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UNIVERSITY OF WEST ATTICA

DEPARTMENT OF COMPUTER AND COMPUTER
ENGINEERING

VIRTUAL GYM
SUMMARY USER'S MANUAL

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Introduction

Welcome to our fitness game developed in Unity! This manual will guide you through the basic features and gameplay so you can get the most out of the game experience.

Running Instructions

To enter the game you need to press play

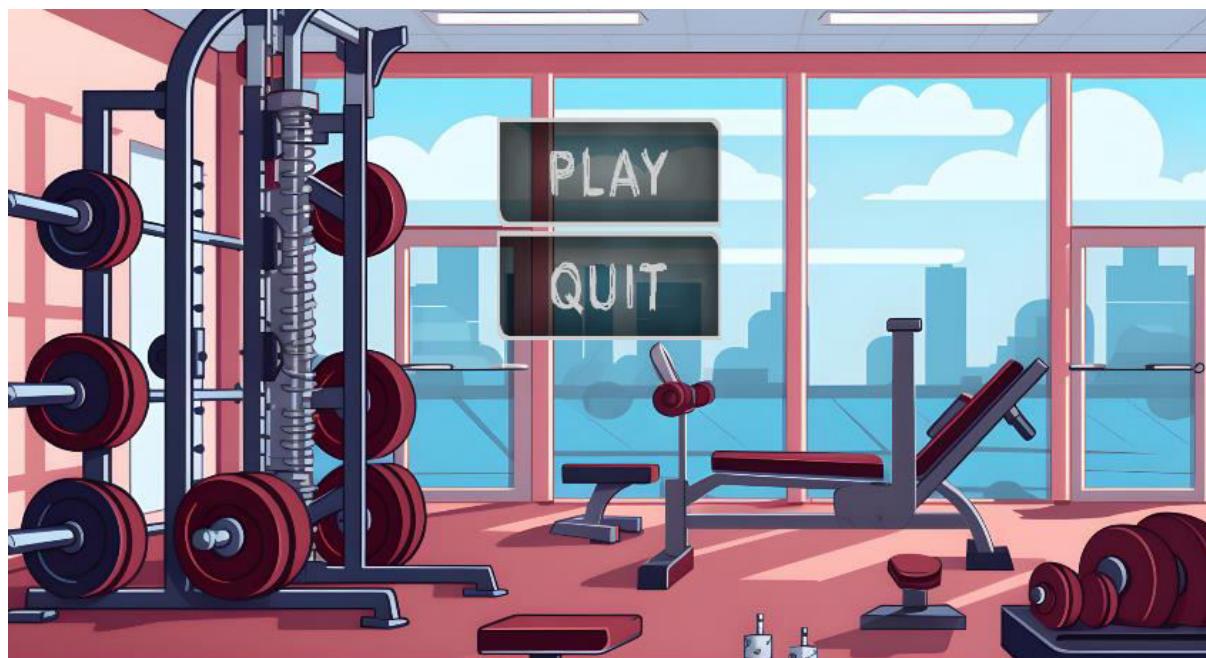


Figure 1. Home Menu

Game Description Game

Game Objective: The objective of the game is to improve your fitness by doing gymnastics on the available equipment under the guidance of the available trainer. Under the guidance of the available nutritionist having collected money from the fitness exercises, you can improve your fitness by buying various fitness products from the vending machine.

Player movement: The player moves either with the arrow keys or the WASD keys.

Camera Movement: The camera is moved using the mouse.

Collecting Money: at the beginning of the game, you start with a random amount of coins. To increase the coins, you need to do gymnastics exercises.

Collecting Money: With coins, you can buy various fitness products from the vending machine.

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Exit the game: To exit the game, you can press the 'Esc' key and then press Quit or go to the exit door next to the vending machine and press the 'E' key.



Figure 2. Exit Menu

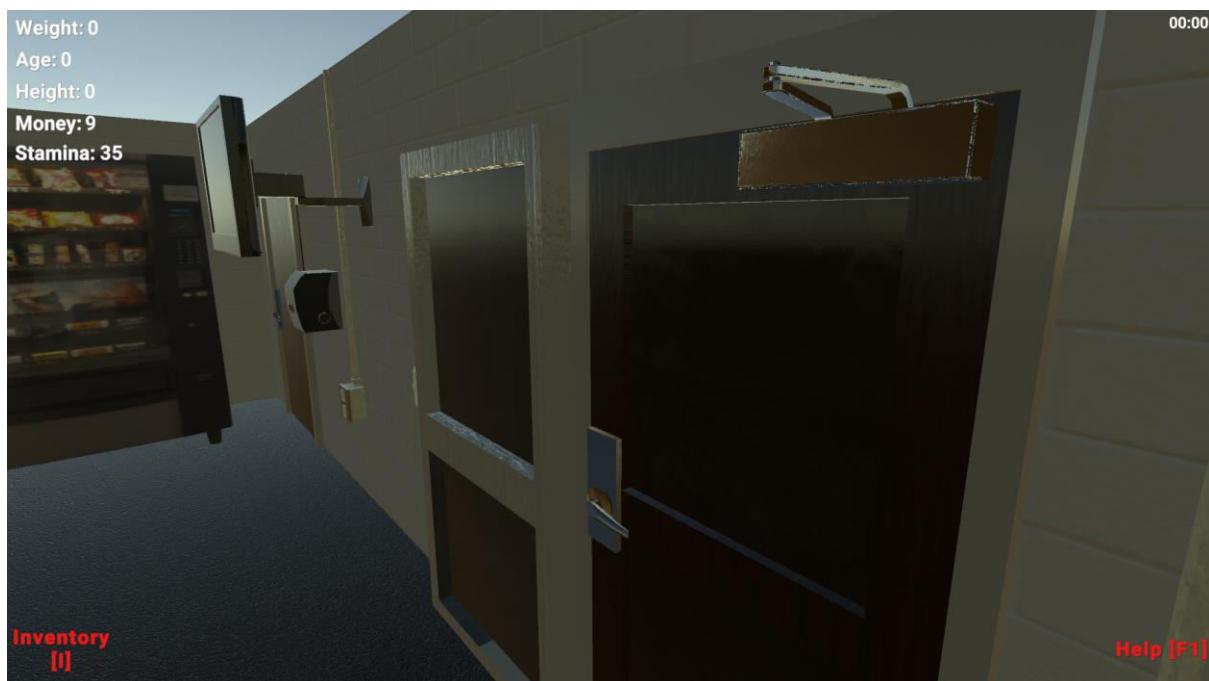


Figure 3. Exit door

Fitness Instructor



Figure 4. Communication with the virtual trainer

When the game starts, the player has to go to the trainer. The trainer will ask for your data (weight, age and height) and will suggest appropriate exercises. Once you receive the exercises, you will have access to the virtual nutritionist to give you the appropriate nutritional advice based on your physical condition.

