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Ironsky-Fitness

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Introduction

Ironsky-app.com is a website for both clients and trainers at the ironsky-fitness gym. It hopes to provide its users with all the necessary information, functionalities and conveniences they need in one place and make it as easy and painless to use.

Sign in

All users are greeted with the sing-in page that is identical to both clients and trainers. In this page the user is prompted to insert their credentials, a username (figure1) that is the clients email address and a password (figure2) that only the client should know. If this is the first time signing in then the users' password has been sent to their email after the registration process.

The image shows two side-by-side screenshots of the Ironsky sign-in page. Both pages have a dark blue background with the Ironsky Fitness logo (a fist holding a lightning bolt) and the slogan "Be strong, brave and humble". The login form includes fields for "Email*" and "Password*", a "Sign-in" button, and a "Forgot password" link. At the bottom, there are social media icons for Facebook, Instagram, YouTube, and Twitter, and a footer note: "By proceeding you also agree to the Terms of Service and Privacy Policy".

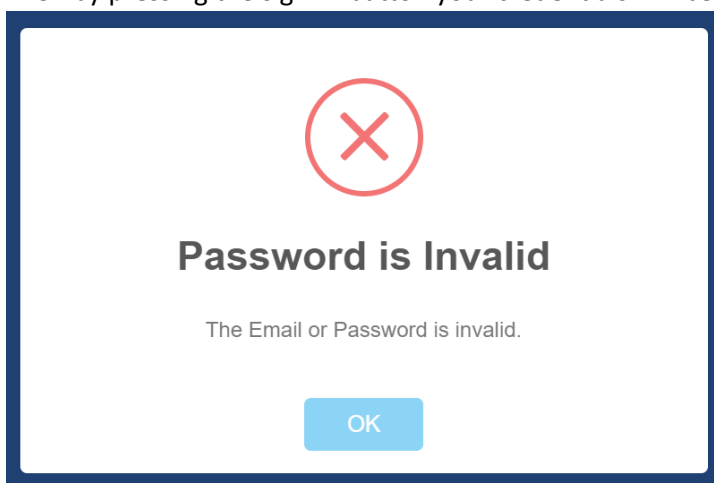
Figure 1 Username: A red arrow points to the "Email*" input field.

Figure 2 Password: A red arrow points to the "Password*" input field.

Figure 1 Username

Figure 2 Password

Then by pressing the sign-in button your credentials will be check. If the credentials you entered are incorrect then you will be shown an error message (figure3) and will be asked to try again.



Forgot password:

In case you have forgotten your password or you wish to change it you can press the Forgot password button (figure4).

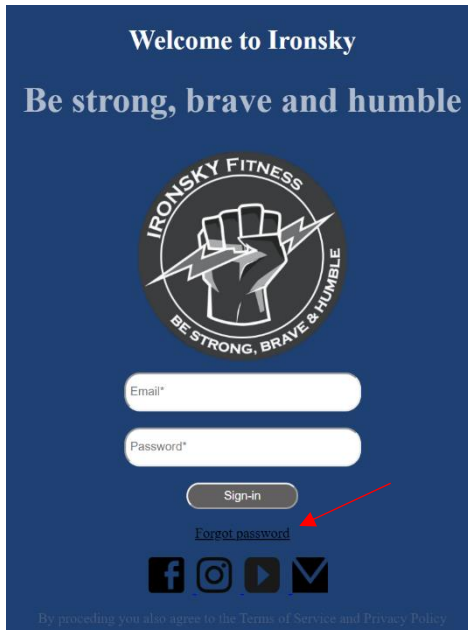


Figure 4 shows the Ironsky Fitness login page. It features a dark blue background with the text "Welcome to Ironsky" and "Be strong, brave and humble" at the top. Below this is the Ironsky Fitness logo, which is a circular emblem containing a fist holding a lightning bolt, with the text "IRONSKY FITNESS" and "BE STRONG, BRAVE & HUMBLE" around it. Under the logo are two input fields labeled "Email*" and "Password*", followed by a "Sign-in" button. A red arrow points to a "Forgot password" link located below the "Sign-in" button. At the bottom, there are social media icons for Facebook, Instagram, YouTube, and Twitter, and a small line of text: "By proceeding you also agree to the Terms of Service and Privacy Policy".

