

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.
3. **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"



Start
Workout



Perivous
Workouts



Strength
Progress



Weight
Progress





Log in

Need an account? [Create an account](#)

Username/Email

Password



Show

☐ Keep me logged in

Log in

[Forgot username?](#) [Forgot password?](#)



Username

Goals

Progress

Settings





Strenght Progress

Bench Press ▼





Workout Log



Add
Exercise



Add #
of sets

of reps performed in set 1

of reps performed in set 2

of reps performed in set 3

Search for exercises



Recommended Exercises

Bench
Press

Pull
Ups

Deadlift

Shoulder
press