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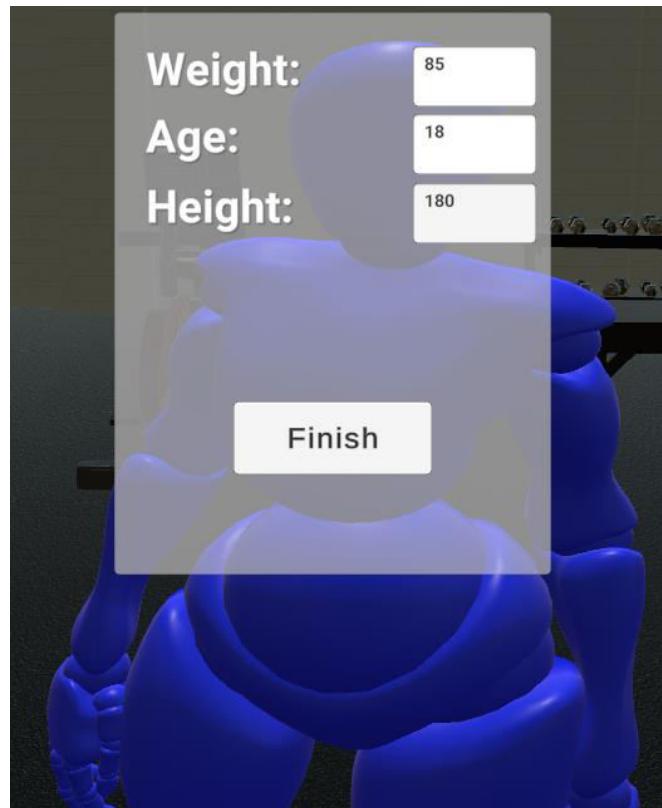


Figure 5. Entering user data

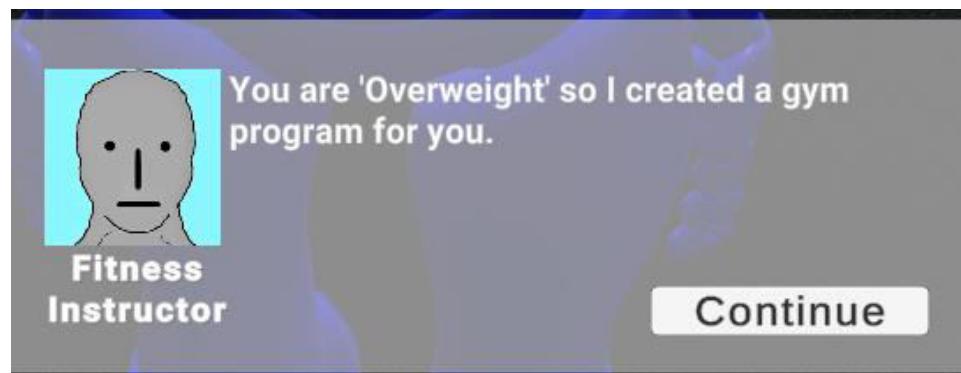


Figure 6. Conclusion on the physical condition of the user

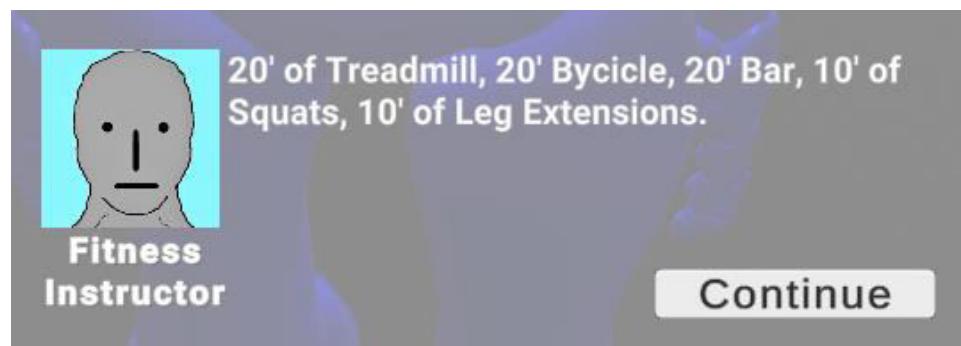


Figure 7. Fitness program based on the user's physical condition

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Nutritionist



Figure 8. Contacting the virtual nutritionist

The player should visit the nutritionist for dietary advice. The nutritionist will create a diet plan based on the user's physical condition and will allow the user to access the vending machine so that he can buy the products he recommends. Therefore, he needs money to purchase the products, where this is achieved by completing the fitness exercises suggested by the fitness instructor.

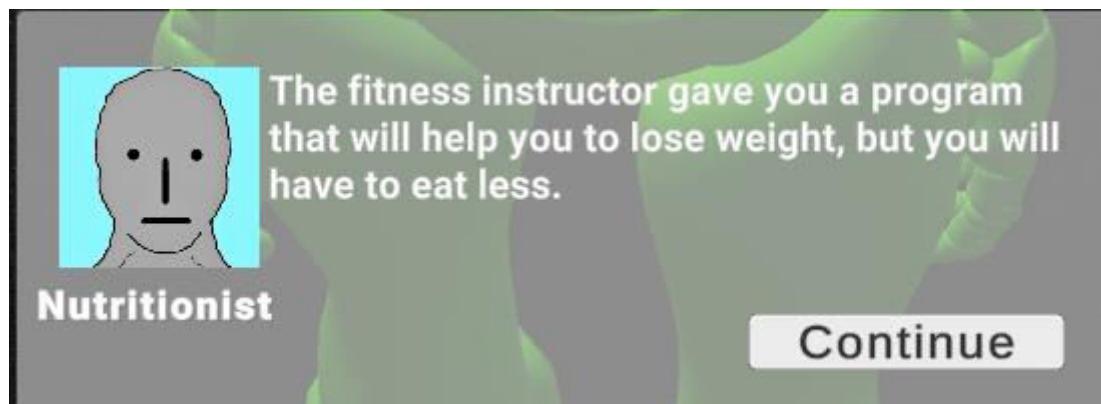


Figure 9. Communication between a virtual trainer and a virtual nutritionist

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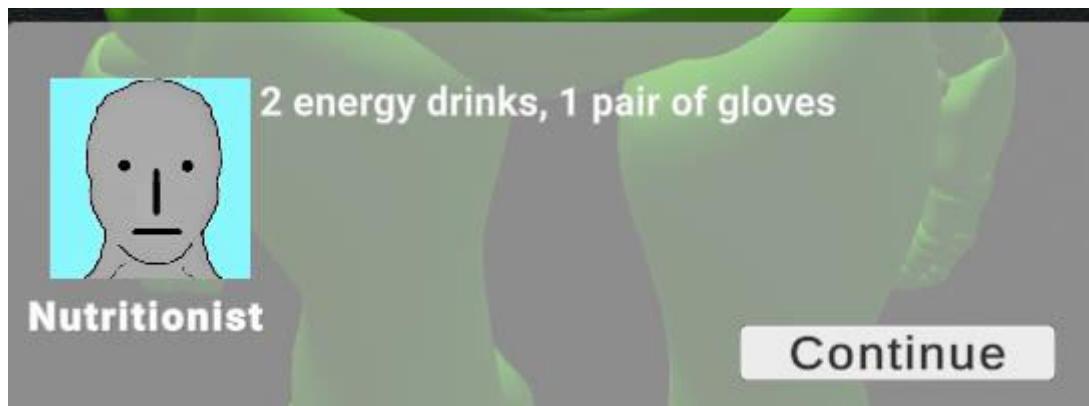


Figure 10. Nutrition program

It is worth noting that the nutritionist gets information from the trainer about the user's fitness, so if the user goes to interact with the nutritionist first, he/she will receive a message saying that he/she does not know his/her fitness and that he/she should consult the trainer first.

