



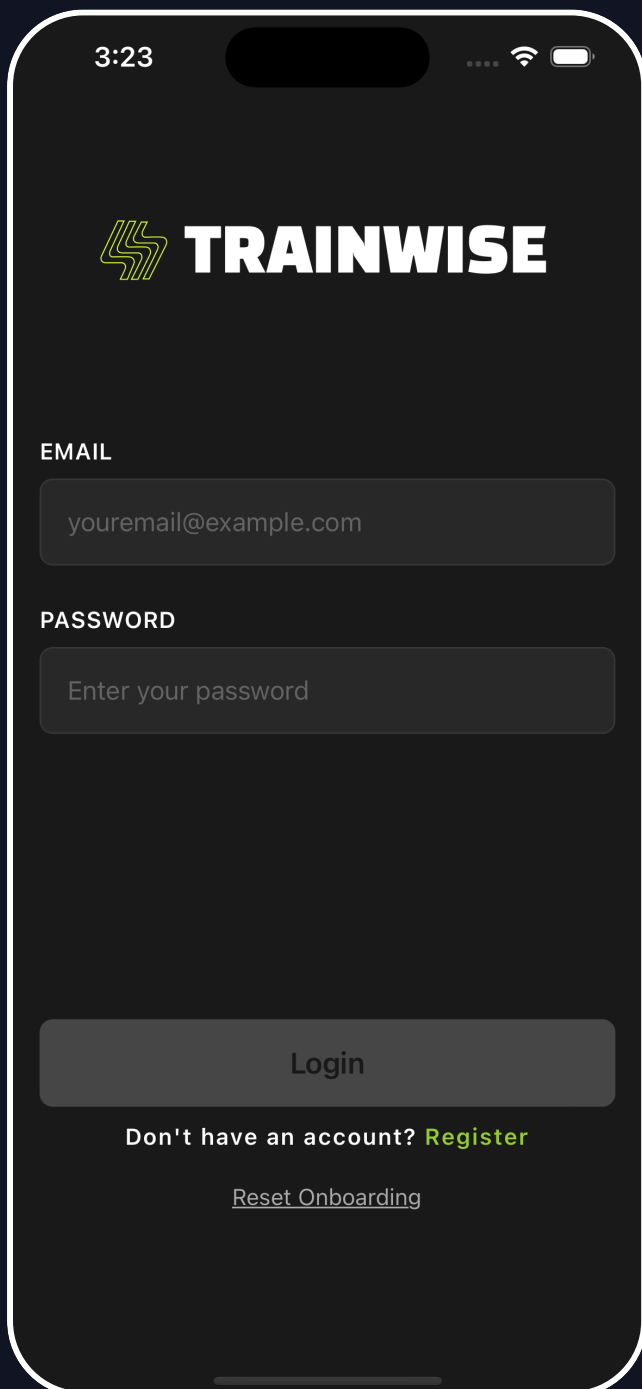
# TRAINWISE USER MANUAL

Trainwise is a mobile app that helps gym members manage their gym subscriptions, join classes, view leaderboards. This is a user manual that will help guide you through the process of using the app.


# 1.GETTING STARTED

## 1.1 Login or Register

You can either login or register a new account on the first page you see when opening the app for the first time. Enter your email and password to get started and then tap login. If you do not have a registered account tap the register text under the login button



