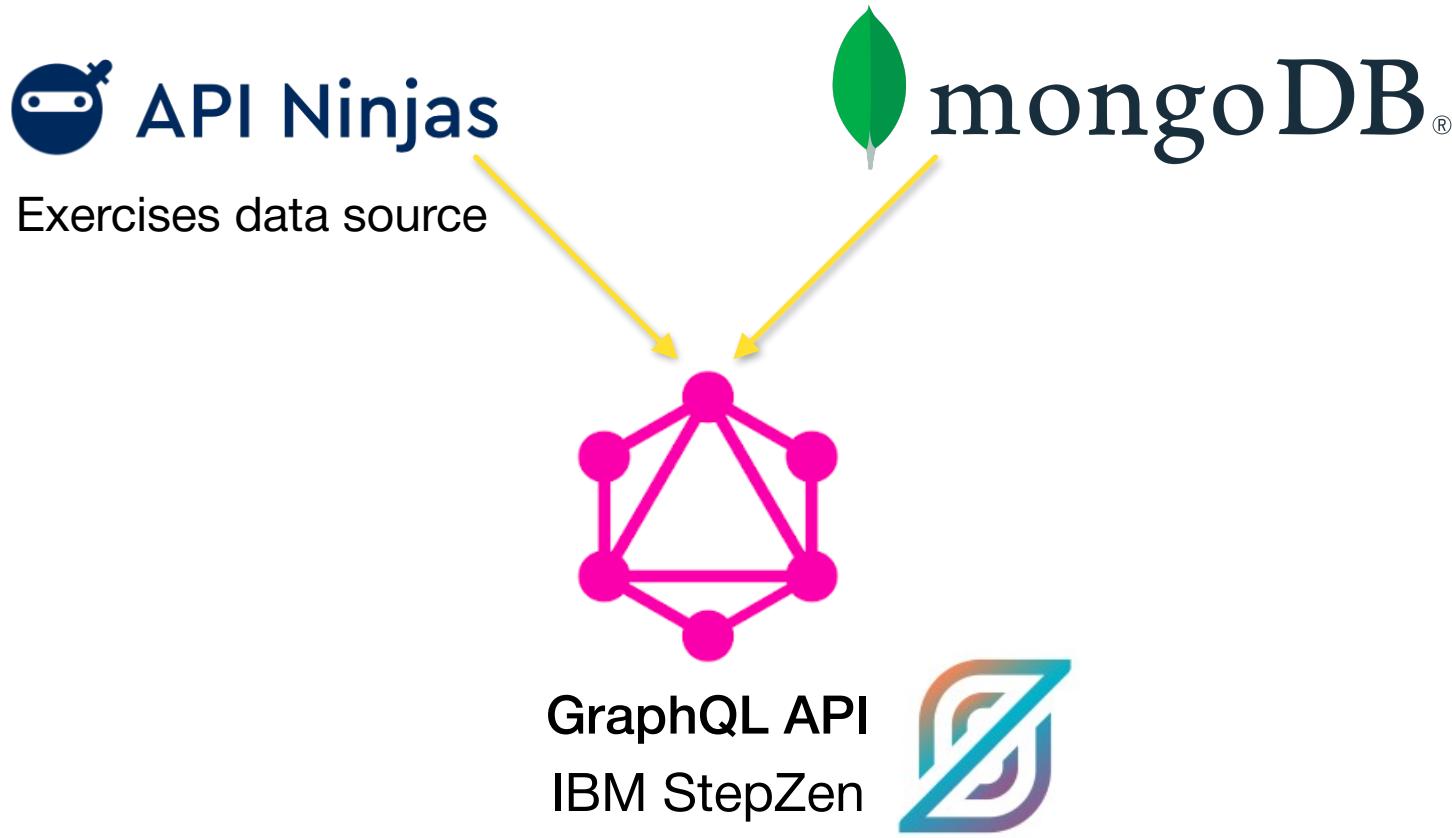
Exercises data source



GraphQL API  
IBM StepZen



# The tech stack: Backend

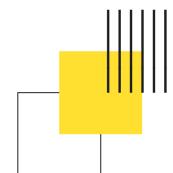


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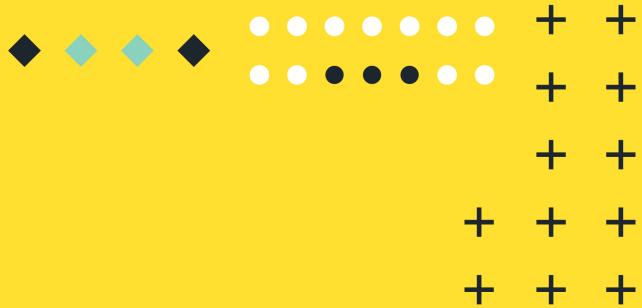
komax



DataStax

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# Let's get started





## Asset Bundle



<https://assets.notjust.dev/workouts>



## 1. UI

- ||| • Setup the project with Expo SDK50
- || • Use dummy data
- || • Render a list of exercises
- || • Use Expo Router to setup the Navigation
- || • Create the Exercise details page
- ||
- |||

## 2. Exercises GraphQL API

- Exercises API: <https://api-ninjas.com/api/exercises>
- Use IBM StepZen to create a GraphQL API:  
<https://bit.ly/3RZtGNM>
- Use React Query to query the API

### 3. Workout Logger Features



- Add a screen to log an exercise
- Render a list of performances
- Create a MongoDB database using Atlas
- Connect MongoDB to IBM Stepzen



**notJust**  
*//development*



# Q&A