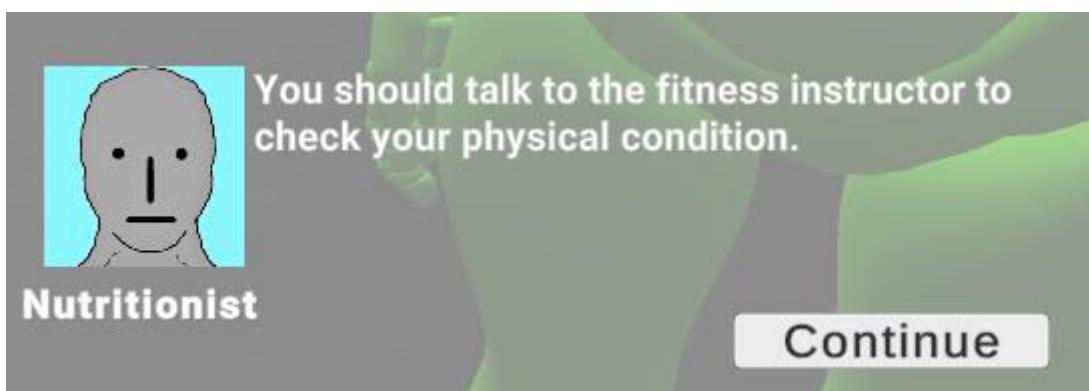


Figure 11. The user chooses to talk to the nutritionist first

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Runway

To start the exercise on the treadmill, the player must approach the machine.



Figure 12. Runway

The player can run a treadmill and achieve the following:

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

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Figure 13. The player exercises on the treadmill

It is worth noting that the player gets extra money when he completes his exercise.

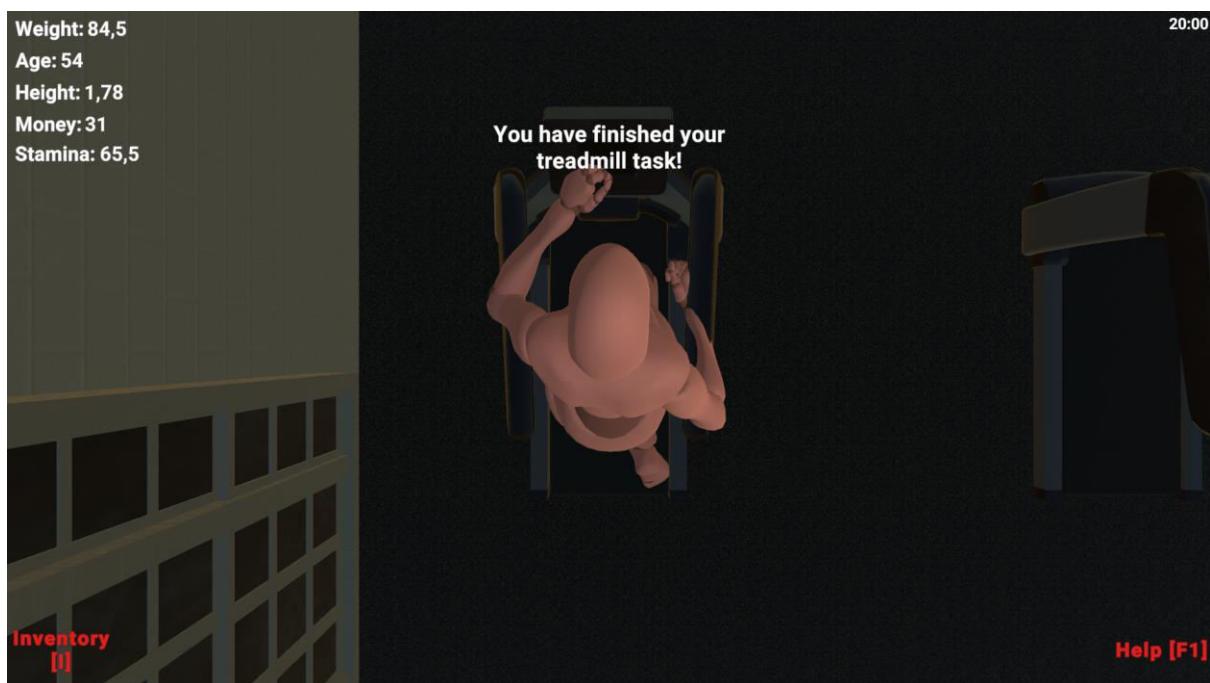


Figure 14. The player completes the exercise on the treadmill

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Bicycle

The player must approach the bicycle to start the exercise.

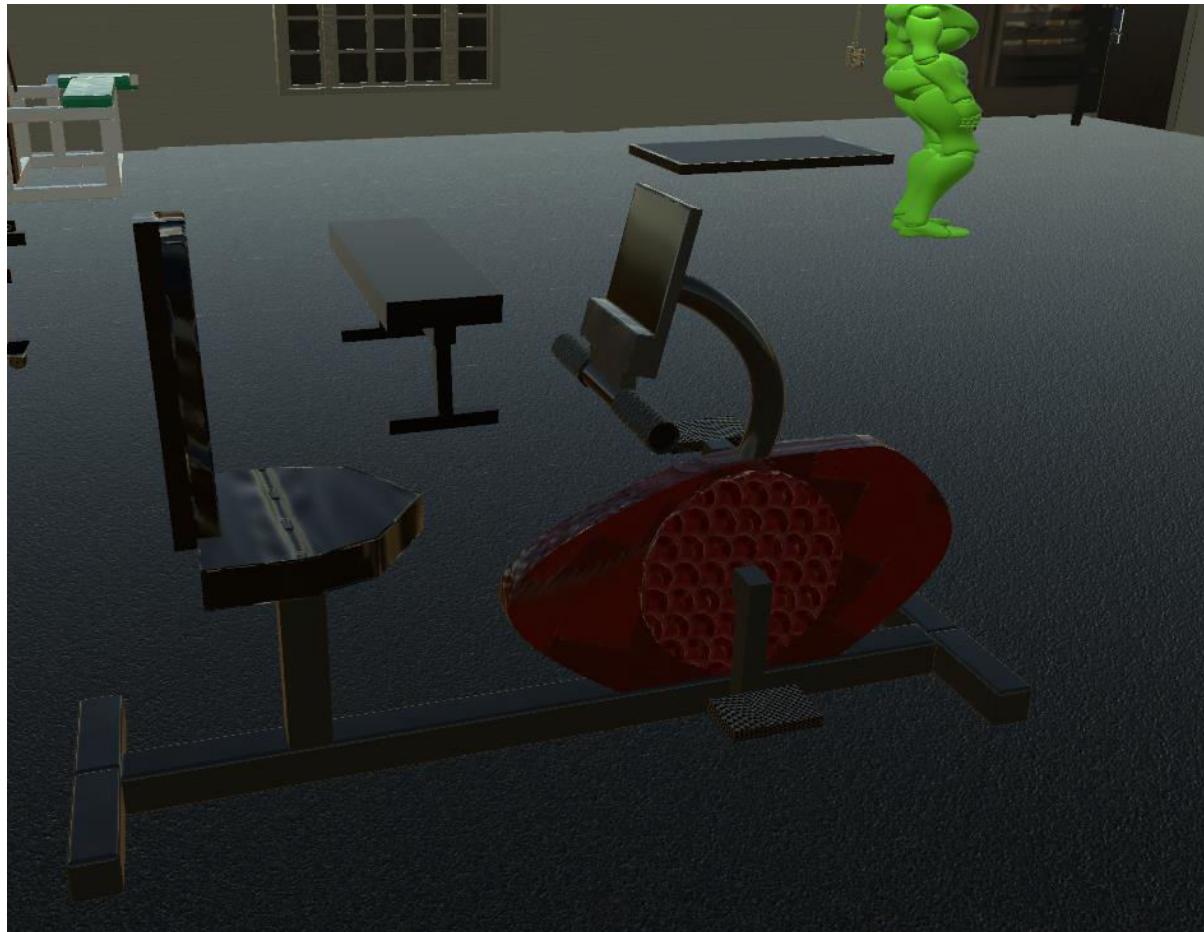


Figure 15. Bicycle

The player can ride a bicycle and achieve the following:

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

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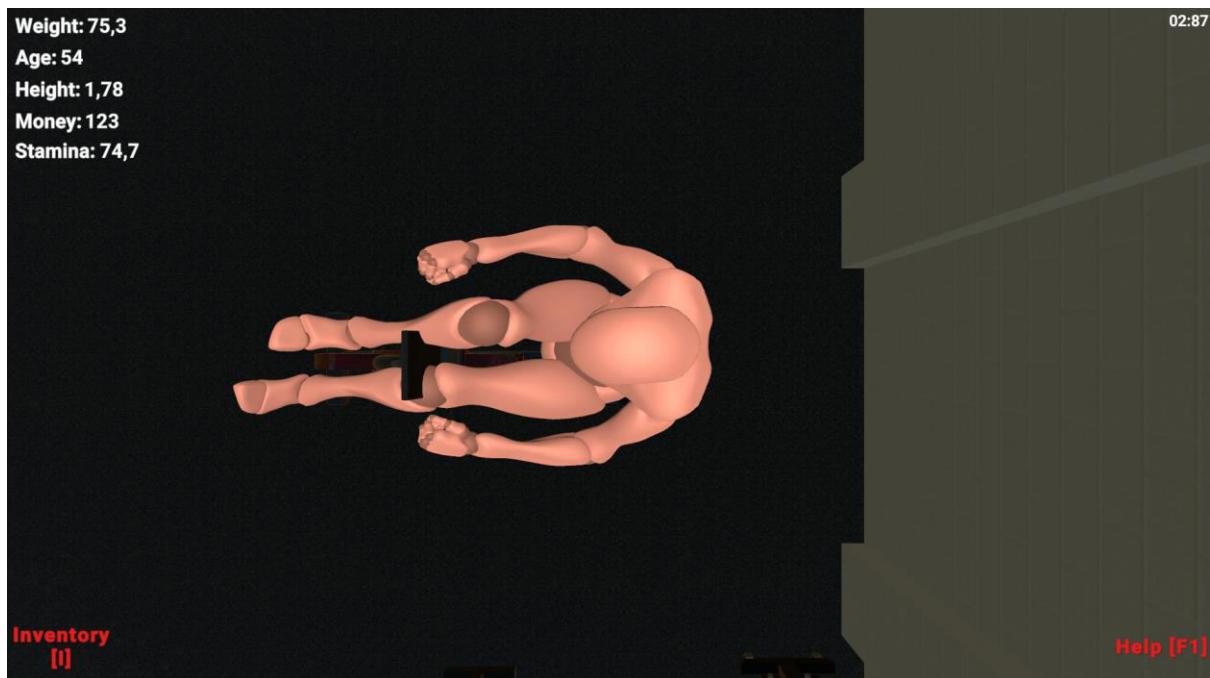


Figure 16. The player exercises on the bike

It is worth noting that the player gets extra money when he completes his exercise.

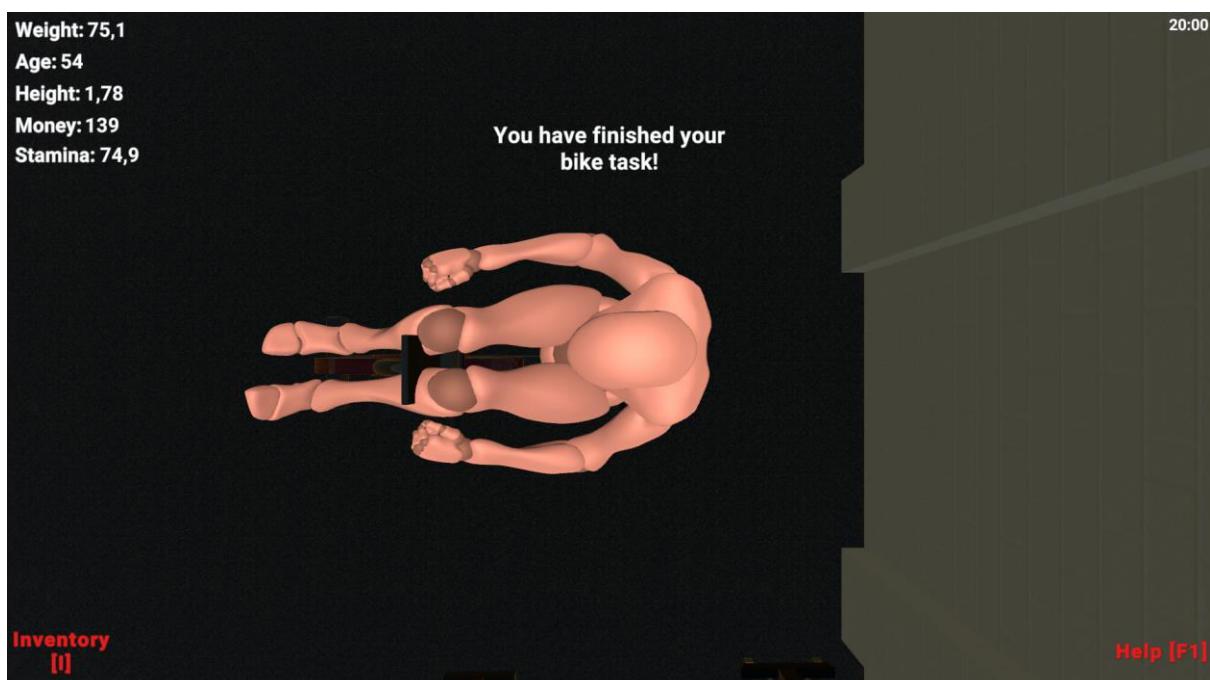
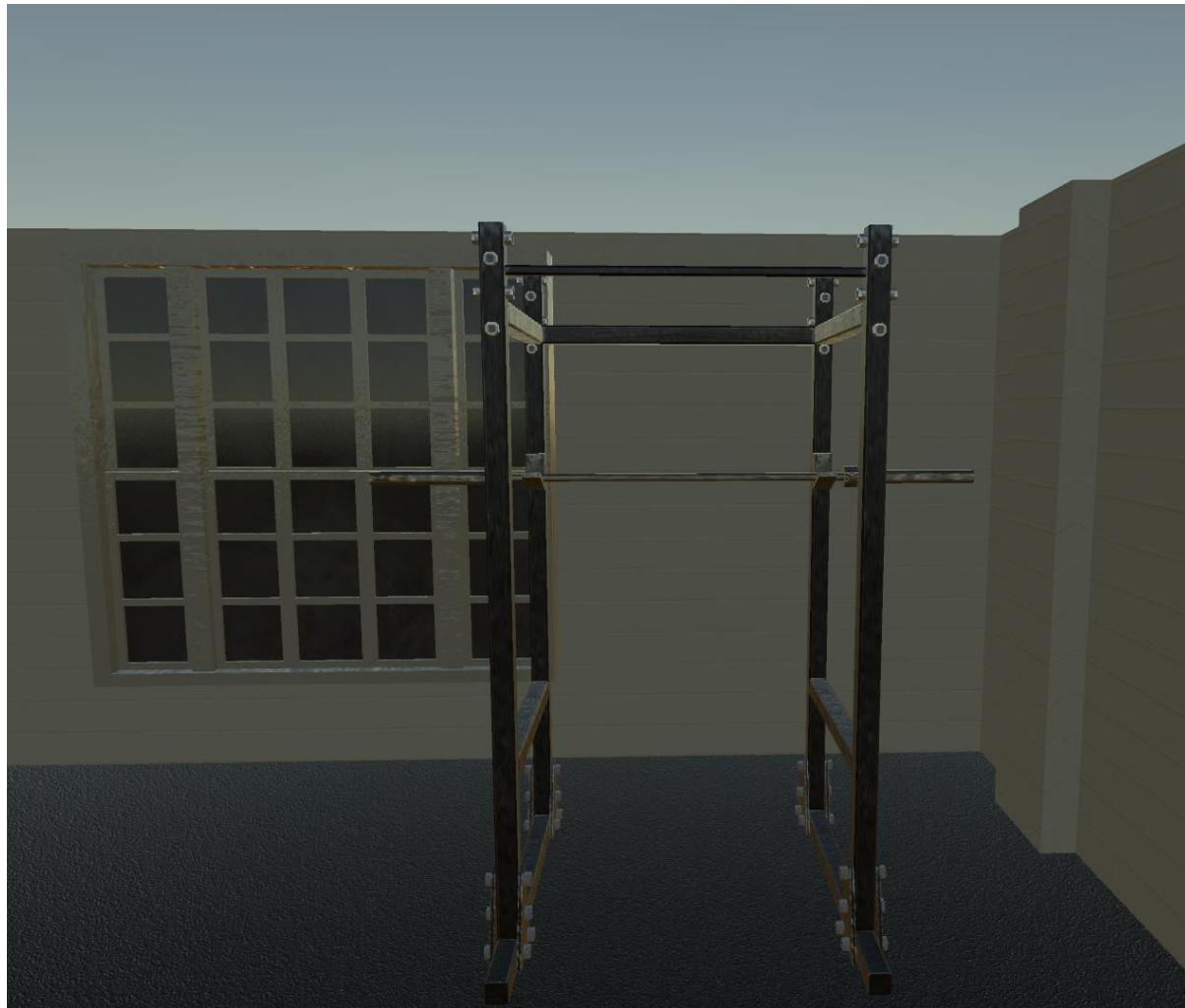