3:23

 **TRAINWISE**

EMAIL

youremail@example.com

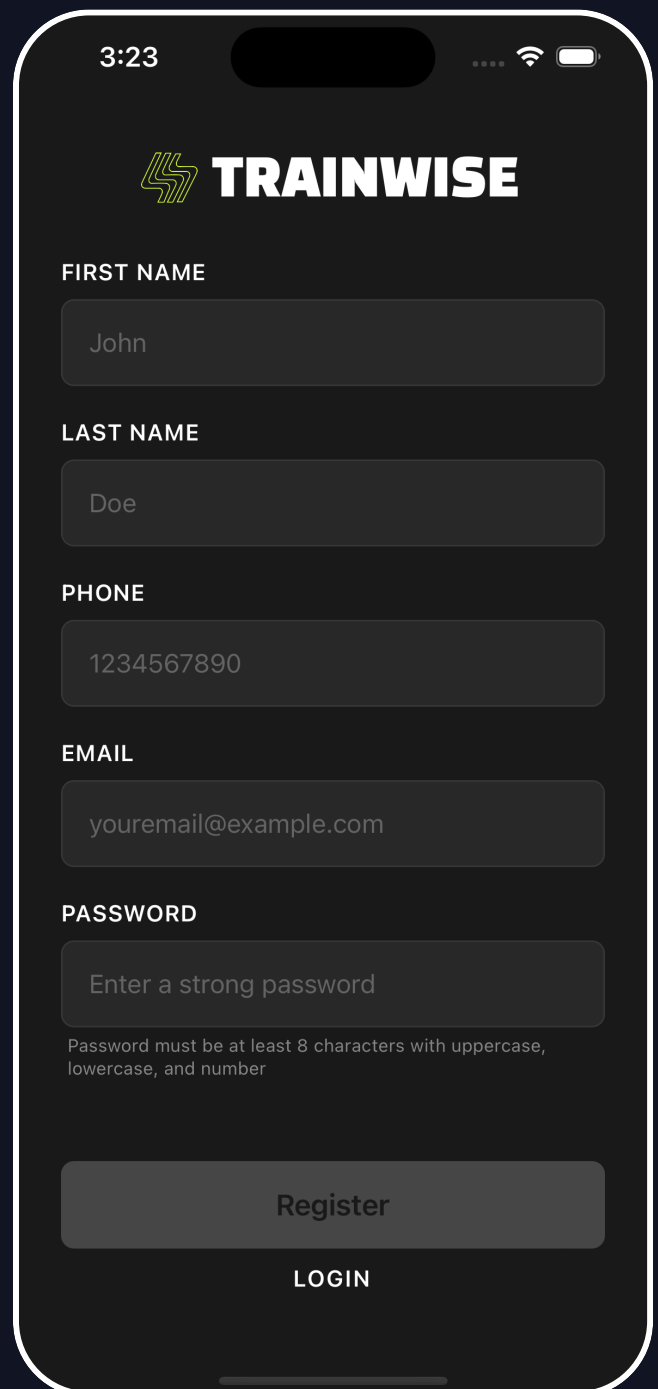
PASSWORD

Enter your password


Login

Don't have an account? [Register](#)

[Reset Onboarding](#)



