

## **Graphical User Interface**

### **1-User Manual: Exercise Management Application**

**1.1-Introduction**

**1.2-Prerequisites**

**1.3-User Guide**

# 1-User Manual: Exercise Tracker

## 1.1-Introduction

This application allows users to manage their exercises and monitor their Physical progress. It offers options to create and delete exercises, record performances and analyze data using interactive graphics.

## 1.2-Prerequisites

- Operating System: Windows.
- Runtime Environment: Requires the .NET Framework compatible with WPF applications to be installed.

## 1.3-User Guide

### Main Window

When you start the application, the main window is displayed, which contains:

- Exercise List: Each exercise includes name, description, and muscle group.
- An explorer to visualize the number of repetitions per group muscle on a selectable date.
- Available Buttons:
  - add: Allows you to add new exercises.
  - Delete: Removes selected exercises from the list.
  - Daily Insight: Shows the explorer
  - Exercises: Displays the list of exercises

MainWindow

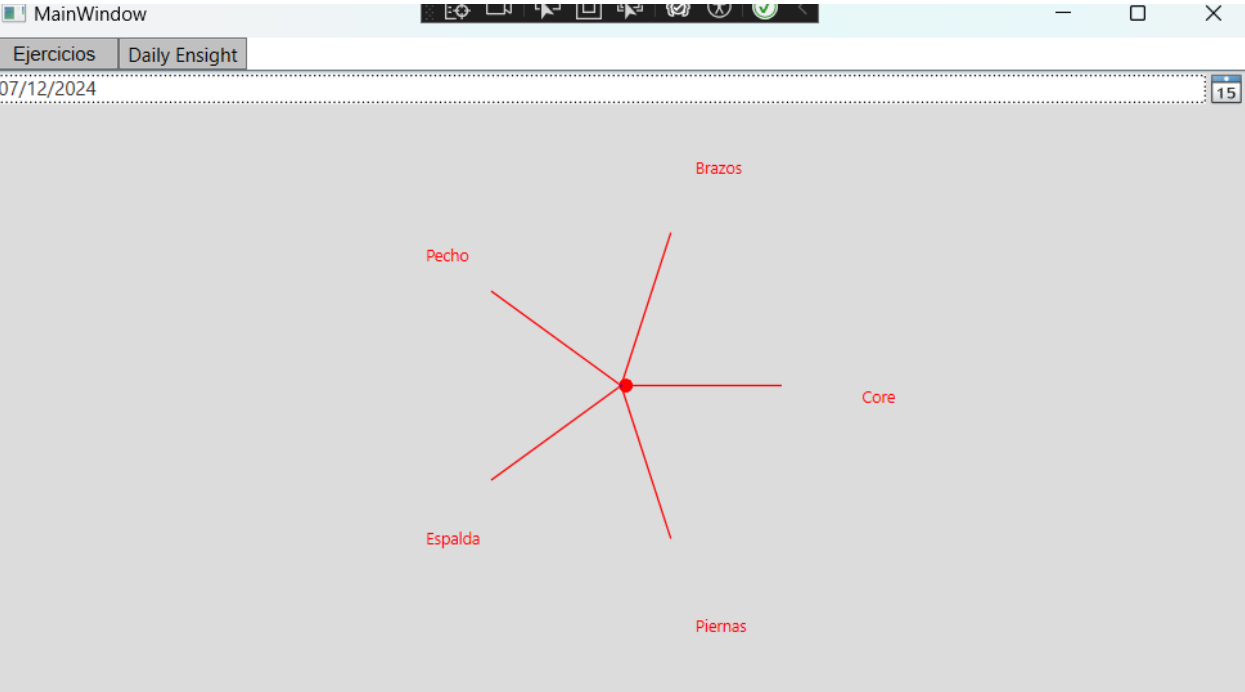
Ejercicios

Daily Enight

Nombre	Descripcion	Grupo
Plancha	Un ejercicio isométrico para trabajar el core, esp	Core
Curl de Bíceps	Un ejercicio simple pero efectivo para desarrollar	Brazos
Press de banca	Este ejercicio se realiza en una máquina guiada	Pecho
Jalón al pecho	Un ejercicio en máquina para trabajar la espalda	Espalda
Prensa de pierna	Una máquina guiada para trabajar los músculos	Piernas
Extensión depierna	Este ejercicio se enfoca en el desarrollo de los ci	Piernas
Press de hombros	Un ejercicio para trabajar los hombros utilizand	Brazos

