

Software Engineering

Readme

Ajay shivran(B19CSE006)

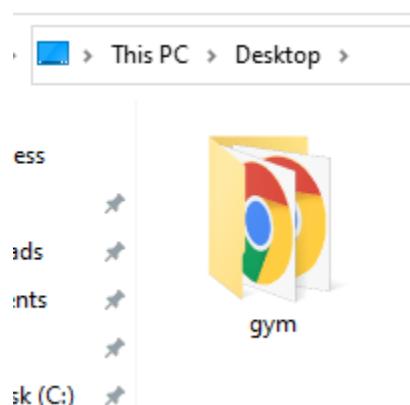
Yashasvi Chauhan(B19CSE100)

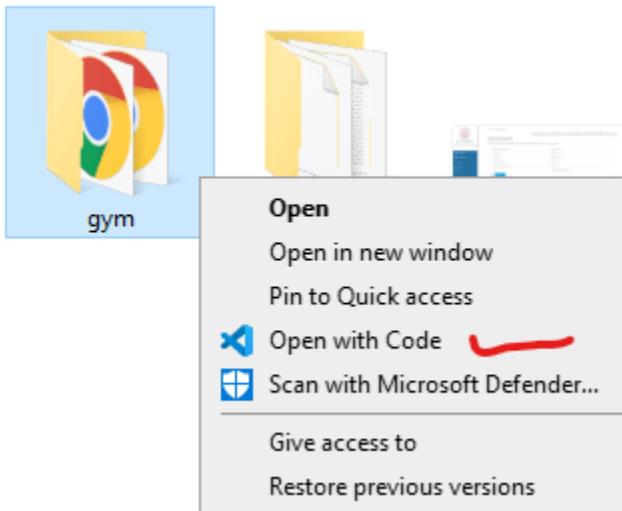
Project

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
```

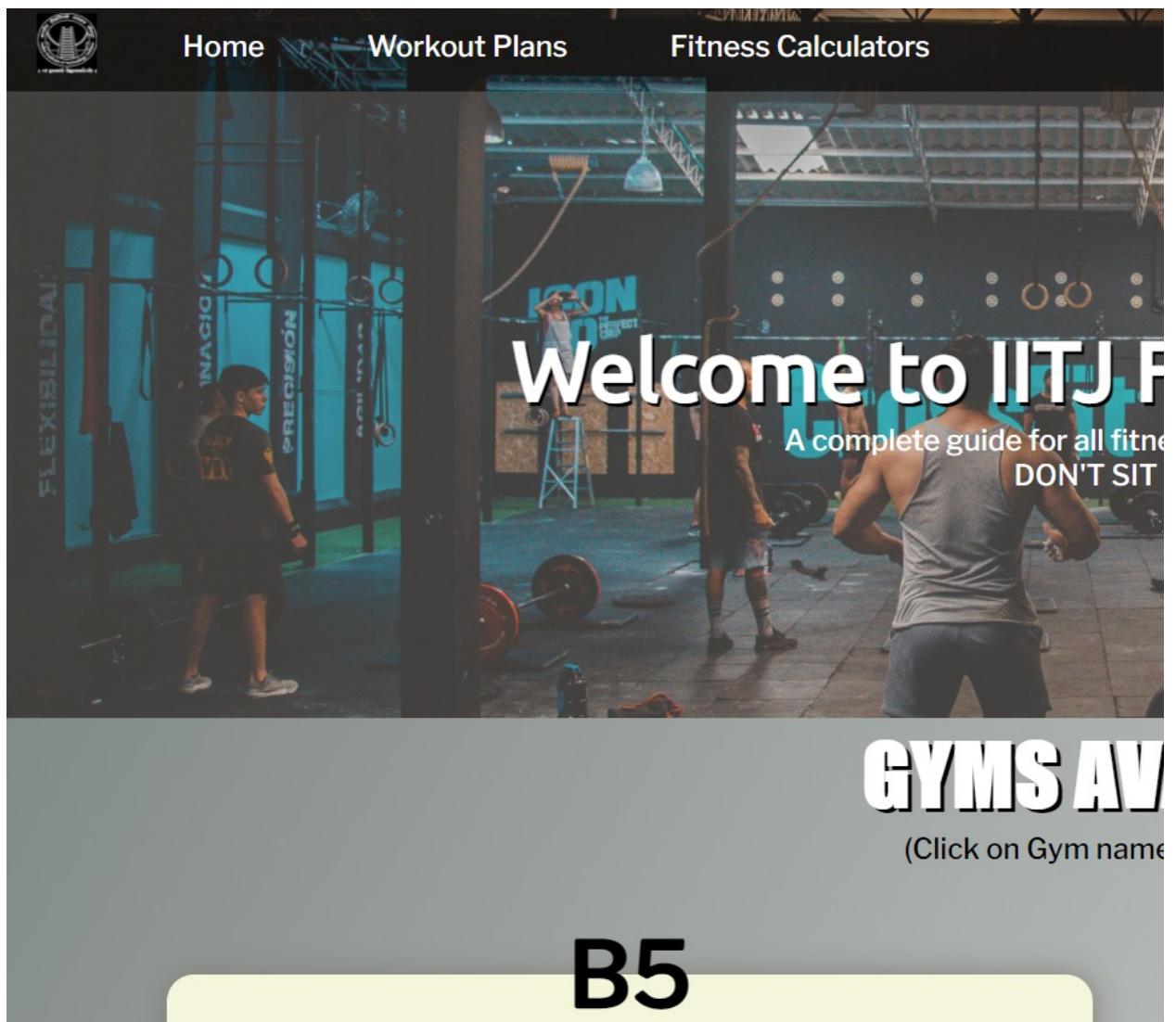
- Now you can press Ctrl + click on the link to access the website locally.

```
Performing system checks...

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

- 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

Dinner – Barbell Dumbbells – 2 sets of 10 reps

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Conclusion

Hence we made a responsive website which works really well.

THANK YOU



