

Iron Therapy

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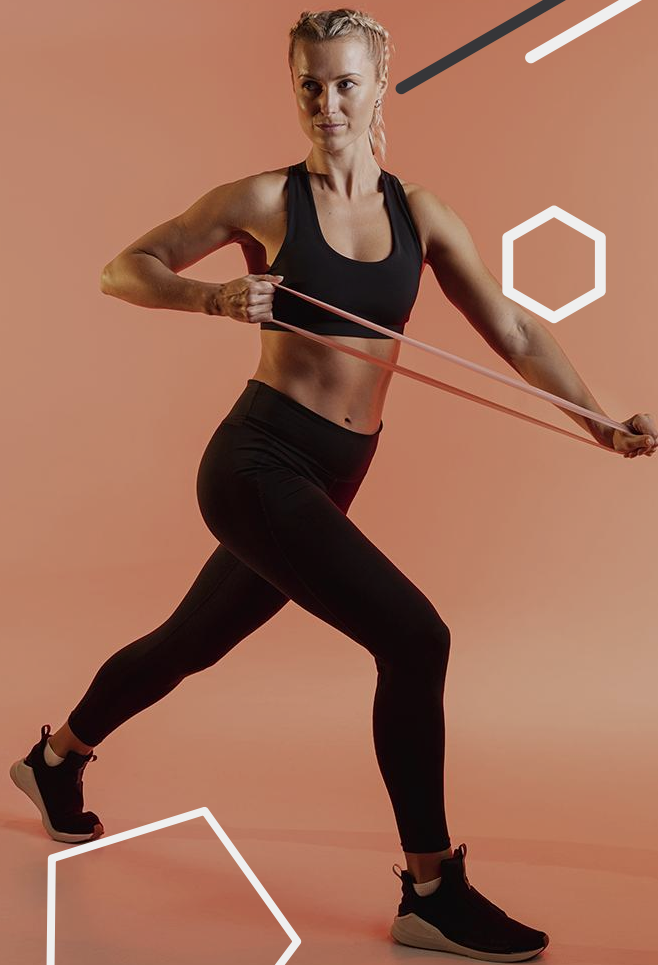


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01

INTRODUCTION

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Iron Therapy is a workout tracking and analytics application. Using a goal-focused methodology, you can keep focused on what you want to achieve.





02

TECHNOLOGIES

Technologies



MongoDB



Express JS



Languages



Angular



Node JS



03

FEATURES

Main Features

Goals

- 3 Default goals
- Set your own goal for an exercise
- Current weight updates if a higher weight is achieved

Workouts

- Log a current workout session
- Workout from a template or custom
- Save all information when done

History

- View previous workouts
- View analytics on a per-goal basis to see how you've improved over time



04

MARKET AND COMPETITION

Market And Competition



Market

Small Niche, yet
oversaturated

Competition

Highly
competitive

Viability

Unique Product



05

DATABASE

Example workout

Uid: Unique identifier for a user

Date: Workout date

Name: Name for the workout

Exercises: Array of the actual workouts

```
[ 1 item
  0 : {
    _id : 6265c5b029301bc8376832e7
    uid : 12521315
    date : 2/1/2022
    name : Workout One
    exercises : [ 2 items
      0 : {
        name : Bench Press
        sets : [ 3 items
          0 : {
            pounds : 150
            reps : 10
          }
          1 : { 2 props }
          2 : { 2 props }
        ]
      }
      1 : {
        name : Overhead Squat
        sets : [ 3 items
          0 : {
            pounds : 150
            reps : 10
          }
          1 : { 2 props }
          2 : { 2 props }
        ]
      }
    ]
  }
]
```



06

FUTURE PLANS

Future Plans

Convert
workouts into
future
templates

Features

Create
Smoother
Transitions

User Interface

Add two-factor
Auth

Security

Run Group
Analytics

Database



THANKS!

Any questions?

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The background is a dark gray or black. It features several abstract geometric elements: two parallel purple lines in the top left corner, two parallel white lines in the top right corner, a single purple dot in the upper left, and a single purple dot in the upper right. Along the bottom edge, there are white outlines of polygons, including a hexagon on the left, a pentagon in the center, and a hexagon on the right. A white line segment is also visible on the far left edge.

Demo