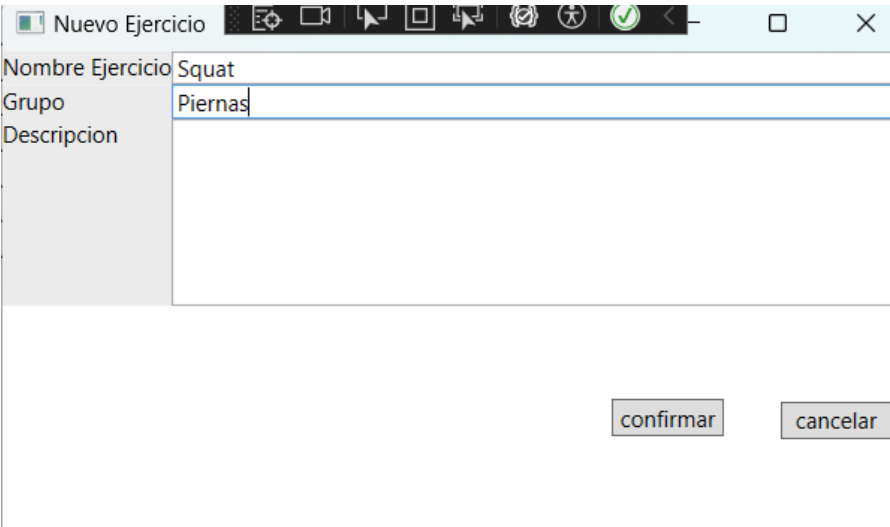
añadir

eliminar



## Exercise Management

- Create Exercise:
  1. Click the add button.
  2. A form will open where you must enter:
    - Name of the Exercise (required).
    - Muscle Group (required)
      - It may be one or more muscle groups associated with the exercise. Multiple groups may be included and should be separated by commas (e.g., "Chest, Arms, Shoulders").
    - Description (optional).
  3. Press Confirm to add the exercise to the main list or Cancel to exit.