Figure 17. The player completes the exercise on the bike

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Bars

The player must approach the bars to start the exercise.



Εικόνα 18. Μπάρα

Ο παίκτης μπορεί να κάνει μπάρα και να επιτύχει τα εξής:

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

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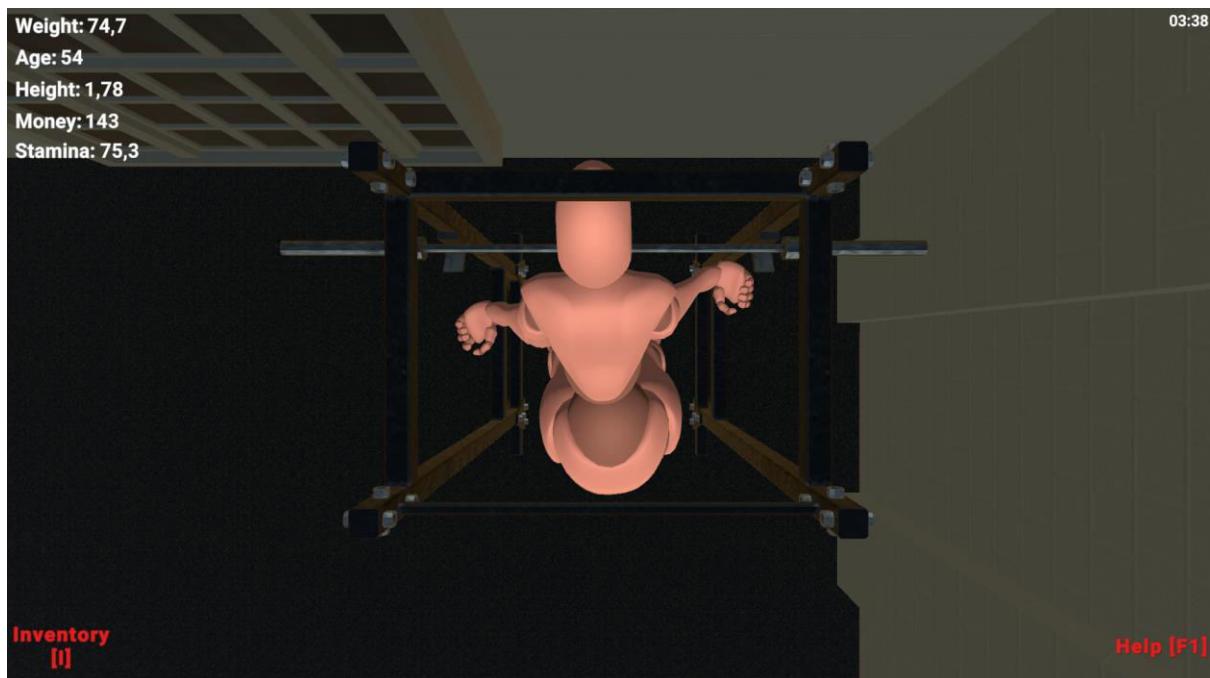


Figure 19. The player exercises on the bar

It is worth noting that the player gets extra money when he completes his exercise.



Figure 20. The player completes the exercise on the bar

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Weights

The player must approach the weights to start the exercise.



Figure 21. Weights

The player can make weights and achieve the following:

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

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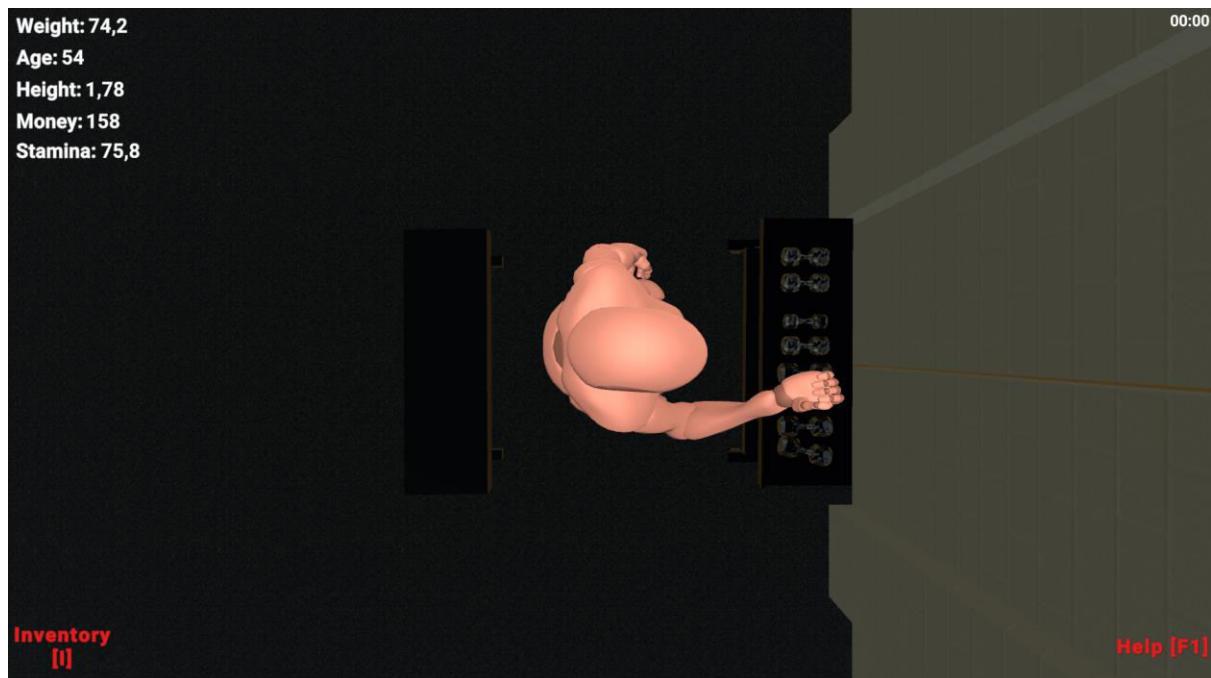


Figure 22. The player exercises on the weights

It is worth noting that the player gets extra money when he completes his exercise. In the example fitness program, the user does not have to do weights and therefore the timer does not start. The user can do the exercise normally and earn money and stats.

