

**Welcome To our Fitness Club**

**HOME**

**Trainer**

**Trainee**



**Admin  
Log in**

**Tanjina Helaly**

**23101036**

**23101038**

**23101039**

**23101040**

**23101052**

## Admin Login

**User ID**

Enter admin Id

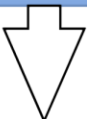
**Password**

Enter Password

**Log in**

**Menu**

**Logged in as admin**



**Add new trainer info**



**Add new trainee info**



**View the list of trainers**



**View the list of trainees**

**Log out**

Menu

Logout

Add new Trainer info

Name

Age

Height

Weight

Year of Experience

Back

Save

Menu

Logout

Add new Trainee info

Name

Age

Height

Weight

Back

Save

Menu

Logout

View the list

Trainer



Show

Trainee



Show

Back

Menu

# Trainer login

Enter ID

Enter Trainer ID

Back

**Login**

Menu

Logout

# Set Workout Plan



Cycling



Pull up



Push up



Bicep curl



Shoulder Press

Back

Save



Menu

Logout

# Add Workout Item



Dumbbell



Barbell



Cable Machine



Smith Machine



Resistance Band

Back

Save

Menu

Logout

**View the list of trainees**



Show

Name	ID

Back

**View the Progress of trainee**

Enter ID



Show

Progress

Menu

Logout

## View the trainee requests

 Show

Name	ID

Accept a request

Trainee ID

Accept

Back

**Menu**

## **Trainee Menu**

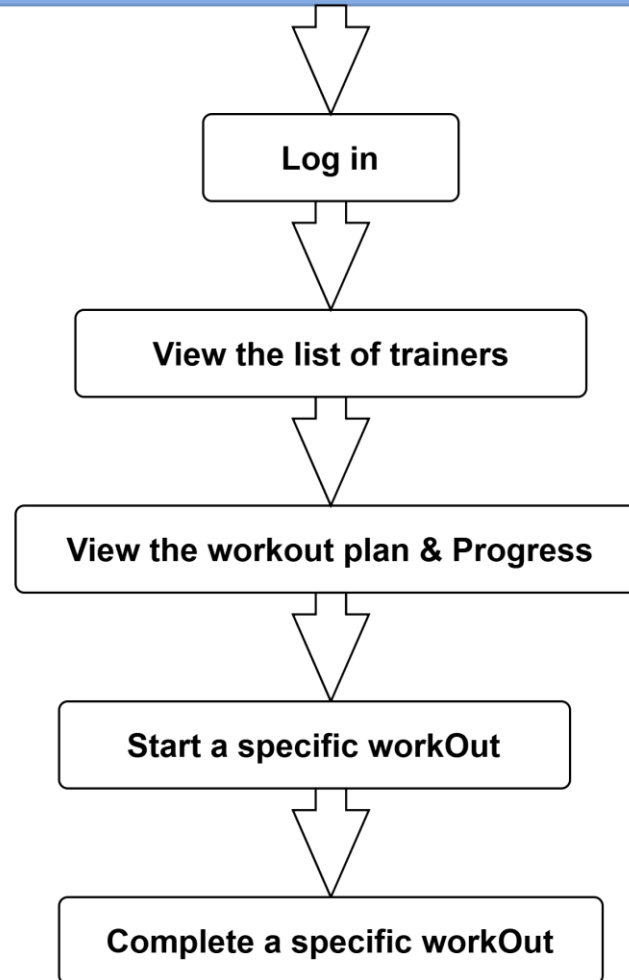
**Log in**

**View the list of trainers**

**View the workout plan & Progress**

**Start a specific workOut**

**Complete a specific workOut**



**Menu**

**Enter ID**

Enter Trainee ID

Back

Login

Menu

Logout

***View the list of trainers***



Show

**Send a request to a trainer**

Trainer Name

Trainer ID


Back

Request

Menu

Logout

## View the workout plan and progress



Show

Plan	Progress

Back

Menu

Logout

## Start a specific workout

Type

## Complete a specific workout

Name

Type

Enter

Back