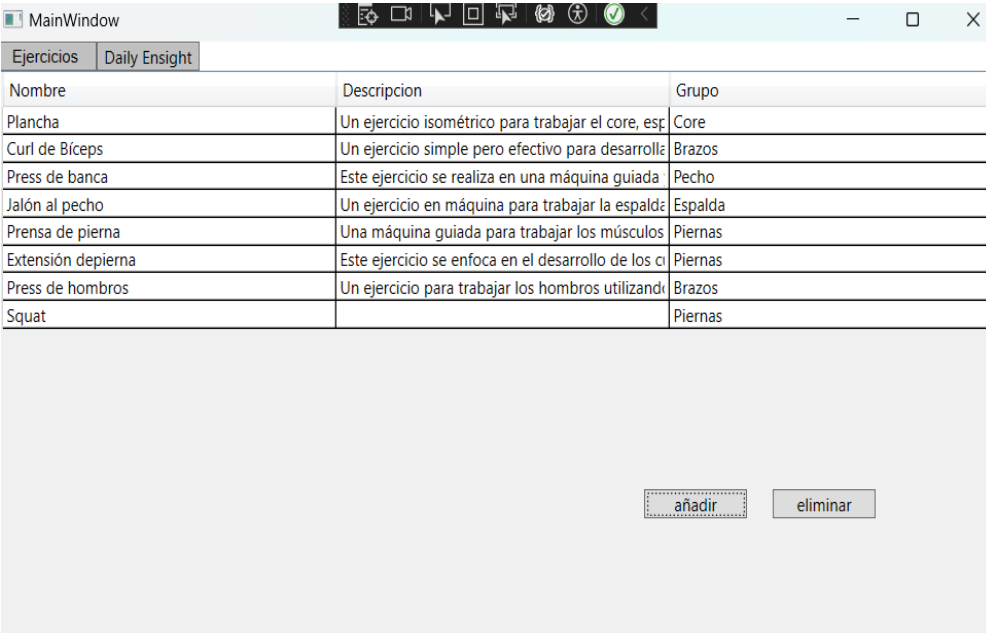
Nuevo Ejercicio

Nombre Ejercicio Squat

Grupo Piernas

Descripcion

confirmar cancelar



MainWindow

Ejercicios Daily Ensignt

Nombre	Descripcion	Grupo
Plancha	Un ejercicio isométrico para trabajar el core, esp	Core
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Press de hombros	Un ejercicio para trabajar los hombros utilizand	Brazos
Squat		Piernas

añadir eliminar

- Delete Exercises

1. Click the Delete button.
2. A window will appear with the names of the existing exercises and their groups.
3. Check the boxes next to the exercises you want to delete.
4. Press Confirm to delete.

VentanaEliminar

Seleccionado	Nombre	Grupo
<input type="checkbox"/>	Plancha	Core
<input type="checkbox"/>	Curl de Bíceps	Brazos
<input type="checkbox"/>	Press de banca	Pecho
<input type="checkbox"/>	Jalón al pecho	Espalda
<input type="checkbox"/>	Prensa de pierna	Piernas
<input type="checkbox"/>	Extensión de pierna	Piernas
<input checked="" type="checkbox"/>	Press de hombros	Brazos
<input checked="" type="checkbox"/>	Squat	Piernas