Figure 4

This button will redirect you to a new page where you will be prompted to insert your email address. After inserting your email and pressing the reset password button (figure5) an email will be sent to your account. This email contains a link and security password, by following the link

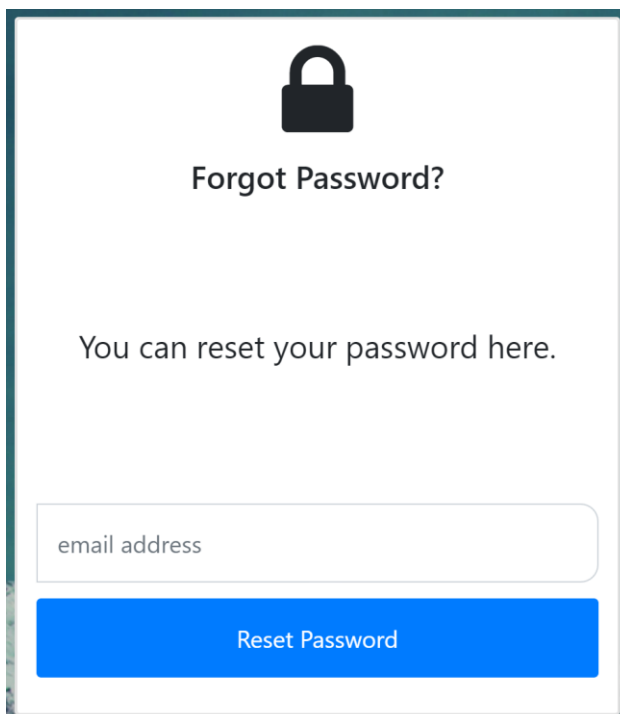


Figure 6 shows the "Forgot Password?" page. It has a white background with a black padlock icon at the top. Below the icon is the text "Forgot Password?". Underneath, it says "You can reset your password here." There is a text input field labeled "email address". At the bottom, there is a large blue button labeled "Reset Password".

Figure 6

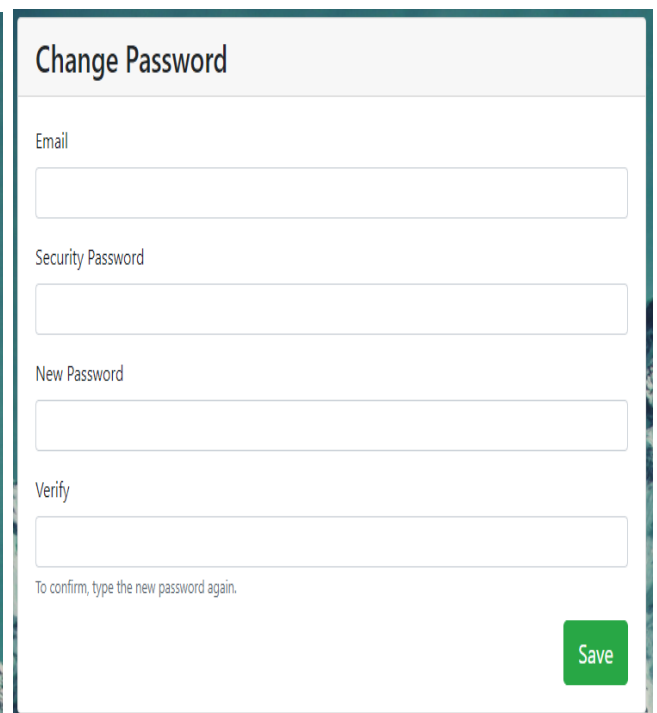


Figure 5 shows the "Change Password" page. It has a light gray header with the title "Change Password". Below the header, there are four text input fields labeled "Email", "Security Password", "New Password", and "Verify". Below the "Verify" field, there is a small text label: "To confirm, type the new password again." At the bottom right, there is a green button labeled "Save".

Figure 5

you will be redirected to a page (figure6) where you will have to insert your email, your security password that was in the email you received, your new password and your new password again. After filling all the fields accordingly you may press the save button to save your new password.

Social Media:

In sing in page you can also find links to all our social media accounts (figure7)

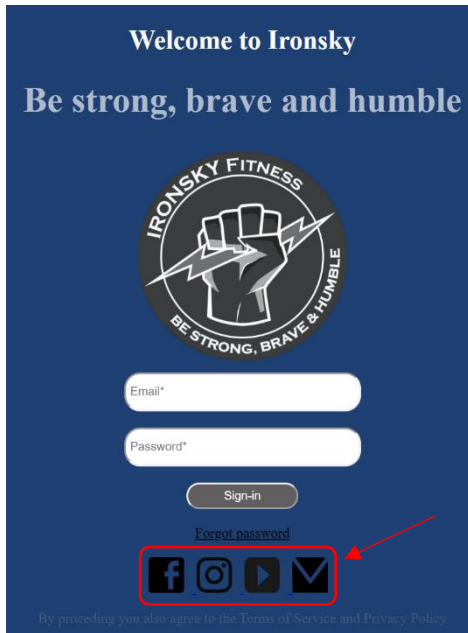


Figure 7

Navigation Bar:

The navigation bar is here to help you navigate through all the pages with ease. The users (figure8) and trainers (figure9) navigation bar contain different page but they function the same way. Just click on the page that you wish to go to and the navigation bar will take you there. The navigation bar is also how you can log out of the site, just press the logout button at the far right of the navigation bar.



