User Guide Hammadi Fit CMP354 Course Project

Author: Hamad Al Hammadi @00082849

American University of Sharjah

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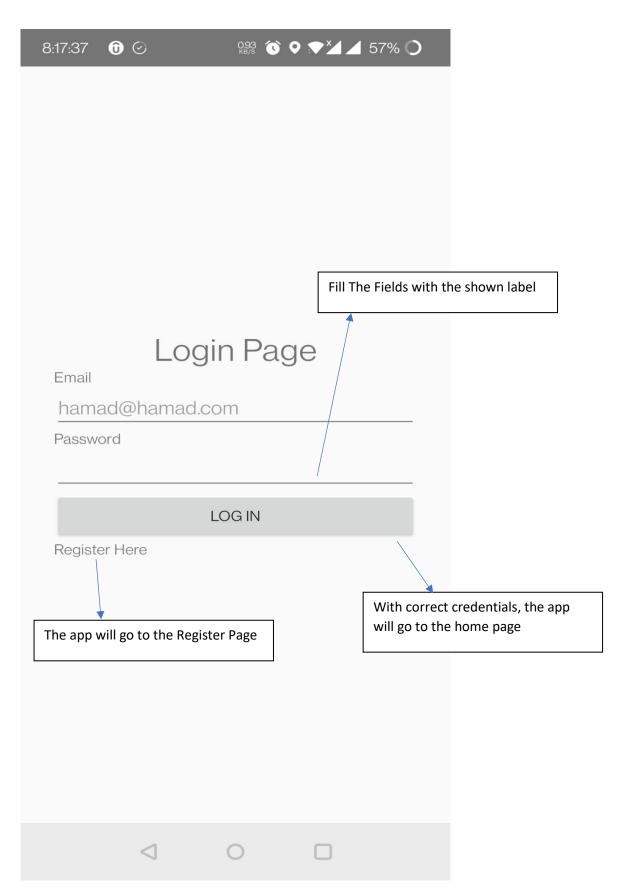