confirmar cancelar

MainWindow

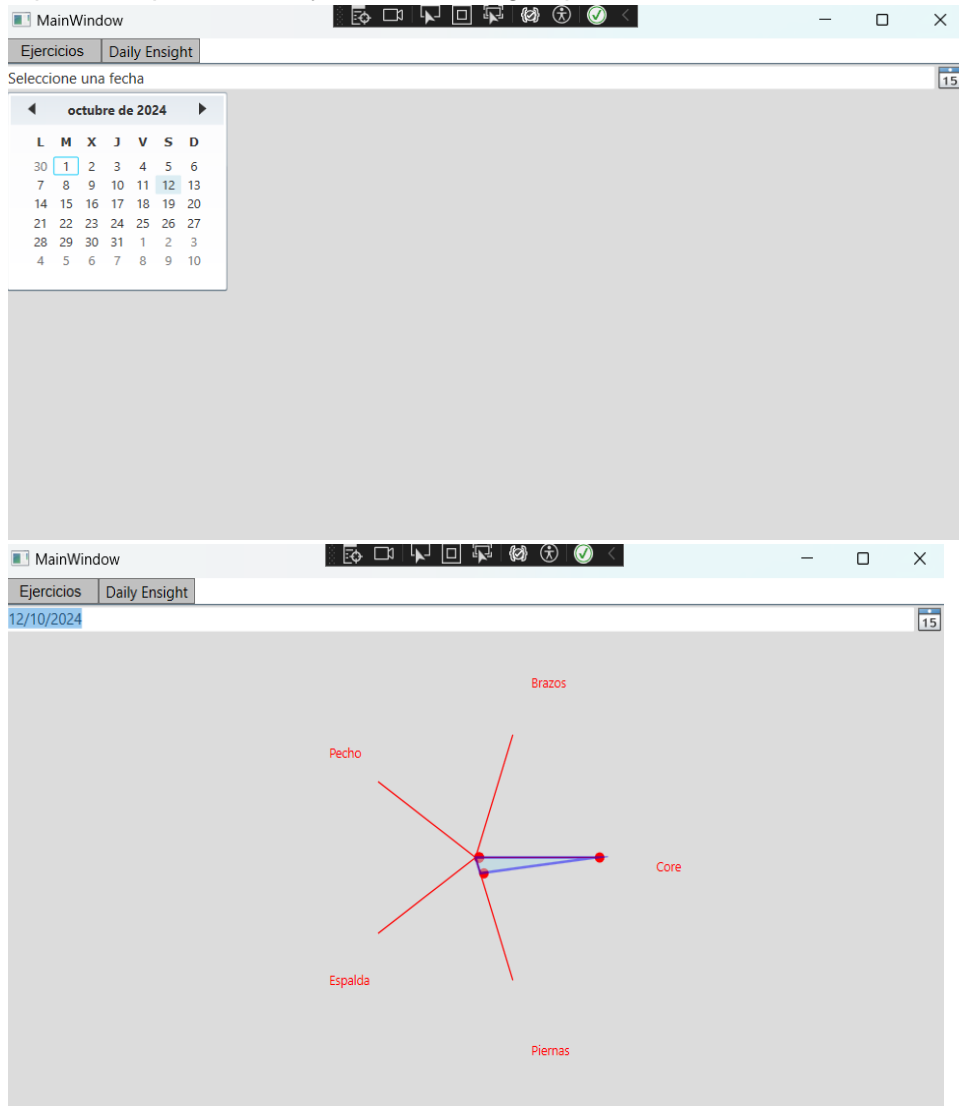
Ejercicios Daily Ensignt

Nombre	Descripción	Grupo
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Prensa de pierna	Una máquina guiada para trabajar los músculos	Piernas
Extensión de pierna	Este ejercicio se enfoca en el desarrollo de los c	Piernas

añadir eliminar

## Daily Insight

1. Click the Daily Insight button from the main window.
2. In the new window, select a specific date using the DatePicker, which includes a drop-down calendar to make it easier to choose the desired date (dd-MM-yyyy format).  
Note: You can also enter the date manually, respecting the required format.
3. Once the date is selected, a summary will be displayed with the total number of repetitions performed by each muscle group on that date.



## Execution Management

- View Executions

1. Click on the name of an exercise in the main list.
2. A window will open showing a table with the execution logs.
  - Columns:
    - Repetitions: Number of repetitions performed.
    - Weight: Weight used (optional).
    - Date: Date of registration (format: dd-MM-yyyy).
3. You can manage these executions from the same window.



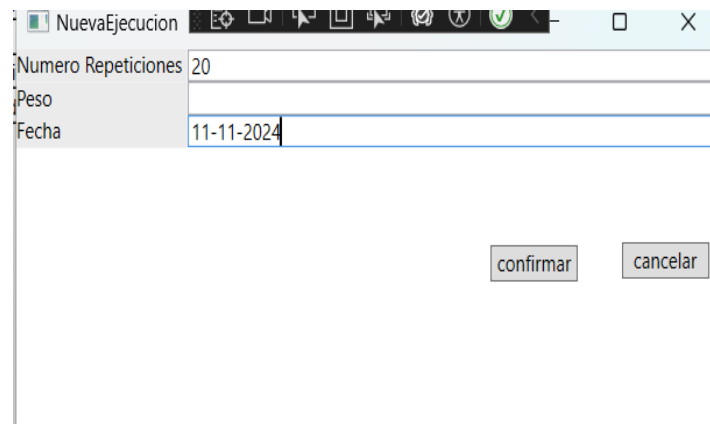
Repeticiones	Peso	Fecha
60	0	12-10-2024
70	0	12-10-2024
80	0	12-10-2024
60	0	13-10-2024
80	0	13-10-2024
80	0	15-10-2024

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eliminar

- Create Execution

1. Click the add button in the executions window.
2. Enter the data in the form:
  - Repetitions (mandatory).
  - Weight (optional).
  - Date (required, format: dd-MM-yyyy).
3. Press Confirm to add the record.



NuevaEjecucion

Numero Repeticiones 20

Peso

Fecha 11-11-2024

confirmar cancelar

Window2		
Ejercicio    Grafico		
Repeticiones	Peso	Fecha
60	0	12-10-2024
70	0	12-10-2024
80	0	12-10-2024
60	0	13-10-2024
80	0	13-10-2024
80	0	15-10-2024
20	0	11-11-2024

añadir
eliminar

- Delete Execution
  - Click the Delete button.
  - A window will appear with the recorded executions.
  - Check the boxes corresponding to the executions you want to delete.
  - Press Confirm to Delete.