Figure 8

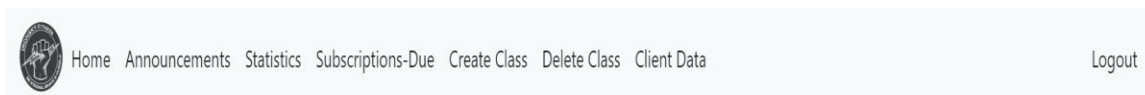


Figure 9

User

Programs:

When you sign in you will be greeted with the gyms daily programs (figure10). The latest program will be open by default for your convenience but you can browse and look at the last seven programs that were uploaded by pressing the day that you wish to look at.

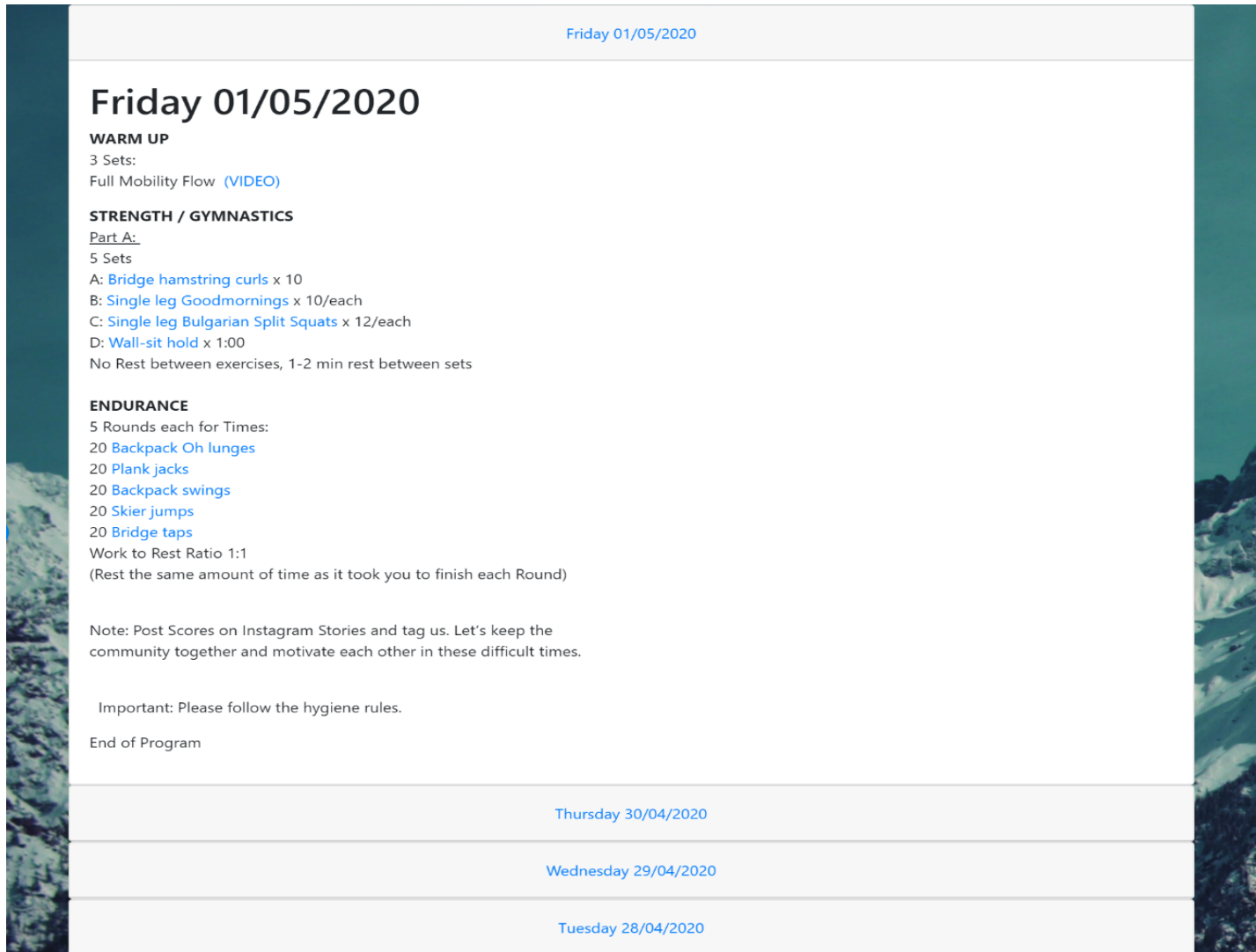


Figure 10 daily programs

The programs also include links to the exercises that are mentioned to show you what these exercises are and how to do them properly.

Announcements:

Users can view the latest announcements of the gym by visiting the announcements page. There they will find the recent announcements from the trainers, each one with its own Subject and message as well as the day it was posted.