Push-up mats

The player must approach the push-up mat to start the exercise.

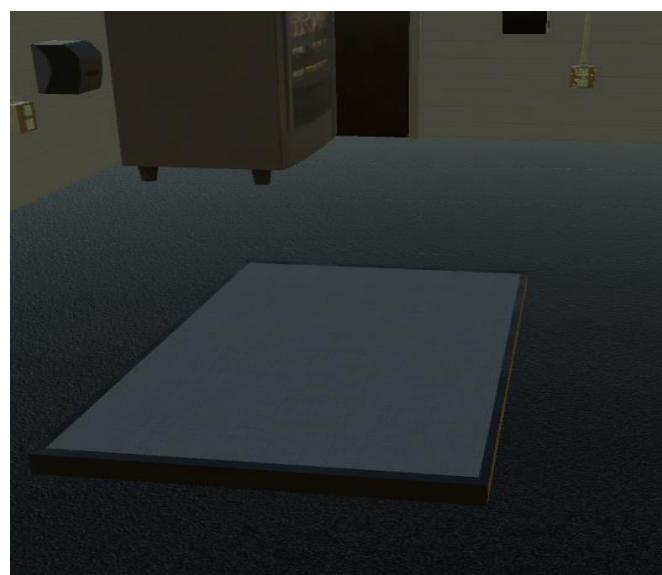


Figure 23. Layers for bending

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The player can do push-ups and achieve the following::

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

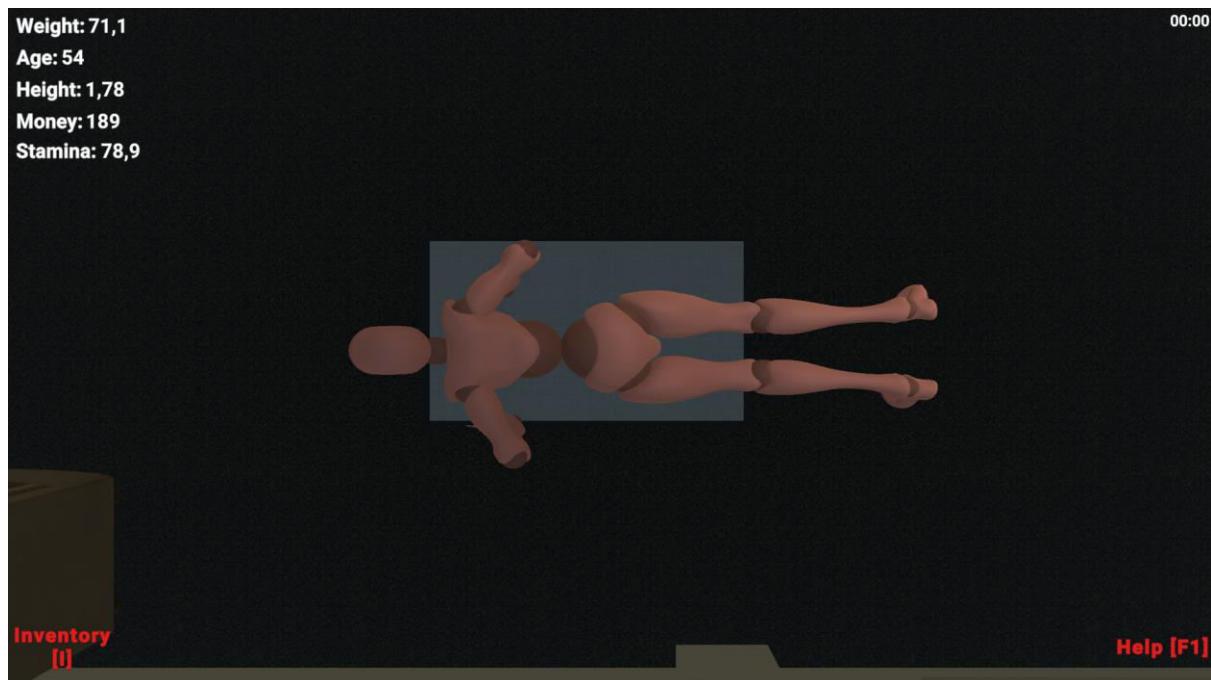


Figure 24. The player exercises on the mats for push-ups

It is worth noting that the player gets extra money when he completes his exercise. In the example fitness program, the user does not have to do push-ups and therefore the timer does not start. The user can do the exercise normally and earn money and stats.

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Foot areas

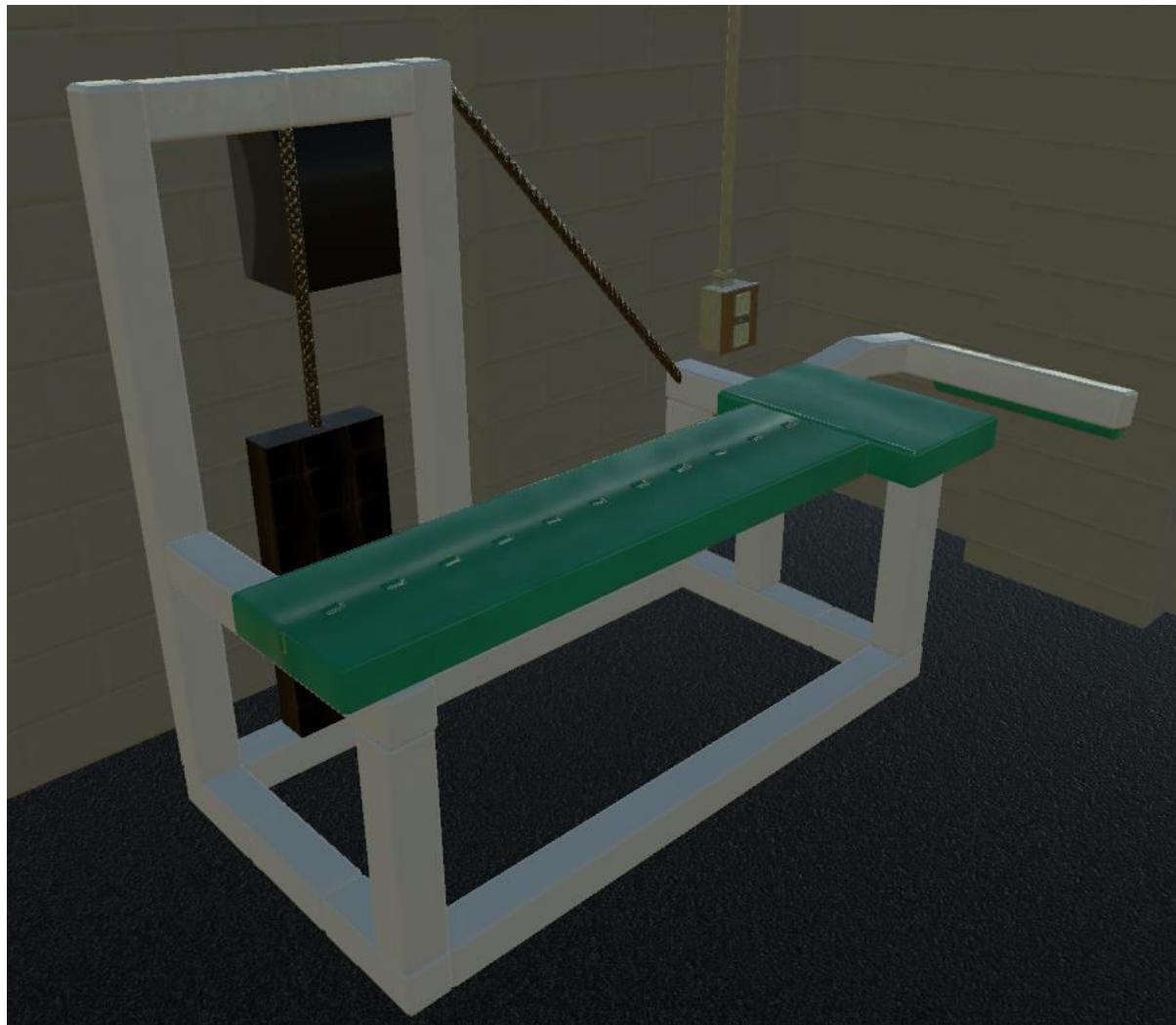


Figure 25. Leg stretches

The player can do leg stretches and achieve the following:

