**Introduction**

Keeping track of your fitness has become easier with technology advancements. One area which has not made as much progress is weight lifting. The primary reason for this is it requires more hardware components to keep track of your exercise. This project attempts to create a simple solution to implement a fitness tracker for lifting weights.

**Hardware Components**

<table>
<thead>
<tr>
<th>Micro Controller</th>
<th>Distance Sensor</th>
<th>Load Cell</th>
<th>Weight Bench</th>
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**Hardware Process**

Data is received from load cell and distance sensor. The load cell measures the weight while the distance sensor keeps track of reps. This data is then sent via the micro controller to the cloud database.

**Software Process**

The data which is stored in the cloud database is accessed by an android app. This app takes the data which has the weight, sets, and reps done, and displays it in a list or a graph.

**Results**

The weight lifting fitness tracker can keep track of one weight lifting activity accurately. To make this project more practical it would need to allow for more exercises, and multiple users. This could be accomplished with more sensors and a user interface.

**Conclusion / Future Work**

The weight lifting fitness tracker can keep track of one weight lifting activity accurately. To make this project more practical it would need to allow for more exercises, and multiple users. This could be accomplished with more sensors and a user interface.