Memberships:

In the memberships page you can look at all the different memberships that the gym offers and you can find the one that fits your needs (figure11). After you decide what membership you want to buy you can click on the corresponding button which will redirect you to a paypal page where you can complete your online payment after which you will be taken back to the memberships' page. You can purchase a new membership both after and before your current membership expires. If you buy a new membership before the current one expires the new one won't take effect until the current membership is over.

The screenshot displays the IRONSKY FITNESS website's membership page. It is divided into two main columns: 'Monthly Memberships' and '3-Month Memberships'. Each column contains three rows of membership options, each with a 'Buy Now' button and a list of accepted payment methods (VISA, Mastercard, American Express, and PayPal).

Membership Type	Option	Price (Monthly)	Price (3-Month)
Monthly Memberships	Unlimited	€85	€220
	3 Sessions per week	€75	€200
	Open Gym	€70	€190
Specialty Classes	Grow Strong	€55	€150
	We Move	€55	€150

*After your payment the new plan will be activated upon the expiration of your current membership subscription.

Figure 11 Memberships

Nutritional Calculator:

In the nutritional calculator (figure12) you can insert your physical data as requested (gender, weight, height, age and the amount of exercise that you do on a daily basis). This data will be used to calculate your body mass ratio (BMR) as well as the amount of calories you require to maintain your current condition. If you wish you can set goals for yourself. At a weight goal and the number of days that you want to reach that goal from your current state and the calculator will tell you how many calories you

Calculation of BMR and Calories

Gender:

☒ Male
☐ Female

Weight

ex. 80 (in kg)

Height

ex. 180 (in cm)

Age

ex. 25 (in years)

Lifestyle

I am sedentary (little or no exercise) ▼

Weight Gain/Loss Goal (Optional)

Weight Goal

ex. 80 (in kg)

Time Span

ex. 60 (in days)

Calculate

Calculation of BMR and Calories

Gender:

☒ Male
☐ Female

Weight

100

Height

192

Age

25

Lifestyle

I am lightly active (light exercise or sports 1-3 d: ▼

Weight Gain/Loss Goal (Optional)

Weight Goal

90

Time Span

68

Calculate

Your BMR is:

2080

Body Fat %: **10.6 %**

Lean Mass: **89.4 kg**

Fat Mass: **10.6 kg**

Maintenance calories per day:

2860

Calories per day to achieve goal:

1725

need daily to achieve your target.

Figure 12 Nutritional Calculator

1RM Calculator:

The 1rm calculator is here to help you figure out the maximum weight you can use for a set of repetitions. This is calculated by your input, how much weight (text box) you used and for how many repetitions (dropdown menu, between 1-10 repetitions). After inserting your data a table is presented (figure13) which show the maximum weight you can use for different exercises (columns) and for how many repetitions in a set (rows). Each exercise title is a link which shows you a video for that specific exercise so you know how to do it properly and safely.

Estimate your 1RM								
These values are just for reference. Be careful!								
I did	89	for	4	reps				
RM	Average	Lombardi	Brzycki	Epley	Mayhew	O'Conner	Wathan	Lander
1RM	100	102	97	100	103	97	100	98
2RM	94	95	94	94	93	93	95	94
3RM	91	91	91	91	90	91	92	91
4RM	88	89	88	89	89	89	89	89
5RM	86	87	86	86	87	87	86	86
6RM	84	85	83	84	85	85	83	83
7RM	81	84	80	81	83	83	80	81
8RM	79	83	78	79	82	81	78	78
9RM	77	82	75	77	80	79	76	75
10RM	76	81	72	75	79	78	74	73

Figure 13 1RM Calculator

Enrollment:

The enrollment page is where you will go to enroll in classes that you want. You will be presented with a dropdown menu containing the days of the week and a search button. You first need select the day that you want and then press the search button. This will reveal the classes that are available for that day (figure14). If no classes are available a message will inform you (figure15). If you press the search button before selecting a day you will be shown an error message (figure16).

Available Classes



Tuesday		Q					
ClassID	Class	Description	Time	Number Of Places	Available Places	Enrollment	
1119	Endurance	Yes	7:30	12	11	Enroll	
1121	Endurance	Yes	8:15	12	12	Enroll	

Figure 14 Available classes for a specific day

Available Classes

Sunday		Q					
ClassID	Class	Description	Time	Number Of Places	Available Places	Enrollment	
Unfortunately no classes are available							

Figure 15 No available classes

Available Classes

--Please Select--		Q		Please select day!			
ClassID	Class	Description	Time	Number Of Places	Available Places	Enrollment	

Figure 16 No day selected

After selecting the day that you want you can see details about the available classes (class name, description, the time it starts and available places). If you wish to enroll in that class all you have to do is press the enroll button. If you are not allowed to enroll to a class either because you exceeded the maximum number of classes for your membership or your membership doesn't include classes at all then you will be presented with an error message telling you why the enrolment failed. If the enrolment is successful you will be presented with a success message. If you wish to leave a class all you have to do is find the class you want to leave and press the red unenroll button. If the unenrollment is successful you will be presented with a success message.