3:23

 **TRAINWISE**

FIRST NAME

John

LAST NAME

Doe

PHONE

1234567890

EMAIL

youremail@example.com

PASSWORD

Enter a strong password

Password must be at least 8 characters with uppercase, lowercase, and number

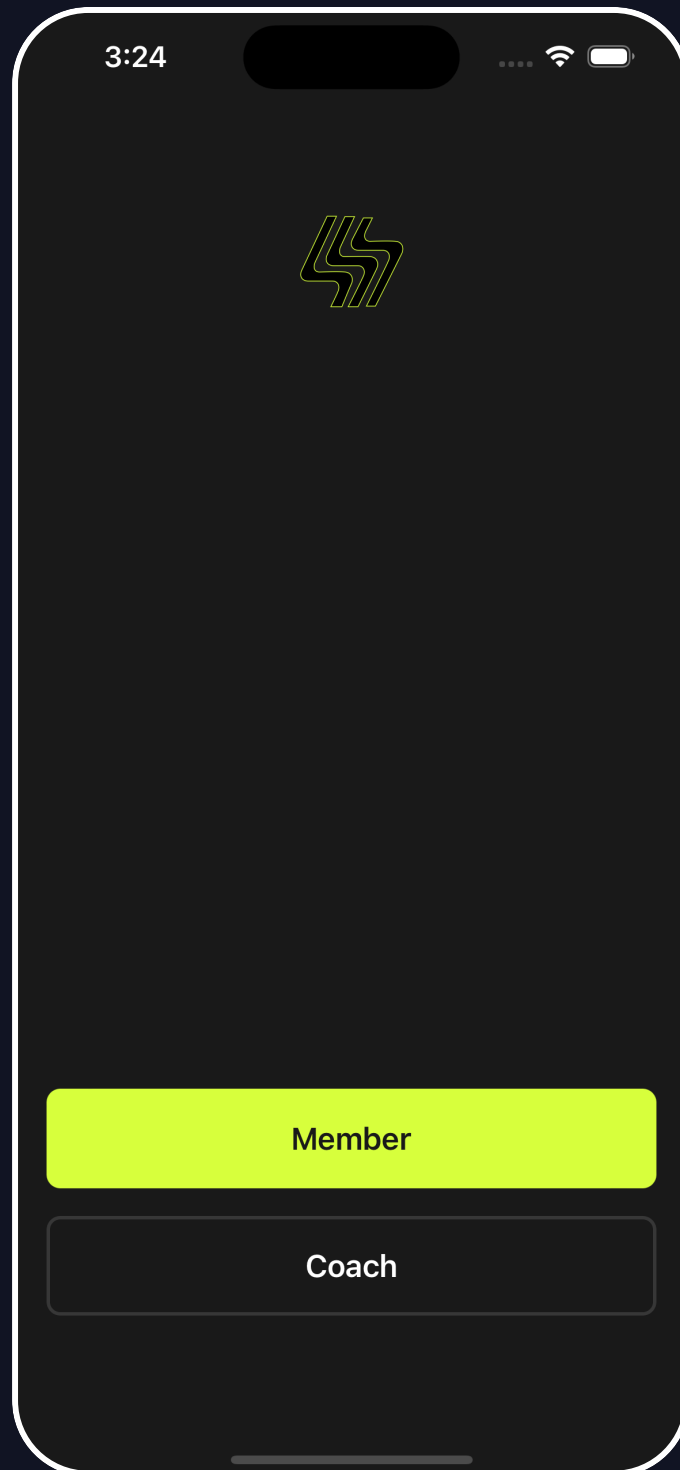