Figure 1: Login Page

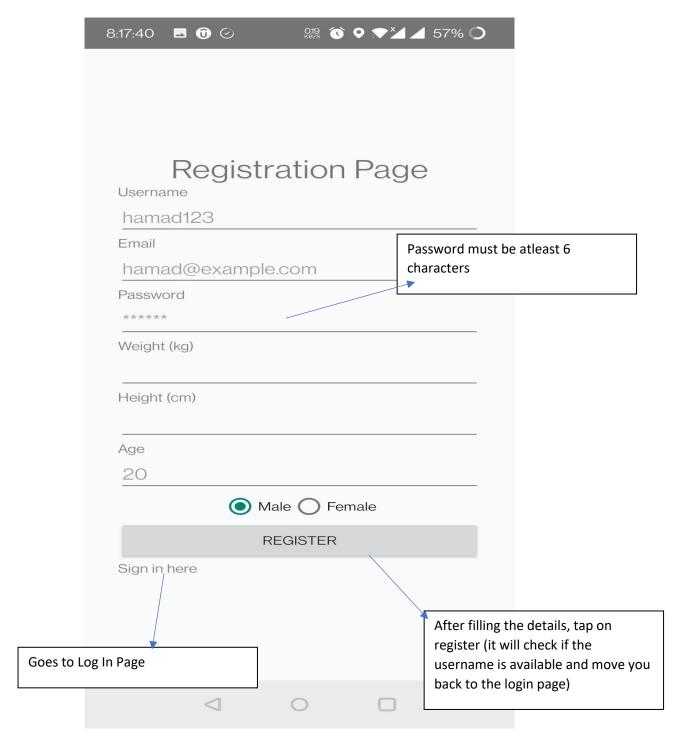


Figure 2: Registration Page

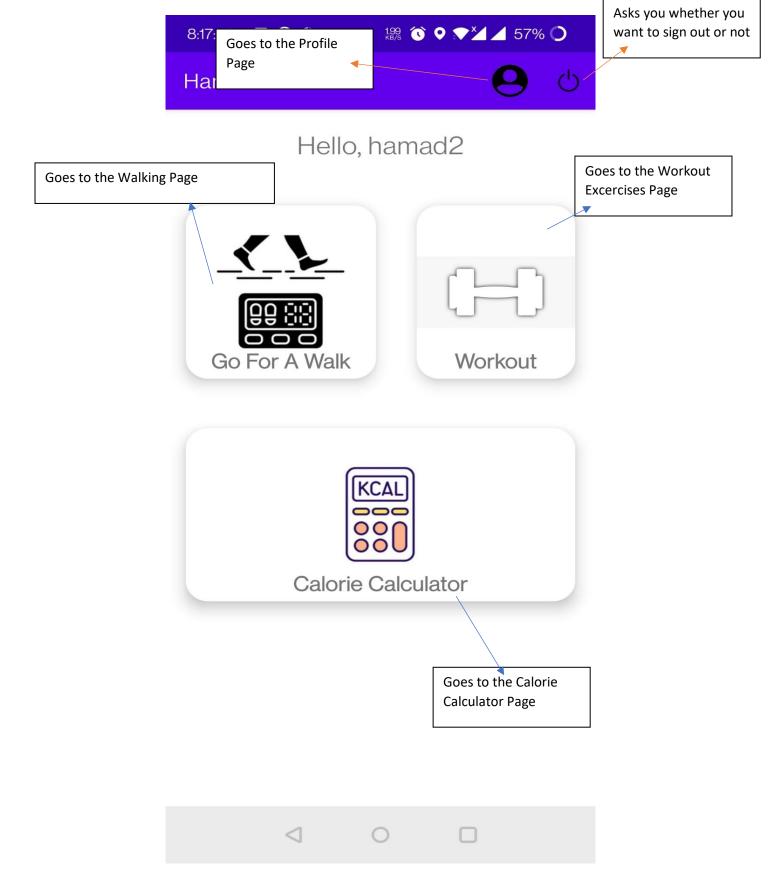


Figure 3: Home Page

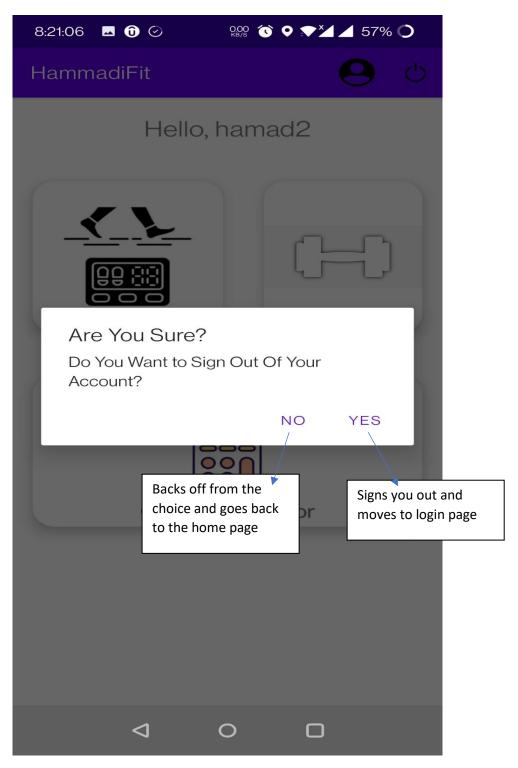