Available Classes


Tuesday		Q					
ClassID	Class	Description	Time	Number Of Places	Available Places	Enrollment	
1119	Endurance	Yes	7:30	12	10	UnEnroll	
1121	Endurance	Yes	8:15	12	12	Enroll	

Figure 16 Unenroll from a class

My Account:

Here you can see all the information that has to do with your account (figure17). You can also see what your current membership is and what your next membership will be if you have paid for it in advance (figure18).

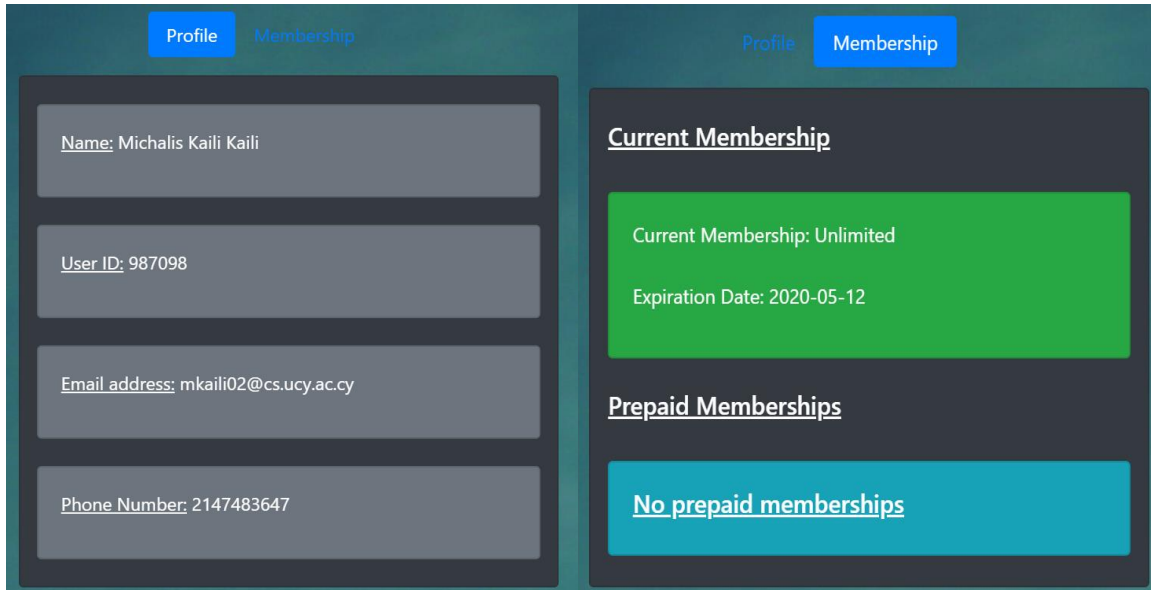


Figure 17 account information

Figure 18 Current and future membership

Contact Us:

In the contact us page you can find all information you need to come into contact with the gym (figure19). You can see the gyms' address, phone number, email address and social media accounts. You can also send a message directly to the gym stuff by just writing the subject of your message and the things you want to say in the two boxes provided. After your message is complete all you have to do is press the button send message. The stuff will read your message and reply to you as soon as possible. From this page you can also access the sites' privacy policy by pressing the green text that says privacy policy.

