Lab 1 - Super Overview

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Version 1
1. Introduction

SuperU is a fitness application that is currently in development to fulfill and promote to people that have an interest in weight training, trainers and gyms. This application will help lifters overcome strength plateaus and become stronger by using AI or an option trainer. Nearly half of the world’s lifters face service plateaus from over or under training. Research suggests that supervised training has been shown to result in better progress. A study with 20 men lifters separated in a supervised group and unsupervised group for a period of 12 weeks. The final result load showed that supervised group squat and bench press one rep max were greater than unsupervised learning. Another important factor that lifters don’t consider is sleep. The CDC found that ⅓ people do not get enough sleep on a day to day basis. Something vital to weight training properly. Also, according to the
US library medicine. The study found mounting evidence showing that, due to a variety of reasons such as demanding training schedules. These actions may lead to sleep deprivation that can hinder athletes’ performance. In order to avoid these common lifters’ issues is to. Lifters and trainers should be informed about the important factors that may impact performance. Lifters and trainers must have an easy and simple way to track and visualize important training data. Lifters need a customized plan that is generated for them to overcome and improve 1RM most effectively. SuperU will provide a solution to these common issues. The application will provide a simple but powerful way to track and visualize lifter performance overtime. With the help with machine learning and AI algorithms to fully customized workout plans based on cutting-edge research. SuperU will highlight critical factors required to improve 1Rm most effectively. The fitbit watch or smartwatch critical data.

1. **SuperU Product Description**

   SuperU will provide trainers and lifters able to track performance and progress. The smartwatch or fitbit wearable with track sleep, heart rate, RPE. Create strongly effective workout plans for the lifters, which can be edited by the trainer. The lifter training data is collected into an individual user profile. SuperU will be a
mobile application. Lifters will promote an entry questionnaire for what lifts they want to increase. Every week a base-lined for a week in order to build a data profile. After that data is provided, the workout plan generated the algorithm to have sufficient data for making decisions.

Work in Progress