Register

LOGIN

# 1.GETTING STARTED

## 1.12 Role Selection

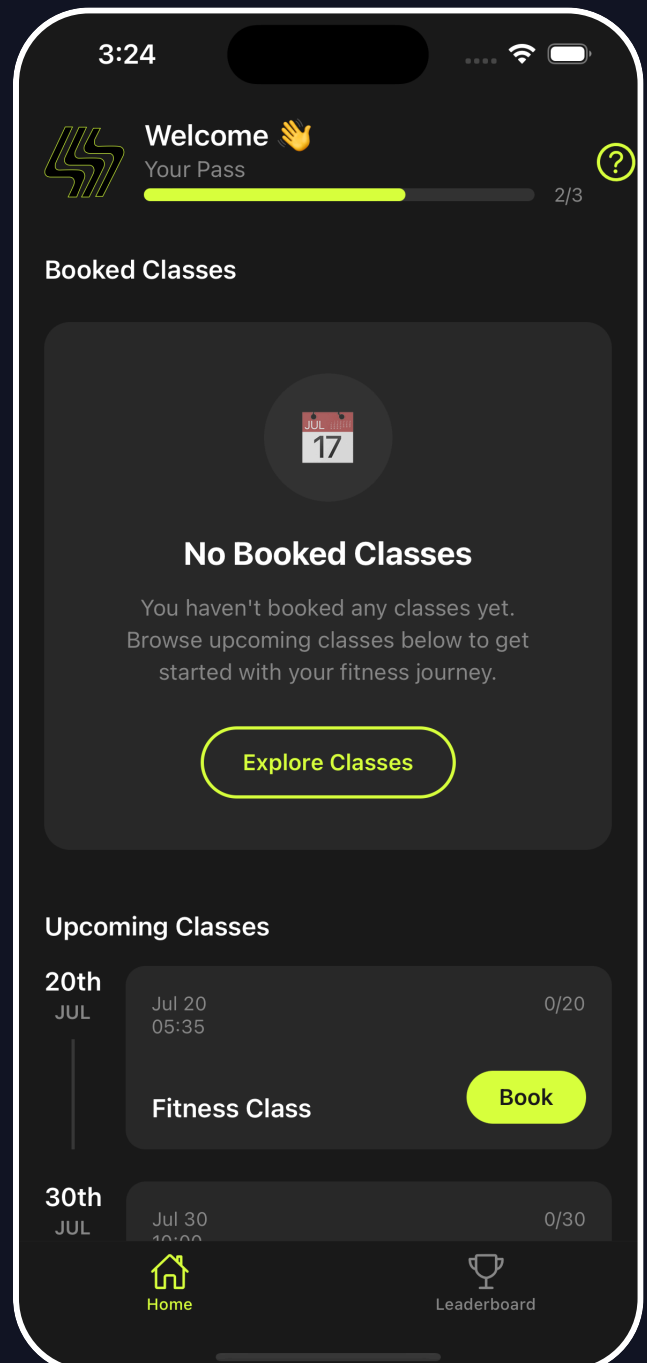
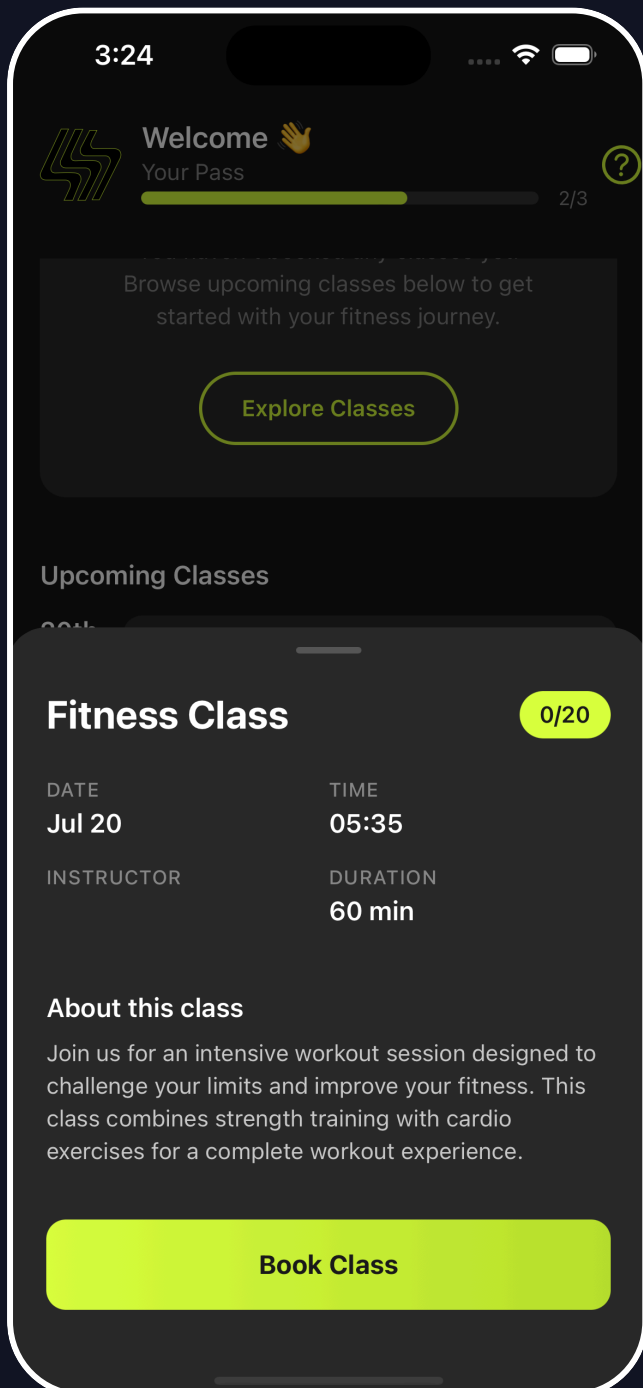
- On login, select your role: Member or Coach.
- The app will show features relevant to your role.



