Muscle Buddy Fitness Tracking with Programmed Progression

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Muscle Buddy
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Final Project Report

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Abstract

The Muscle Buddy application is a fitness application that allows a user to plan and track their workouts. The app features the ability to offer progression recommendations to help ensure that a user can make safe advances toward their fitness goals.

Personal fitness has been undergoing a sort of renaissance in recent years, with the numbers of fitness club memberships rapidly rising. Bodybuilding, powerlifting, Olympic weightlifting, functional fitness, yoga, and fitness programs like CrossFit are no longer just niche markets. Due to the continued rise in popularity of fitness activities, there is a great demand for the world of technology to continue evolving to meet the needs of the fitness community.

Muscle Buddy was created in two parts: a Visual Basic front-end user interface and a Microsoft Access database of exercises and workouts. Its main purpose is to aid users by providing them with reasonable, safe progression recommendations for their weightlifting routines.

The following document details the creation of the Muscle Buddy fitness application. It provides a general description of the current fitness application market, the reasoning behind creating Muscle Buddy, and a description of the steps taken to create the Muscle Buddy application. This report also includes all of the Visual Basic code that was written to create the application, a description of the Microsoft Access database used and various other diagrams used to describe the functionality contained within the application.

Keywords:
Muscle Buddy, programmed progression, fitness application, Ben Rairigh, Matt Ranochak, personal fitness, workout application, custom workouts
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