Gym Companion App Proposal

Proposal Overview

The Gym Companion app is a workout-tracking application designed to help users log their exercises, track progress, and access workout-related information. This app will feature a Login page, Home page, Workout log page, Strength progress, Exercise search page, Profile page. This app will also use the ExerciseDB API.

App Features

Core Features

- 1. Login/Create Account Users can login/create an account.
- 2. Workout Logging Users can manually log their exercises, sets, reps, and weight.
- 3. **Progress Tracking** Visual progress tracking through graphs and stats.
- 4. **Exercise Library** A list of exercises with descriptions, benefits, and instructions, fetched dynamically from an external API.
- 5. Workout History Users can view their past workouts.
- 6. **User Profile** Stores user preferences, goals, and basic information.

API Integration: ExerciseDB API

The app will use the **ExerciseDB API** to fetch exercise details dynamically. This API provides:

- Exercise names, descriptions, and targeted muscle groups.
- Animated GIFs for visual guidance.
- Search functionality based on body part or equipment.

Example API call:

GET https://exercisedb.p.rapidapi.com/exercises/bodyPart/{bodyPart}

Response:

```
{
"id": "0007",
"name": "Pull-Up",
"target": "Lats",
```

```
"equipment": "Body weight",
"gifUrl": "https://example.com/pullup.gif"
}
```

This data will be displayed in the Exercise Library Screen, allowing users to browse and learn new exercises.

User Stories

- As a user, I want to log my workouts so I can track my progress.
- As a user, I want to see my workout history so I can analyze my performance over time.
- As a user, I want access to an exercise library so I can learn about different workouts.

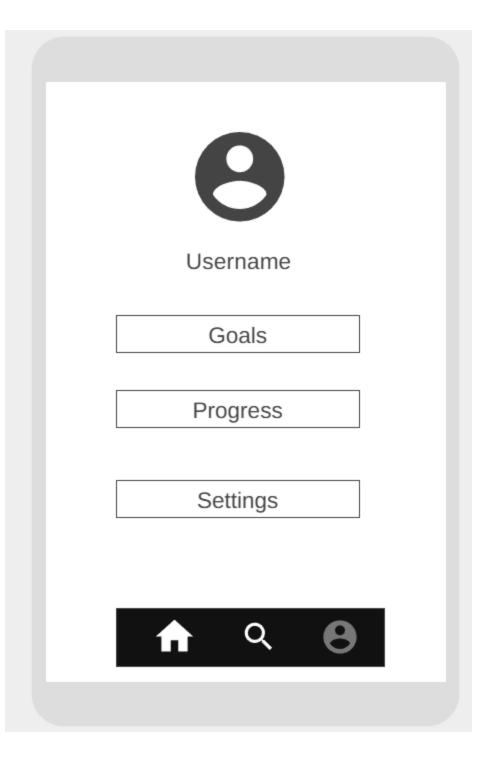
Screens & Wireframes

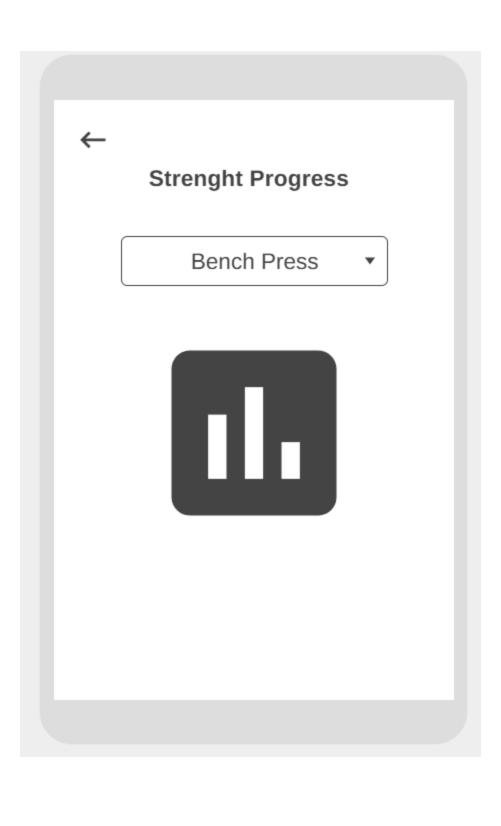
- 1. Login/Create Account Screen Login/Create account screen.
- 2. **Home Screen** Quick access to workout logs, history, and progress tracking.
- Workout Log Screen Users enter exercise details like sets, reps, and weight.
- 4. **Progress Screen** Displays graphs and statistics on workout progress.
- 5. **Exercise Library Screen** Lists exercises with descriptions and tutorial links, fetched from the ExerciseDB API.
- 6. **Profile Screen** Stores user preferences and basic fitness goals.

Wireframes

Welcome back, "user"
 Image: Control of the Start Perivous Workout Workouts dı Weight Strength Progress Progress ♠ Q 8

Log in					
Need an accou	nt? <u>Cre</u>	ate an	accou	<u>nt</u>	
Username/Ema	ail				
Password			Ø :	Show	
☐ Keep me lo	ogged in	n			
Log in					
Forgot usernam	ne? F	oraot n	asswo	rd?	
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Workout Log



}≡ Add # of sets

of reps performed in set 1

of reps performed in set 2

of reps performed in set 3