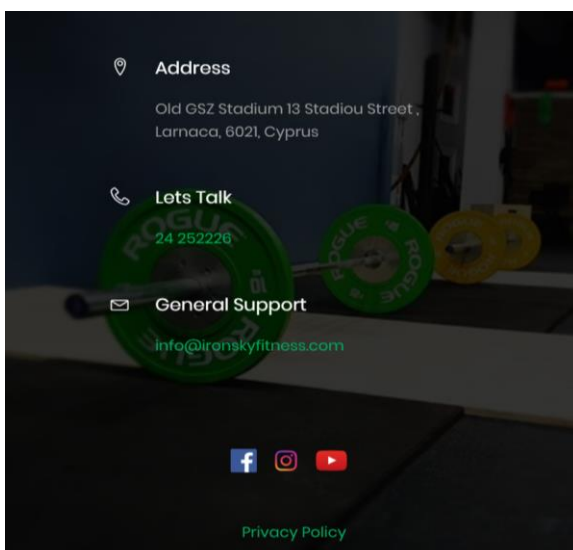


Figure 19 contact us

Send Us A Message

SUBJECT *

Write title of Subject

MESSAGE *

Write us a message

SEND MESSAGE

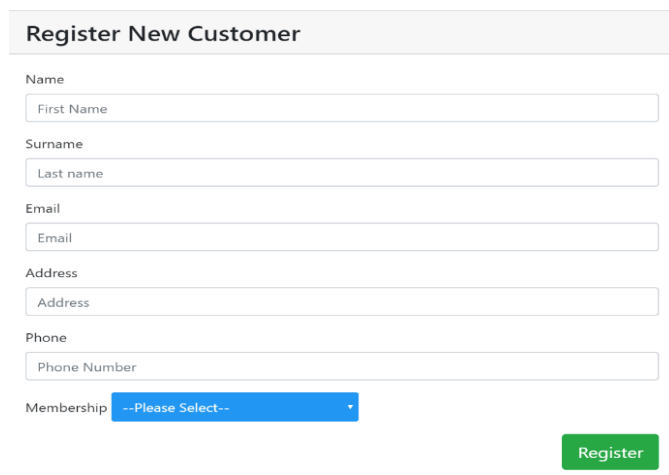
Trainer

Home:

Once you login as the trainer you are directed to the home page (figure20). Here you can register new users and trainers.

Registering users:

To register new users you need to fill in the register new user form (figure21). All fields in this form must be filled in otherwise you will be prompted to do so. After filling in all the fields you must select what membership the customer will have. This is done by using the membership dropdown menu. When everything is completed press the green register button. If the registration is successful a success message will appear and an email will be sent to the customer welcoming them to the gym and giving them the credentials they need to sign in. If the registration is unsuccessful and error message will appear explaining what went wrong.

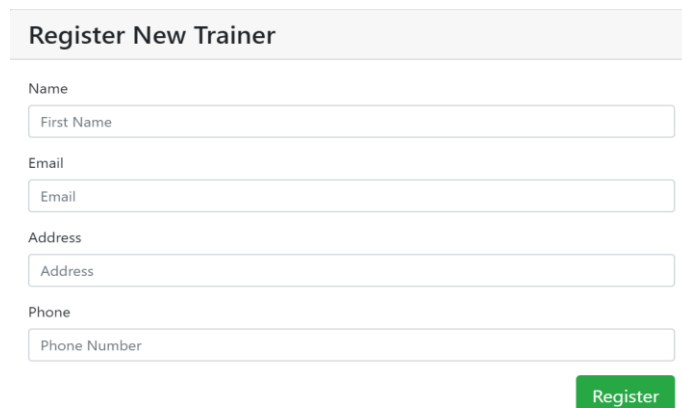


The form is titled "Register New Customer" and contains the following fields: Name (First Name), Surname (Last name), Email, Address, Phone (Phone Number), and Membership (a dropdown menu with "--Please Select--" selected). A green "Register" button is located at the bottom right of the form.

Figure 21 Register New Customer

Register trainer:

To register a new trainer you need to fill in the register new trainer form (figure22). All fields in this form must be filled in otherwise you will be prompted to do so. When everything is filled in press the green register button. If the registration is successful a success message will appear and an email will be sent to the trainer welcoming them to the gym and giving them the credentials they need to sign in. If the registration is unsuccessful and error message will appear explaining what went wrong.



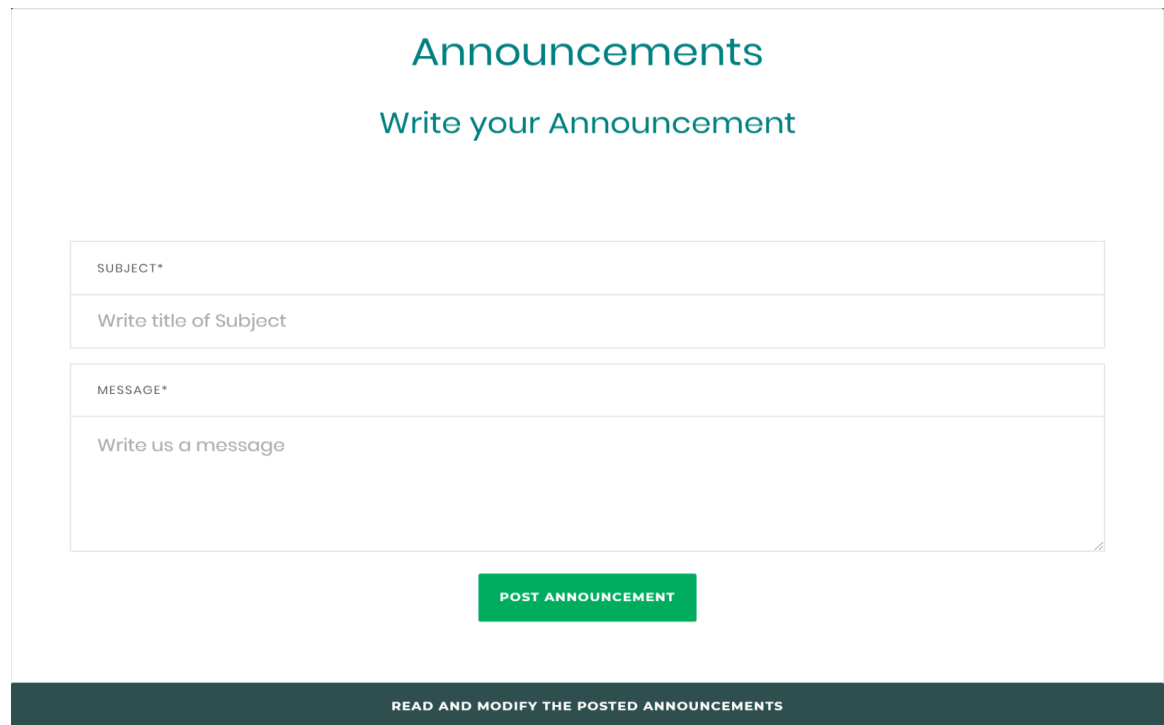
The form is titled "Register New Trainer" and contains the following fields: Name (First Name), Email, Address, Phone (Phone Number), and a green "Register" button at the bottom right.