- +1 Money per 10'
- +0.1 Stamina per 10'
- -0.1 Weight per 10'

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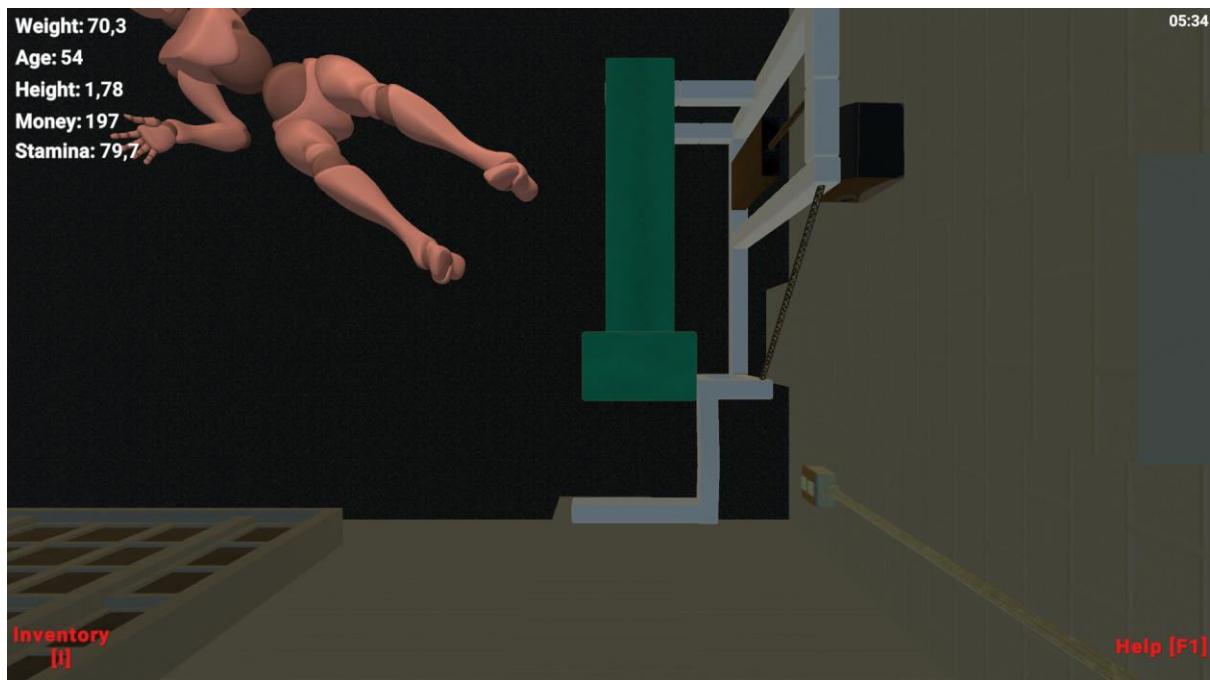


Figure 26. The player exercises on the leg extensions

It is worth noting that the player gets extra money when he completes his exercise.

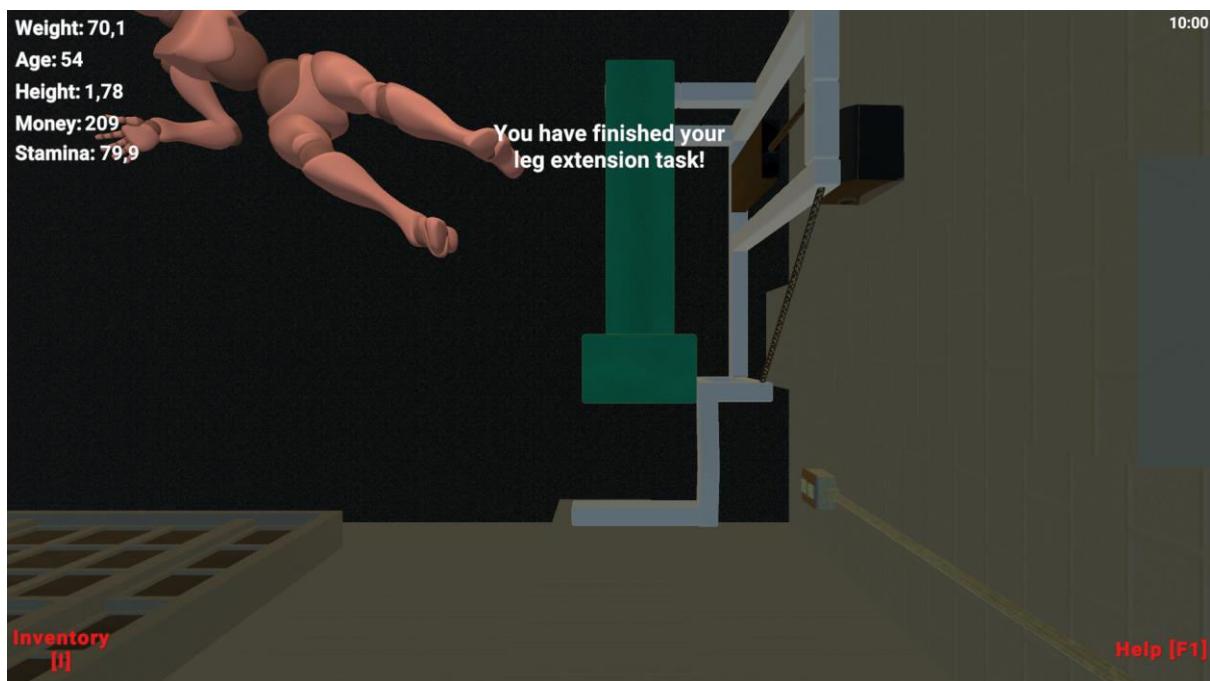


Figure 27. The player completes the exercise on the leg extensions

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Vending machine

The player uses coins to buy products from the vending machine. This is accessed by pressing the "E" key. You can buy the following items.