Figure 4: Sign out Functionality

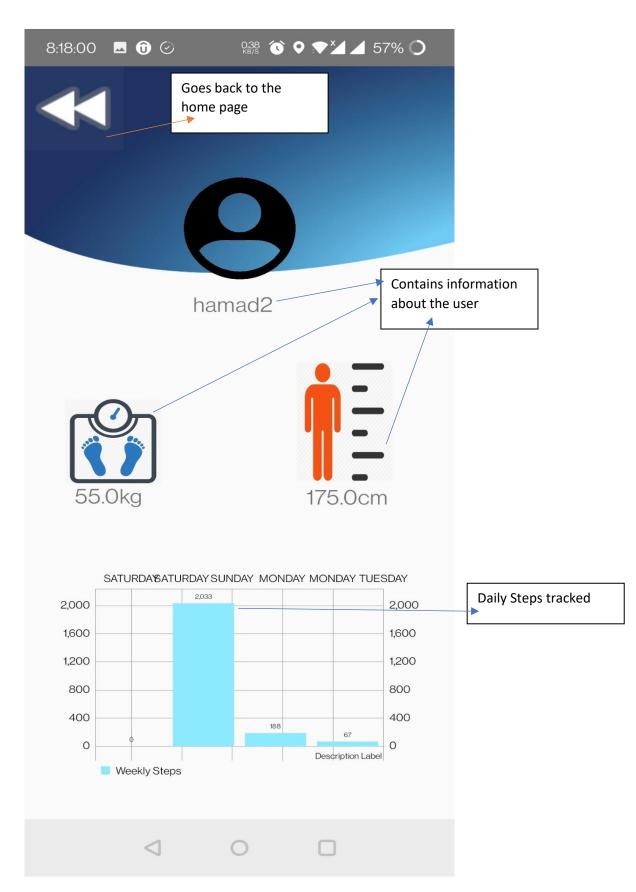


Figure 5: Profile Page

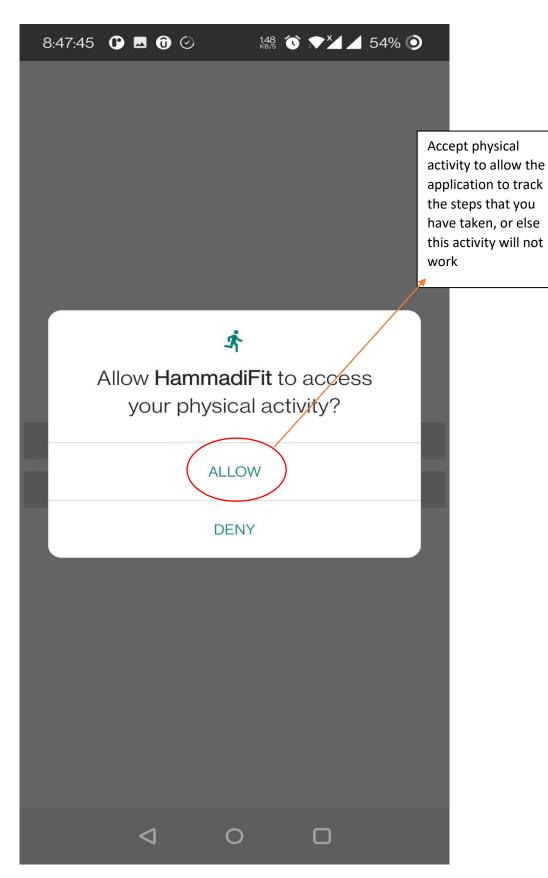


Figure 6: Physical Activity Permission

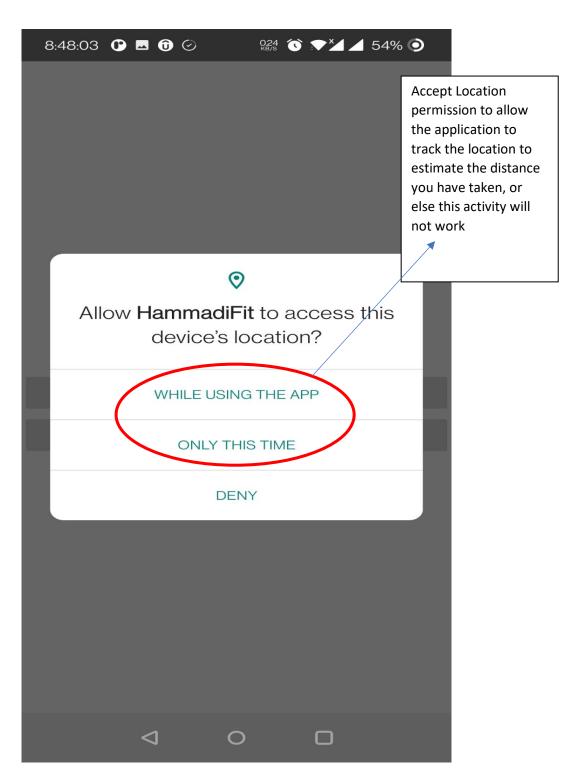


