

# Software Engineering

# Readme

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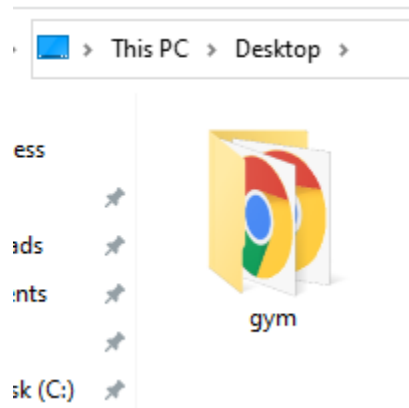
Yashasvi Chauhan(B19CSE100)

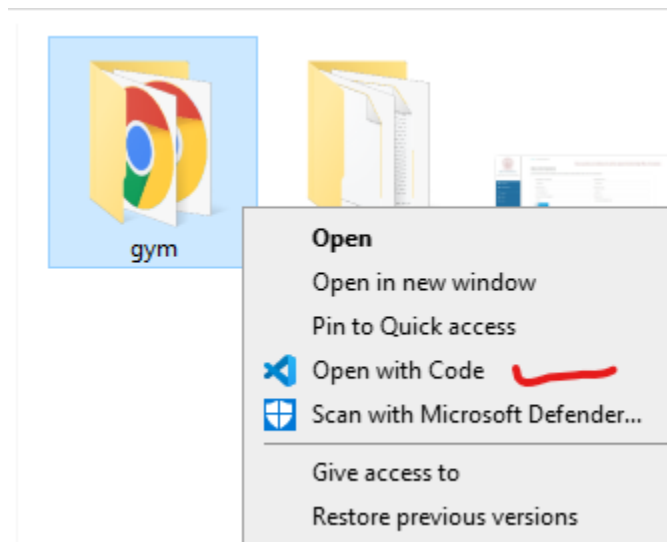
## Project

We have developed a software that can provide all the information about gym equipment available and we have developed a BMI calculator and calorie requirement calculator.

## How to use:

- To access the website online, one can open the github repository and follow the instructions.
- To access the website locally on your system, open the gym folder in a software such as vscode or pycharm. The virtual environment is already installed in this folder.





- Open the terminal and use command `python manage.py runserver` to run the server locally.

```
PROBLEMS  OUTPUT  TERMINAL  DEBUG CONSOLE
Windows PowerShell
Copyright (C) Microsoft Corporation. All rights reserved.

Try the new cross-platform PowerShell https://aka.ms/pscore6

PS C:\Users\AJAY\Desktop\gym> python manage.py runserver
```

- Now you can press Ctrl + click on the link to access the website locally.