# 2. MAIN FEATURES

## 2.1 Home Screen & Class Booking

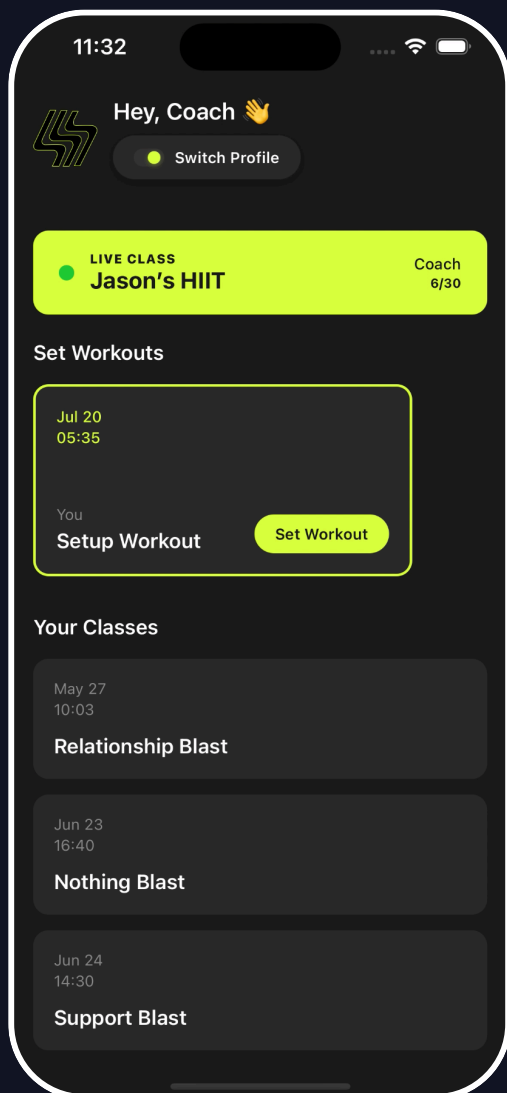
- The home screen displays upcoming classes, live class info, and quick access to other features.
- Members see a list of available classes and a help icon for FAQs.
- Booking Classes
- Tap on a class to view details.
- Tap Book to reserve your spot.
- Your booked classes appear on the home screen.