Figure 7: Location Permission

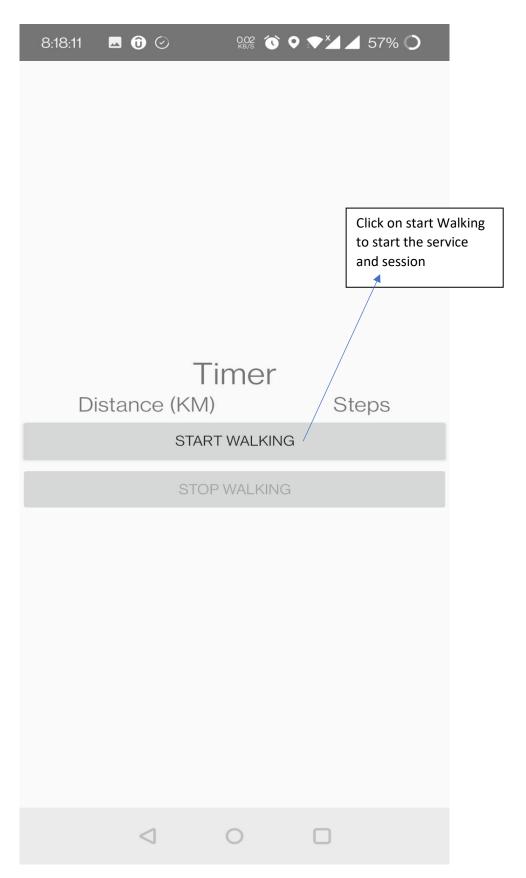


Figure 8: Walking Activity Form

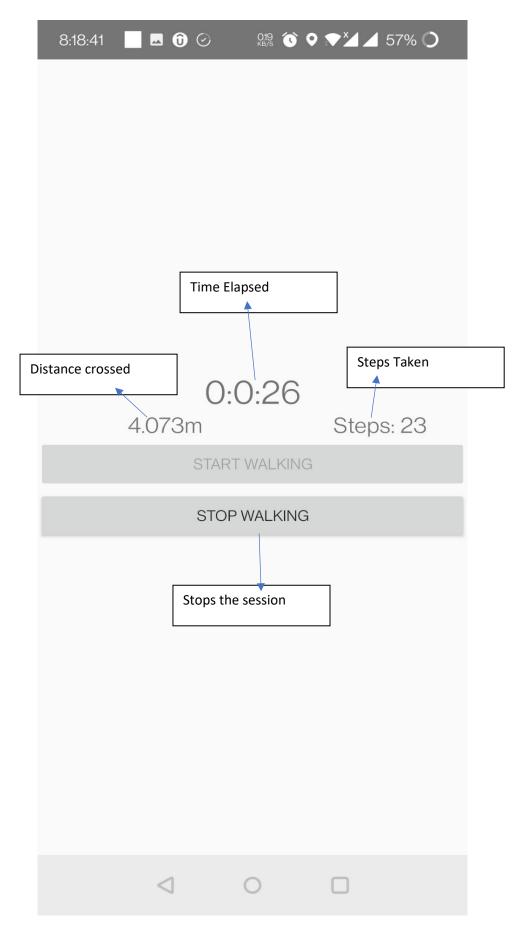
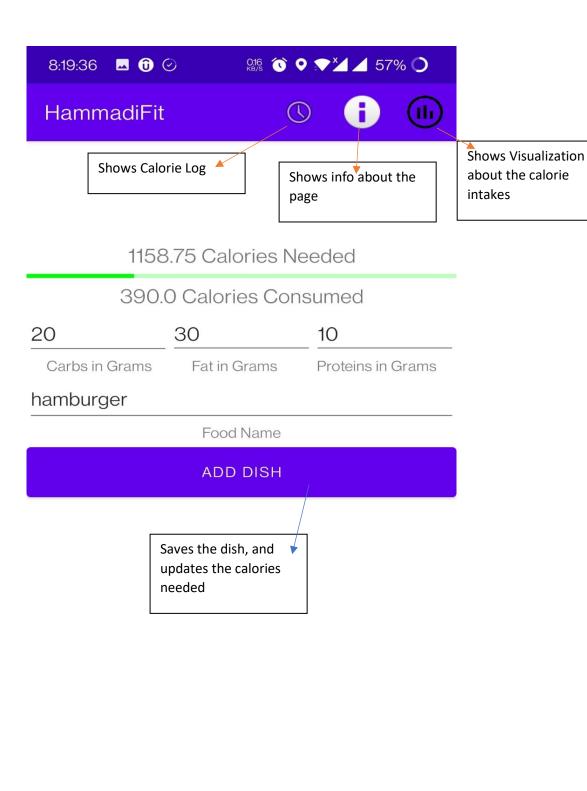