- Protein
- Creatine
- Gloves
- Immersion Belt
- Energy Drink



Figure 28. Vending Machine

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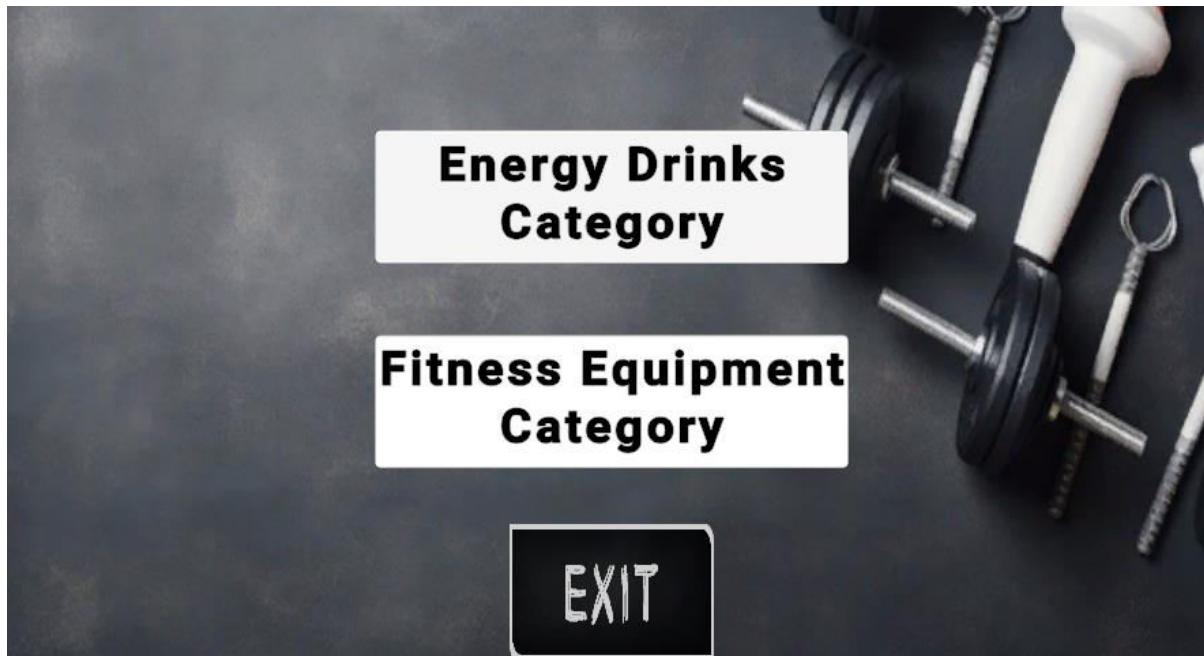


Figure 29. The vending machine UI

On each fitness product, the amount the user has to spend and the features it offers are indicated. A grey background on the amount indicates the product that the user does not have the required amount to purchase or does not belong to the diet plan provided by the nutritionist.

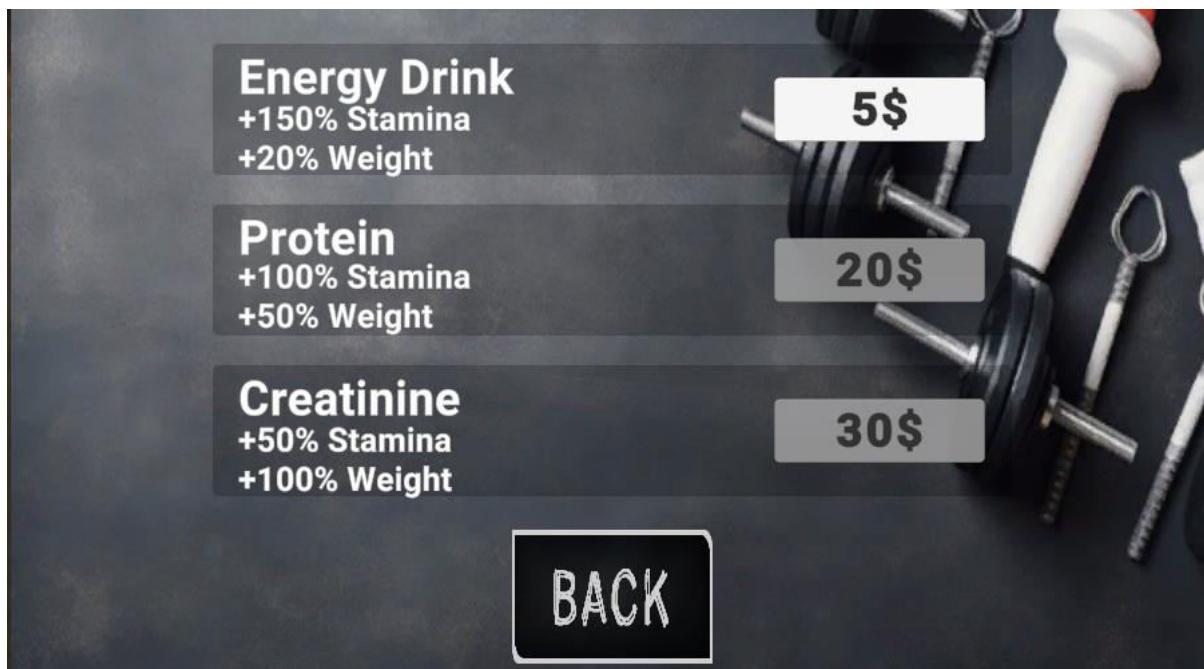


Figure 30. The UI of fitness food

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Figure 31. The UI of the fitness equipment

Inventory

The Inventory contains all the items acquired by the player from the vending machine. Pressing the "I" button displays the inventory.

Inventory	
Energy Drinks	2
Proteins	0
Creatines	0
Gloves	1
Belts	0

Figure 32. The UI of the repository

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Exit

The user has 2 ways to exit the game:

- by pressing the "Esc" key and the "Quit" button

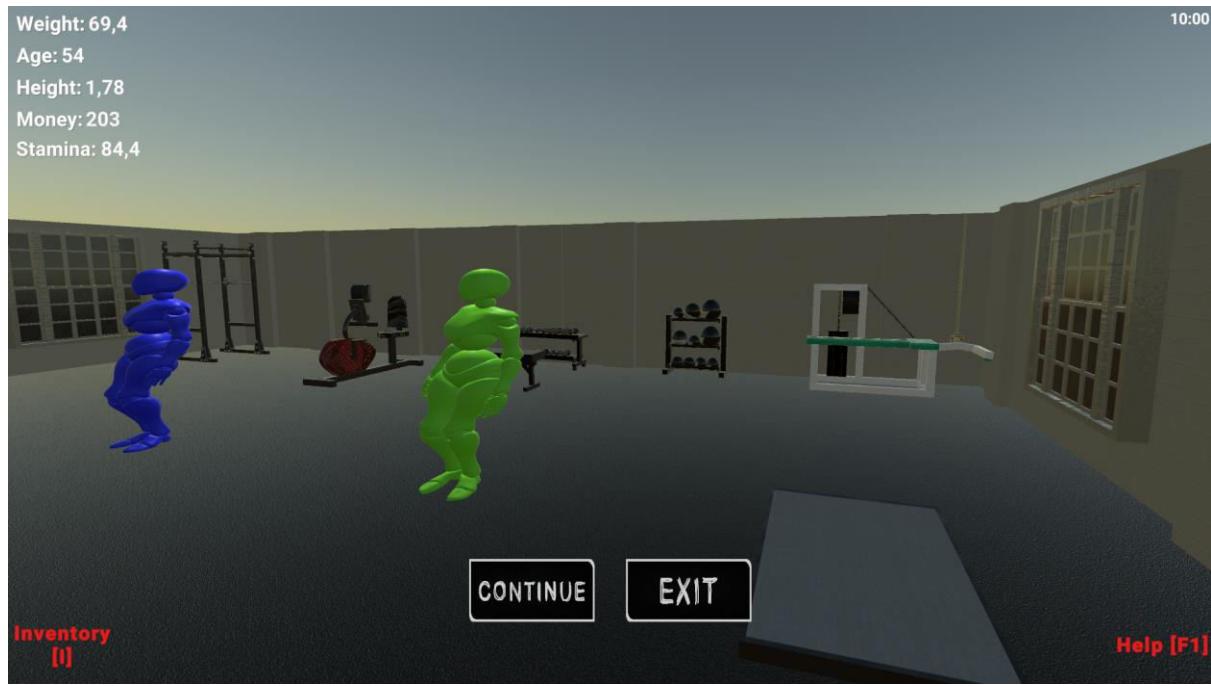


Figure 33. The UI of the Pause Menu

- going to the exit door and pressing the "E" key



Figure 34. Exit door

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Online-Help

If a user needs help in running the game he can press "F1" and a window will open telling him what he can do.



Figure 33. The UI of Online-Help

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Thank you for your attention