Figure 22 Register New Trainer

Announcements:

In the announcements page as a trainer you can post, edit and delete announcements. These announcements are visible by all members of the gym when they sign in to the site.

To post an announcement you have to fill in the two boxes provided (figure23). Once you have written the subject and the message of your announcement you can press the post announcement button to post it. If one or both fields are left empty nothing will be posted and you will be prompted to fill in the required fields. If the announcement has been posted you will see a success message.



The screenshot shows a web interface for posting announcements. At the top, the word "Announcements" is displayed in a teal font, followed by the instruction "Write your Announcement" in a smaller teal font. Below this, there are two input fields. The first field is labeled "SUBJECT*" and contains the placeholder text "Write title of Subject". The second field is labeled "MESSAGE*" and contains the placeholder text "Write us a message". Below these fields is a green button labeled "POST ANNOUNCEMENT". At the bottom of the form area, there is a dark teal bar with the text "READ AND MODIFY THE POSTED ANNOUNCEMENTS" in white capital letters.

Figure 23 announcements

If you wish to see or modify the announcements you have to press the read and modify posted announcements button. Pressing this button will show you all the announcements that are currently posted (figure24). From here you can delete or edit an announcement.

To delete an announcement just press the delete button and the announcement will be deleted.

To edit press the edit button. You will be shown two boxes in which you will be able to edit the text for the title and the main text. When you finish editing press the update announcement button. If the update succeeds you will be shown a success message.

Announcements

READ AND MODIFY THE POSTED ANNOUNCEMENTS

All Posts

May 05, 2020 <i>Subject: Concerning Wednesday program!!</i> Please be considerate on your weight selection. This is a difficult workout regardless of weight	DELETE	EDIT
May 05, 2020 <i>Subject: Hello</i> This is an announcement	DELETE	EDIT
May 05, 2020 <i>Subject: Personal Training Sessions Available!</i> The ministry of Health has announced that outdoor personal training sessions are officially allowed. Contact us if you are interested!	DELETE	EDIT
May 01, 2020 <i>Subject: NEW GOVERNMENT RESTRAINS</i> Government announced that is possible that bussiness will open after 21th of may by some restrain meters and precautions. For further informations we will inform you soon! Thank you for your patience.	DELETE	EDIT

Figure 24 Announcements

Statistics:

In the statistics page you can find very useful information about the site. These statistics are a good way to keep track of the things happening in the gym, for example how many people visited the gym today, how many people logged in, what classes are the most popular etc.

Subscriptions-Due:

Here you can see all the memberships that have expired and you can very easily renew them (figure25). The names of the clients whose membership has expired will appear under the title expired membership. If you wish to renew a customers' membership click on their name, click on the desired membership and then click renew. This will renew the selected customers' membership to the selected one.

If no memberships have expired then the page will appear empty (figure16).