Figure 9: Walking Activity In Progress



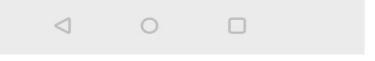


Figure 10: Calorie Calculator

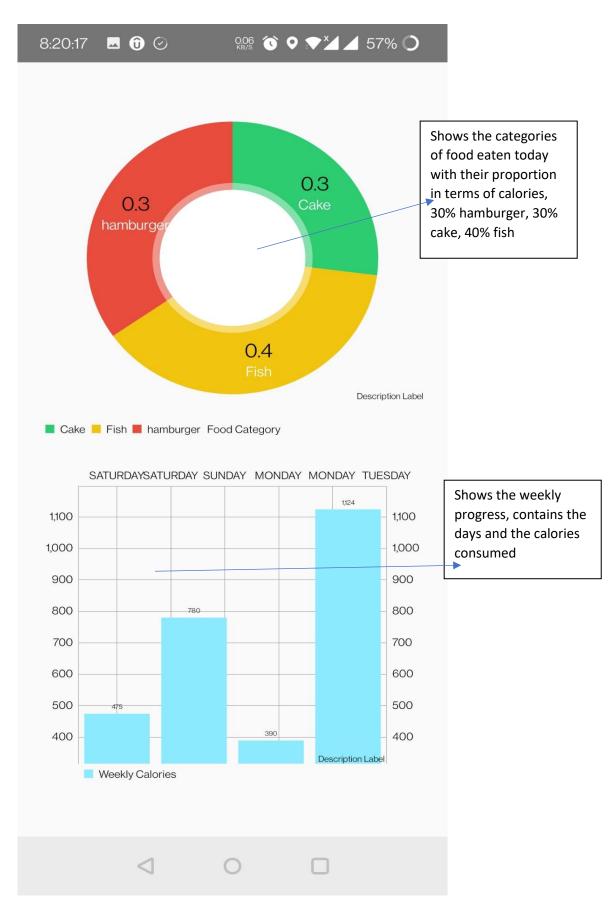


Figure 11: Calorie Visualization

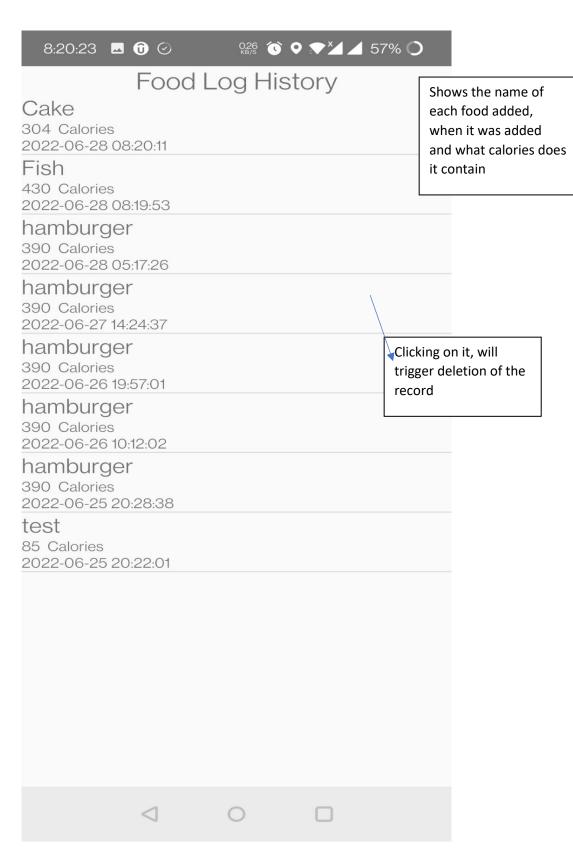


Figure 12: Calorie Log

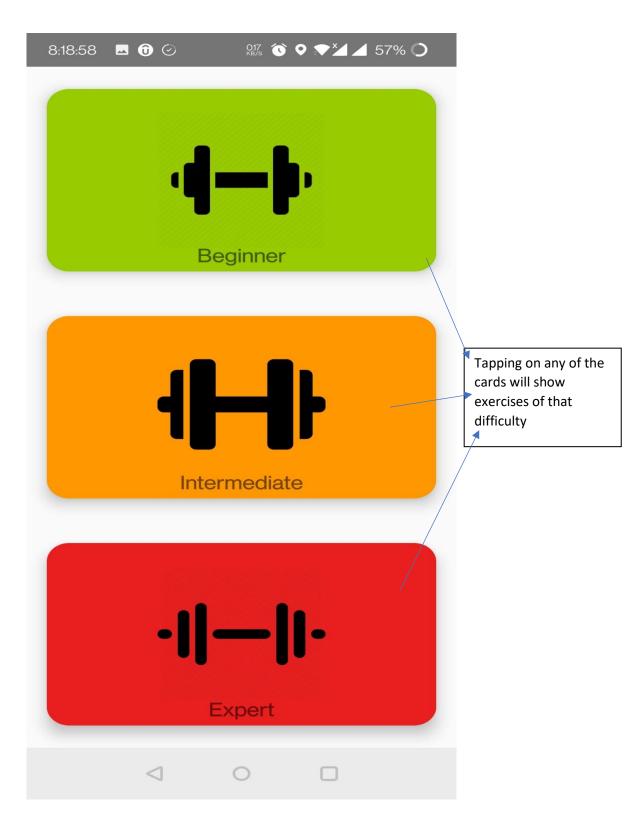


Figure 13: Workout Activity

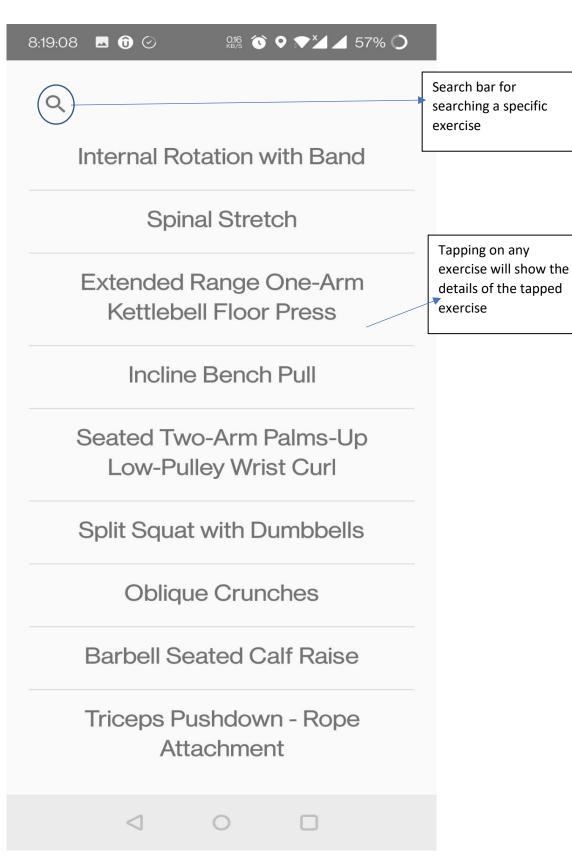


Figure 14: Workout List Page

Triceps Pushdown - Rope Attachment

Title of Exercise

After holding for a second, at the contracted position, bring the rope slowly up to the starting point. Breathe in as you perform this step.

Scrollable Text of the instructions

Repeat for the recommended amount of repetitions.



Pictures showing the demonstration of the exercise