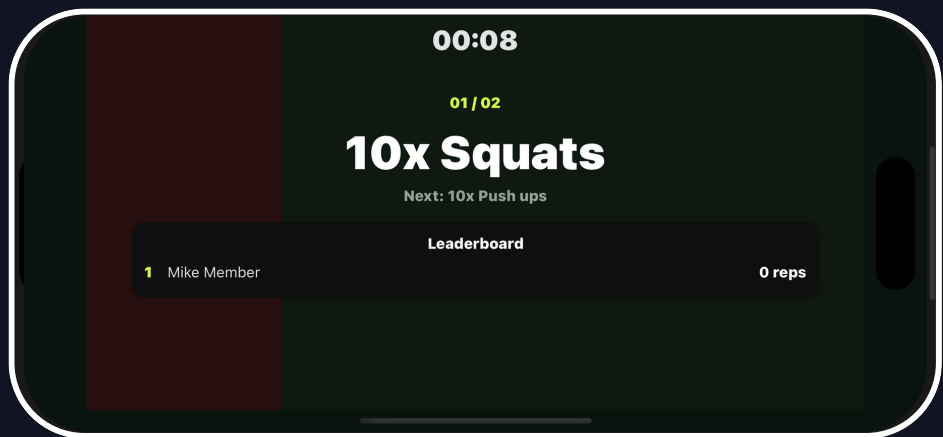
# 2. MAIN FEATURES

## 2.2 Live Classes & Leaderboard

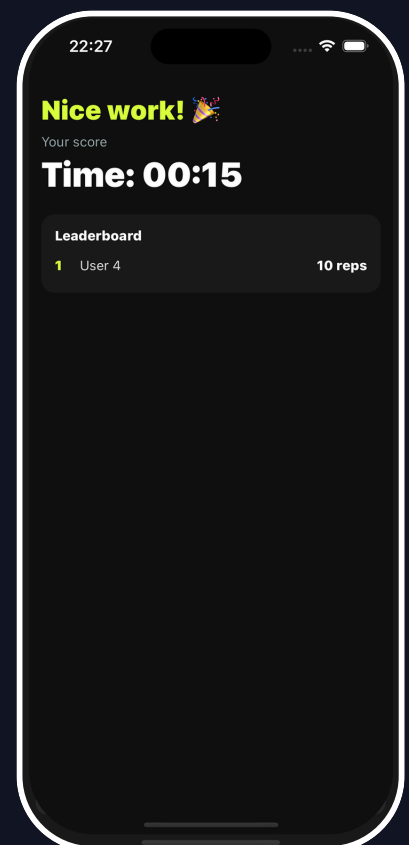
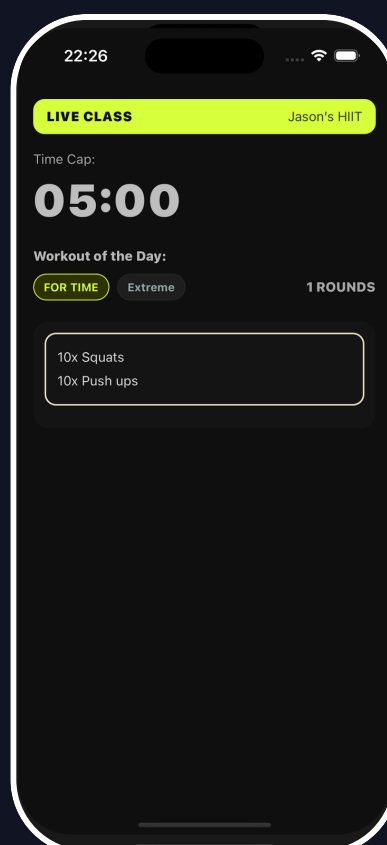
- When a class is live, a banner appears at the top of the home screen.
- Tap the banner to join the live class.
- Members can see the workout timer, and the current and next exercise.
- A members time and score will be automatically calculated.
- Coaches can view all participants.
- Access the leaderboard from the bottom navigation.
- View top performers and your own ranking.



View live class banner



Join live class



# 2. MAIN FEATURES (COACH)

## 2.3 Set Workouts & Live Classes

- Coaches see their assigned classes and can set up workouts with the custom workout builder
- Coaches in a live class can start and stop the timer and have a view of the live leader board.

22:24

Set Workout

Jason's HIIT

Jason's HIIT

Workout Title

Jason's HIIT

Set Workout

Type of workout

FOR\_TIME

Duration (MM:SS)

31:00

Number of Sub Rounds

1

Sub Rounds

+ Add Sub Round

Sub Round 1

Squats

10

Reps

Push ups

10

Reps

+ Add Exercise

Set 1 Workout(s)

22:27

Coach Controls

Class #114

Status: live

Type: FOR\_TIME

Finish Workout

Leaderboard

1 Mike Member

00:14