**HealthBro**

**User Documentation**

**Version:** 0.2

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**Date:** December 15, 2024

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# 1. Introduction

# 1.1 Document Purpose

# The purpose of this documentation is to provide a detailed explanation of how to use the HealthBro website, to help users track their workouts and understand the features.

# 1.2 Target Audience

# The documentation is intended for all HealthBro users, including beginners and advanced users, who want to track and optimize their training programs.

# 1.3 Terminology Used

# - Training Program: The training method followed by the user. - Advanced Training Settings: Customized settings that are tailored to specific goals.

# 2. System Overview

# 2.1 Overview

# HealthBro is an online platform, website and mobile application that allows users to track their workouts, create customized training programs, and monitor their progress.

# 2.2 Brief description of features

# - Workout logging: Users can record the exercises performed, reps, weights, etc. - Goal setting: Users can set goals such as muscle gain, weight loss, or improving endurance. - Progress tracking: Statistics and graphs to show your progress.

# 3. Installation Guide

# 3.1 System Requirements

# - Web browser (Google Chrome, Mozilla Firefox, etc.) - Internet connection - User account on the HealthBro website

# 3.2 Installation process

# Open the HealthBro website in your browser.

# Register or log in with your account.

# The site will automatically become available on all devices, no additional installation is required.

# 4. User Guide

4.1 Getting Started

– After registering, start creating a training plan.

- Choose your goals (e.g. muscle gain, weight loss).

- Add your training log so you can easily access your stats the next time you train.

4.2 Detailed Description of Features

# 4.2.1 Basic features

# - Add a training log: You can record the exercises, reps, and weights you performed after each workout.

# - Choose training programs: Basic training programs are available for users, both beginners and advanced.

# 4.2.2 Advanced features

# - Advanced training settings: You can customize the exercises and weekly training volume, taking into account your goals.

# - Analyze workouts: You can view statistics from your previous workouts and analyze your progress on graphs.

# 4.3 Troubleshooting typical errors

# - Error: 'I can't find my saved workouts' Solution: Make sure you are logged in with the correct account and that the training log has been saved correctly.

# 5. Troubleshooting and Support

# 5.1 Common Problems

# - Problem: The page does not load properly.

# Solution: Check your internet connection and try refreshing the page. If the error persists, try using a different browser.

# 5.2 Contacting Support

# If you need further assistance, please contact HealthBro Customer Service:

# - Email: [support@healthbro.com](mailto:support@healthbro.com)

# - Phone: +36 1 234 5678

# 6. FAQ (Frequently asked questions)

6.1 FAQ

- How do I set training goals?

- How do I share my workouts with others?

6.2 Glossary

- ISRM (Increased Strength Resistance Movement): A type of exercise used in weight training.

6.3 Additional Resources

- Links:

[Fitness alapok – Weboldal](https://www.fitnessalapok.com)  
 [Edzésprogramok – Blog](https://www.healthbro.com/blog)