ventanaEliminarEjecucion			
Seleccionado	Repeticiones	Peso	Fecha
<input type="checkbox"/>	60	0	12-10-2024
<input type="checkbox"/>	70	0	12-10-2024
<input type="checkbox"/>	80	0	12-10-2024
<input checked="" type="checkbox"/>	60	0	13-10-2024
<input checked="" type="checkbox"/>	80	0	13-10-2024
<input checked="" type="checkbox"/>	80	0	15-10-2024
<input checked="" type="checkbox"/>	20	0	11-11-2024

confirmar
cancelar

Window2		
Ejercicio    Grafico		
Repeticiones	Peso	Fecha
60	0	12-10-2024
70	0	12-10-2024
80	0	12-10-2024

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### Update Daily Insight from a Run



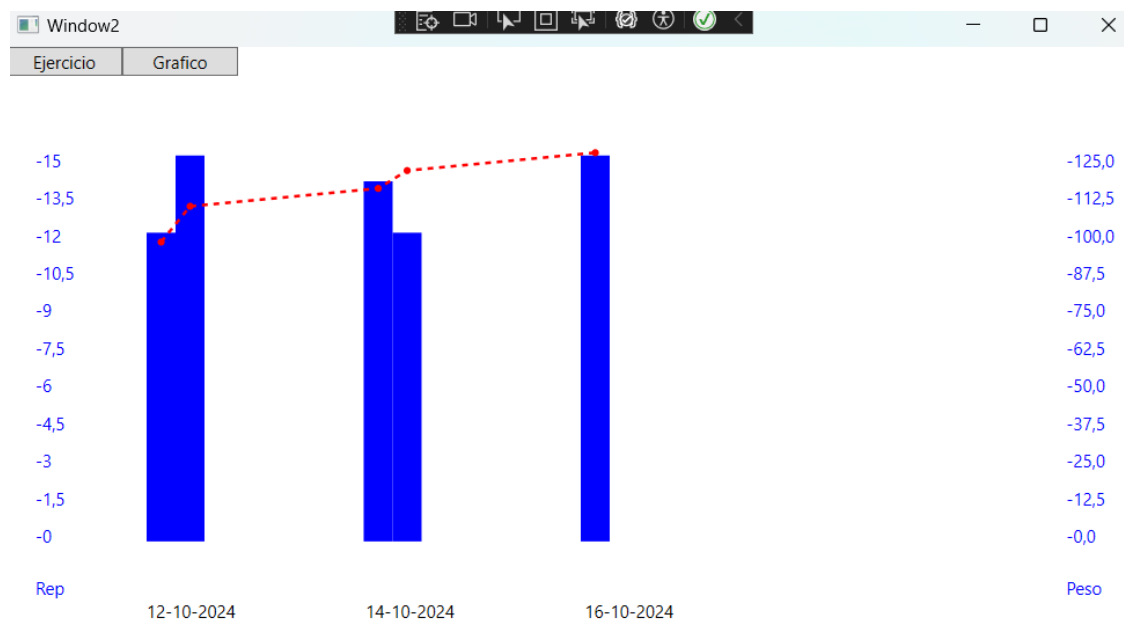
- If you click on a specific date in the Date column of a recorded run, the Daily Insight will automatically update with that selected date.
- This allows you to quickly view the repetitions by muscle group associated with that date without having to manually enter it into the date picker.

## Analysis Chart

From the executions window, press the Chart button.

A graph will be generated with:

- Bars: Show the repetitions performed in each series grouped by date.
- Line: Represents the weight used (if recorded).
- Identify the values thanks to the labels included in the graph.



## Troubleshooting Common Problems

- Error Creating Exercise: Make sure you have completed the required fields (Name and Muscle Group).
- Error Creating Execution: Verify that the date field has the correct format dd-MM-yyyy and that the number of repetitions is not empty.
- Chart Does Not Show Data: Check that there are execution records associated with the selected exercise.
- If you want an exercise to have multiple Groups, in the Create Exercise window, Group field, make sure to separate the groups with commas and no extra spaces to avoid input errors.

Nuevo Ejercicio

Nombre Ejercicio

squat

Grupo

Piernas,Espalda

Descripcion

confirmar

cancelar