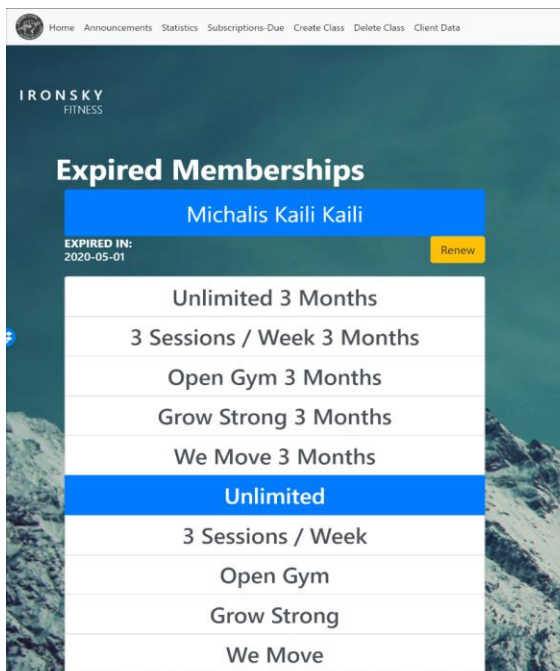


Figure 25

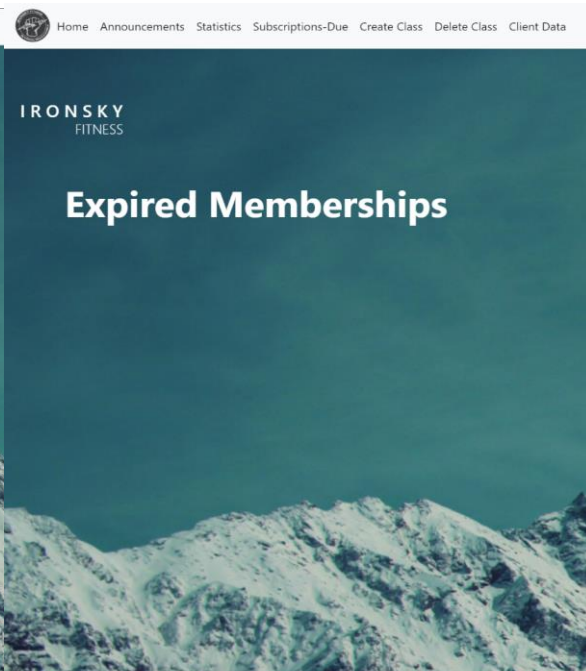


Figure 26

Create Class:

The create class page is where you can view and create new classes for the gym (figure27).

To create a new class you have to insert a class name, the number of places the class will have and a brief description of the class. All of these fields are necessary, if they are not filled you will not be able to create a class. Finally you have to pick what day and hours the class will be. The week is divided into slots. You can only pick empty slots (white boxes) by clicking on them, you can pick multiple boxes at once. Finally to create the class press the green create button at the bottom right. Once the classes are created they will appear on the calendar and customers will be able to enroll in them.

Note that you cannot select grey boxes and boxes indicating the OPEN GYM and CLOSED hours of the gym.

Create New Class

Class Name

new class name

Number of places:

15

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:15	Strength	Endurance	Strength	Endurance	Strength	Trial
8:15-9:00		Endurance	Endurance			Trial
9:00-12:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
12:30-15:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
15:30-17:15	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
17:15-18:00		We Move		We Move		
18:00-18:45			We Move		We Move	
18:45-19:30						
19:30-20:15						
20:15-21:00						
20:15-21:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	

Brief Description

this is a new class

Create

Figure 27 Create New Classes

Delete Class:

By navigating to the Delete Class page using the link on the navigation bar, you can delete a class from the classes shown on the table (figure28). To do so, select any number of classes by clicking on their box. When a class is selected the background of the box will change from dark gray to black. When you have selected the desired classes, click the Delete button on the bottom right corner. The page should refresh and the classes will not be shown on the timetable. If you do not select any classes and click the button nothing will happen. Note that you cannot select boxes indicating the OPEN GYM and CLOSED hours of the gym.

Delete Classes						
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:15	Strength	Endurance	Strength	Endurance	Strength	Trial
8:15-9:00		Endurance	Endurance			Trial
9:00-12:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
12:30-15:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
15:30-17:15	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
17:15-18:00		We Move		We Move		
18:00-18:45			We Move		We Move	
18:45-19:30						
19:30-20:15						
20:15-21:00						
20:15-21:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
						Delete

Figure 28 Delete Class

Client data:

The final tab in the navigation bar is the client data tab. Here you can do two very important things that should only be done after a specific request from the customer and in their presence.

Retrieve Client Data

If the user wants to see all the data that the gym has collected about them they have every right to request it. To comply with this request the customers' credentials must be inserted in the retrieve data form (figure29). These fields are necessary, if they are not filled you will be prompted to fill them in. After filling in the two fields press the green retrieve button. If the credentials were correct and the user is in the database an email containing all of their information will be sent to them and a success message will appear on the screen. If the credentials are wrong or if the user is not in the database an error message will appear.

Retrieve Client Data

Email

Password

Retrieve

Figure 29 Retrieve Client Data

Delete Client Data

Every customer has the right to request to delete all of the data that has been stored about them. If a customer requests this you can fulfil that request in the delete client data form (figure30). The clients' credentials must be inserted in the two provided boxes, these boxes are both necessary and if left empty you will be prompted to fill them in. After filling in the boxes press the red delete button to delete ALL of the clients' data. If the deletion is successful a success message will appear on the screen and an email informing the client of this action will be sent to them.

WARNIG: Deleting all the clients' data means that nothing of theirs remains in the database. That means they can no longer retrieve their data, they can no longer login the website, they can lose all their memberships even if they had not expired or if they were paid in advance and they are no longer registered in the gym.

Delete Client Data

Email

Password

Delete

Figure 30 Delete Client Data