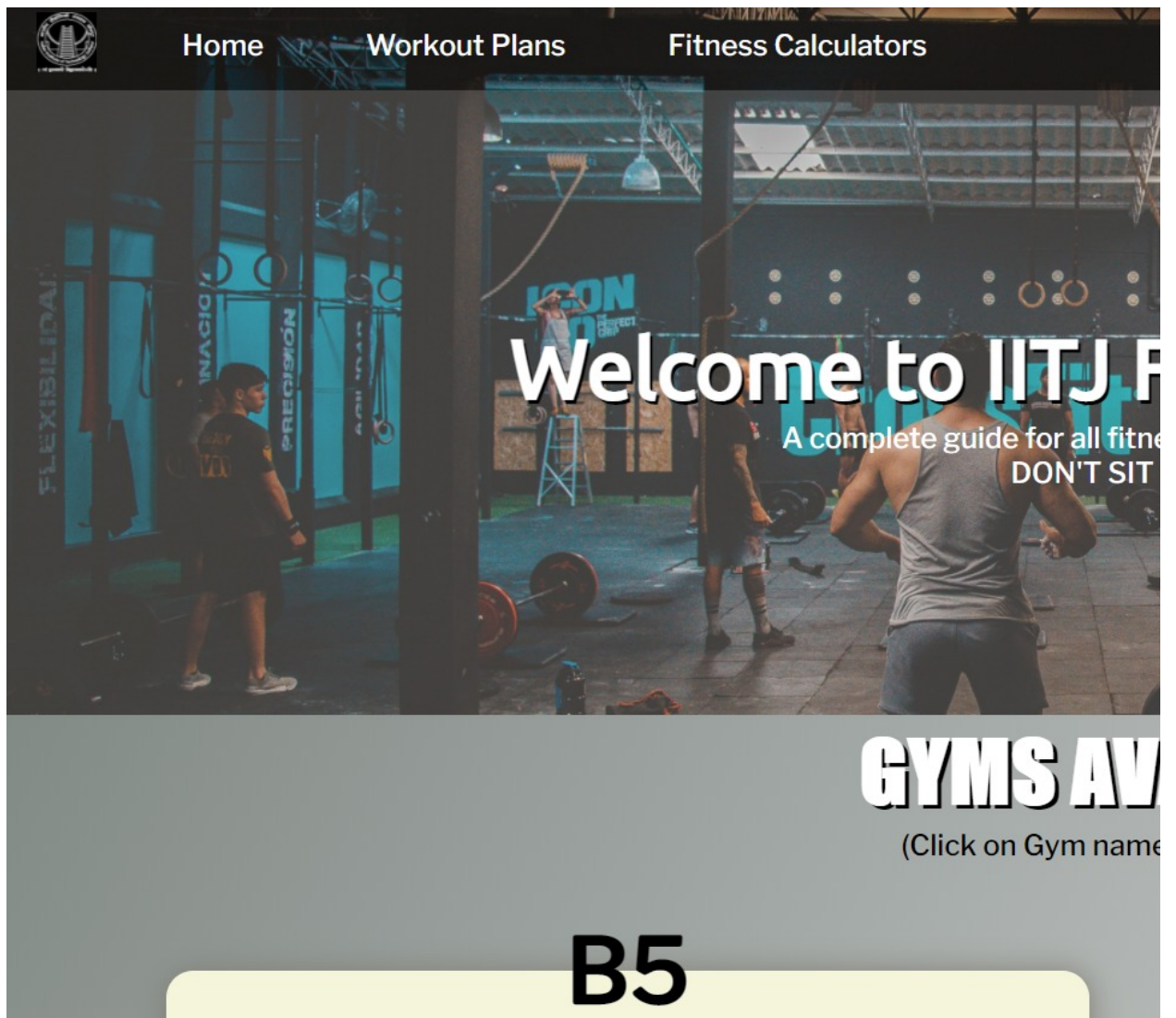
```
Performing system checks...

System check identified no issues (0 silenced).
May 15, 2021 - 22:54:51
Django version 3.2.3, using settings
Starting development server at http://127.0.0.1:8000/
Quit the server with CTRL-BREAK.

Follow link (ctrl + click)
```

- Now you can easily browse the website.

- Examples/Illustrations:-



# B5

- Smith machine
- Dumbbell set with rack
- Barbell - small , medium,Olympic size
- Plate weights set with weight rack
- Flat bench
- Adjustable bench
- Abdominal bench with ladder
- Squat rack
- Preacher curl bench
- Power tower
- Treadmill
- Central 4 way combined machine containing:
  1. Lat pull down
  2. Seated back row
  3. Leg extension
  4. Chest press for flat and incline press

# Contact Us

Name:

Roll No.:

Email:

Any doubt / feedback:

Submit Response

## BMI Calculator

Height

Weight

Calculate



# Calorie Calculator

Height

Enter height in cm.

Weight

Enter weight in kg.

Age

Enter age in years.

Gender

☐Male ☐Female

Activity level

☐Light ☐Moderate ☐Active

Calculate



# WORKOUT FOR BEGINNERS

This workout is designed to help you get started, though for those new to health and fitness.  
The plan includes 3 workout and 3 rest days.

## DAY 1

- Chest – Barbell Bench Press – 4 sets of 8 reps
- Back – Lat-pulldowns – 4 sets of 10 reps
- Shoulders – Seated Dumbbell Press – 4 sets of 10 reps
- Legs – Leg Extensions – 4 sets of 10 reps

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## Conclusion

Hence we made a responsive website which works really well.

THANK YOU





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